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Editorial

Little Sermon about Karmic Bands

Viewed energetically, purpose driven associations of people appear as “karmic bands”

I heard the term for the first time while attending a Rosalyn Bruyere seminar.

She was expounding on the fact that her vision lets her see that people that congregate together had been at it, also in a former life(s)

Applied, it means that people interested in energy work must have been at it in the past, whatever that form was.

Logic dictates that there must be lots of karmic bands. As people interact –so do the bands. This part is pretty easy to absorb-what is harder is the how of the interaction.

I have this image that it rains on the surface of a lake. Each drop creates concentric mini waves that ripple through each other. Likewise, each incarnating soul creates ripples through each other vicinity. Among synergetic ripples, some grow into larger waves.(The butterfly theory evolving into a tsunami). That- like the Mongolian hordes- is exceedingly rare. What is more common is what we are up to.

Commonality of purpose arises naturally. Karma is driven by desire. Following desire –people find their paths and the others with whom to share the path.



This being said –commonality ruling - what is the origin of conflict, when there are conflicts?

In the rain on the lake analogy- concentric synergetic waves would splash onto each other. In life, we clash, argue, and eventually settle. Or storm out. The sea of life allows all kinds of interactions.

What we can't do is leave the environment. We are bound by our nature to the primordial soup. We also stew in our own juices. In ultimate analysis, the substance, be it soul or matter, is being lent to us for safe keeping during our lives. When we re-spiritualize at death –we give that back to the Maker, in the form that we succeeded creating during our incarnation.

Here we get a little help from our Buddhist friends. The path of compassion and non attachment contrasts our way of agenda driven lives. In the water surface analogy, the Buddhist way is the calm water where the sky reflects. Ours is the ripples interacting. The energy is quite different. It's a matter of Will.

During the middle ages when wars plagued the old world, the balance of the World Order was kept by constantly praying nuns and monks. Without their constant field holding we would lose humanity to animal instinct. Their field holding also addressed- to use a modern catchy title- the Fear Factor. Rudolf Steiner- the clairvoyant Anthroposophist- pointed out in one of his lectures on Karmic Relationships- that the plague of that time (bubonic) was related to the effect that the fear of migrating barbarians had on the ether bodies of the population, weakening them to pathogens. Yes- prayer washed away that effect, helped absorbed it.

The point I want to make is that Fear has an effect when it is used to fuel an agenda.

Many lawyer and business types would probably think twice of that strategy if they would be aware of the energetic consequences. So what I want to bring to the fore is that when a group of like minded peoples is fearful of engaging on a path, it invites in an energetic element that is serving a different God. There is a big difference between Caution and Fear.

Caution is wise. Fear is pathologic. They may appear the same but their consequences are not. What we invite in our midst is of importance. Once in consciousness one cannot deny that something is amiss. Denying it would be a lie, and lies are akin to fear in effects.

According to my invisible friends, a hernia is the result of a lie from a former life, so are aneurisms. I rationalize that since man is a reflection of the universe, external consequences would be environmental hernias – like mudslides and aneurisms like floods.....

After all is in our own nature that we have to contend with consequences. The feeling of well being, peace, harmony is a reflection of our oneness, of the into-ition that we are aligned to the matrix of all. Loyal to the Matrix.

It is in the Crucible of life that Scum and Sludge separate from the distilled essence, the spiritualizing of ourselves, the getting closer to the what we are suppose to become.

In conclusion, I would like to say that we definitely could choose if we are peaceful karmic bands or karmic band-its, if we are able to work in coalition or partition, if we are able to manifest Spiritual Courage.

Ed.

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To **contact us** or view previous issues of this Newsletter click this link: <http://energeticrejuvenation.com/>
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Editor



News and Links

What is the personality required to be a Medical Doctor? Profiling plays a part. From the **New York Times**:

<http://www.nytimes.com/2010/01/15/health/14chen.html?ref=health>

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Good programs at the Sufi Foundation with Adnan Sharhan. This international inspirational speaker will be around again in April in NYC, OH and KY.

<http://www.sufifoundation.org/>

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The Energy Medicine University in California offers on line 2 graduate degree programs:

-Master in Science in Integrative Holistic Health

-Doctor of Philosophy in Integrative Holistic Health

<http://energymedicineuniversity.org/>

Teaching

Message from Rinpoche



Chongtul Rinpoche (The title Rinpoche means that he is a recognized reincarnated Tibetan High Lama) is the Founder and Spiritual Director of **Bon Shen Ling: Tibetan Bon Education Fund USA** .

An extraordinary ambassador of Tibetan Bon culture, Chongtul Rinpoche established recently the following organizations in countries exhibiting an interest in knowing more about this uninterrupted ancient human tradition : **Sa Trik Er Sang: The Bon Study Center** in Munich, Germany; **The Bon Culture Center** in Ulaanbaatar, Mongolia; **Friends of Tibetan Bon** in Warsaw, Poland; **Bon Culture Center** in Delhi, India.

For a detailed biography of Chongtul Rinpoche click this link: <http://www.bonshenling.org/rinpoche.html>

While discussing his upcoming teachings this spring at the New Dawn Foundation in New Rochelle NY, I asked him to consider addressing our readers on a monthly basis. He looked into my soul, smiled and proceeded to share the following.

Ed.

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“We are in January, the start of the calendar in the modern way of accounting time.

The Bon tradition lunar calendar: In the lunar calendar, modern January is the eve of the New Year, the first month in the lunar system being modern February.

February, the first month of the lunar calendar and especially the New Moon in February, are connected to female energy, to raise the level of universal world energy and enhance softness and compassion in the universe.

The lunar calendar is divided in 4 times 3 month groups, the first 3 months of spring, second 3 months of summer, third, 3 months of autumn and fourth, 3 months of winter.

The lunar calendar reflects externally the universe. On an inner plane it reflects the human circle of life.

Spring is the Water months, summer is the Fire months, autumn is the Wind months, and lastly winter is the Earth months.

For everyone, spring, the "bloomy" month, is setting the course for the rest of the year and of great importance is the Full Moon on February 28. Actions during this special period multiply twice.

If one performs good deeds they double, and conversely, if one does bad deeds, they too multiply, to foreseeable karmic consequences.

February 28 is a Holiday; it is Tonpa Shenrab's birthday.

(Nyamed Shenrab Gyalsen (1356-1415) is the founder of the Menri Monastery –"tonpa" means founder; to attend the upcoming celebration of the event in Manhattan NY, RSVP at link below: <http://www.bonshenling.org/events.html> Ed.)

Please pray, do good things for peace and for the good of the world.

I am wishing everyone a good and auspicious New Year.

Philosophical Essay

In part one of this series, starting 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 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.

In part four, he examines the paradigm of the extraordinary healer- the spontaneous appearance of persons who can "sublimate" karma.

In part five Peter sums up the seven tenets of holistic health care.

In part six Peter examines the contrast in between the modus operandi of genuine spirit endowed healers such as Padre Pio and the institutionalized hospitals.

In part seven and final Peter concludes the series with a call to therapists to raise their consciousness following the model of the Sages- those who open the paths for the rest of us- such that LOVE is incorporated in the process. Ed.



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

The Missing Key

by **Peter Roche de Coppens PhD**

I thought I had completed this series already one article ago... but it appears that the number seven is important as it completes a cycle or « series ». So here is the final and concluding one, “The missing key”! What is this missing key? It is the “clinical eye”, the intuition of inspiration that can truly link therapist and patient, helping the therapist to really understand the patient and get to the heart and core of the problems the patient is faced with; and helping the patient to understand and experience the fact that the therapist really cares and understands his situation! Today we really need to go to what is essential or else we will get lost in details, drown in trivia and give up in despair!

To do this we need to raise our level of consciousness and being which will automatically move us towards unity, simplicity and clarity. Just as the essence of our health rests on nutrition (food), energy (vitality and information) and destiny (living and manifesting what we came here to do); so the essence of the healing process rests on properly *grasping what is going on* (getting a global view of the situation), *finding the proper treatment* (intervening in a personalized, integral and effective fashion), and *really caring for the patient* (who will feel the love coming from the therapist and responding by wanting to life and get well!).

In conventional language this means obtaining the right *diagnosis* and identifying the most effective *treatment*. As far as the right diagnosis is concerned, conventional medicine now utilizes a growing array of technological tests, the validity and significance of which can be hotly debated; these can also be invasive and have secondary effects, be quite expensive, and ultimately deal only with effects and not causes. Hence, we find ourselves in an impasse... the solution of which always existed but which is rarely understood and applied. The greatest instrument, for both diagnosis and healing, can never be machines of biochemistry but rather the *person*, presence and radiation, of the *therapist*! To come up with the proper diagnosis and treatment, the “clinical eye”, or intuition and inspiration, of the therapist is fundamental... and far more penetrating and global than any technological and physical test we have, can invent and use! Of course, simple, non invasive and basic physical tests can and should be used to empirically corroborate the intuition, observations and conclusions, of the therapist!

Saints, Sages, and authentic Healers always had that special “clinical eyes” an ability to “read a patient” and be “guided” to truly help that patient. To develop and utilize that ability, I believe that we need to *raise our level of consciousness and being to the 5th level*, that of the “adult” who I call the Sage. This in turn entails activating our intuition and reawakening our spiritual consciousness—uniting *human effort* (the male polarity: offering and using the best of ourselves) with *divine grace* (the female polarity: Light or spiritual energies which come from a much greater, older and wiser Source than our ego and personality—which come from our spiritual Self and soul, from the spiritual part of our being). And to achieve this we need to have reached our “spiritual puberty” (where authentic spirituality becomes very real, significant and important) and to live an authentic spiritual life, the essence of which is LOVE, the love of God, *prayer*, and the love of our fellow humans, *service* (which automatically implies the love of our self, of nature, of the animals—of Life!)

I was privileged to meet, interact with, and study Saints, Sages, authentic Healers and great doctors. They gave me a “model” and “points of reference” I never forgot and kept for the rest of my life. The first insight here was that we need to focus upon and develop *ourselves*—our energy bodies and their psychospiritual centers, so as to raise our level of consciousness-- rather than building costly and sophisticated machines. This because what we really need to survive and accomplish our duty in this world we ALREADY HAVE (both in terms of the cognitive knowledge and of the practical instruments); but we have it in our *superconscious* not in our field of consciousness and thus need to create a “bridge” or channel to link our field of consciousness with our superconscious. As far as the instruments are concerned, we also have them but need to cultivate and use them... which consists essentially in higher energies and frequencies that will create a healthy and coherent field in our vital or etheric body that structures and governs our physical body with its biochemistry!



While it is easy to suggest and articulate the foregoing, it is far from easy to achieve it. The reason for this is also simple and self-evident: it entails running against well-entrenched interests groups and privileges, giving up a power and a quasi monopoly, and learning to be humble and modest in one's approach and ambitions. Basically, it entails a genuine *paradigm shift* with the recognition that the "business model" while it works beautifully with machines does not work with human beings, their health, healing and wellbeing. Machines are one-dimensional involving only the physical dimension that we can observe study, predict and fix. Human beings are multidimensional with a line of causality that is far more complex, that operates *inter-dimensionally*, and which involves many subtle non-visible, quantifiable, and measurable variables... that can be felt but not seen with our physical eyes and their instruments (microscopes or telescopes)! Moreover, human beings were endowed by their Creator with self-repair mechanisms that machines do not have (except some sophisticated newer computers).

The "business model", or BAU (business-as-usual), works with the assumption that if you have more means (money), if you do more research, if you build more sophisticated machines and pharmacological remedies, you will get better results. While this is undeniably true at the material level with machines, it is absolutely not true with human beings, their health, healing and wellbeing! Statistics do exist and speak very clearly: the US spends more money than any other country in the world but is only the 37th amongst developed nations as far as longevity and quality of health is concerned. Projections were made to the effect that should we give healthcare to all American citizens with the existing healthcare paradigm, we would probably regress to the 50th or 51st nation! The reason being that *iatrogenesis* and *nosocomia* (doctors and hospitals) have become the number one cause of death since 2003 (when we combine medical mistakes, side effects, and over medication and medicalization)!

As I have already pointed out in earlier articles of this series, we need to move from the horizontal, quantitative, to the vertical, qualitative dimension where better and real improvements come not from "more of the same" but from a *qualitative jump*. We also need to change our "models" and basic "points of reference" from corpses to living beings, from sickness to health, and from sick or normal people to Saints and Sages. We need to truly integrate the different but complementary contributions of science and religion, of literature and philosophy, and of the arts and recognize and utilize the growing power of manifestation of our thoughts, emotions, words, and imagination.

Above all we need to exchange a violent "war model" of attacking presumed "enemies" and pathogenic agents with better and more powerful weapons, to developing and strengthening a healthy "soil" and a "harmony and holographic model". We need to understand, cultivate and develop our faith in ourselves, in what we truly are and are meant to become, and in our Creator Who knew what he was doing, when He created Man, and who had the Wisdom, Love and Power to do so—we need to recognize and actualize our enormous potentialities and incredible faculties.

From the spiritual perspective, the theory of the human sky-scraper with its vertical axis of consciousness, *faith* (our ability to really focus upon and concentrate, to meditate and understand, to love and desire, and to act and realize... whatever is truly important for us), goes through three basic developmental phases. The first is that of the "baby" and the "child" where faith is "blind", learned *ab extra* and imposed upon a person by his parents, church or society. Nevertheless, the "baby" and the "child" are still connected to the Great Chain of Being and to their divine spark—to the vertical dimension, but in a superficial and external fashion. Great souls and inspired leaders are provided to guide humanity in that early stage of its evolution. "Babies" and "children" are properly taken care of, educated and guided, but their essential virtue is obedience to their elders.

"Adolescents" rebel against their parents, against society, religion and tradition! They want to make their own experiences and live their own lives. Above all they want to conquer nature, satisfy the needs and aspirations of their ego and enjoy fully the "pleasures of the world". They only believe in what they can see, feel, and experience and thus reject tradition and religion. As such they have no faith except in themselves (their reason, will power, ambitions and determination) and live an increasingly more horizontal life which separates them from the vertical dimension and the subtle planes of being and forces both within and without themselves.

They play dangerous games and experiment wildly with all kinds of things which they do not really understand... until the consequences manifest themselves and they become confused, demoralized, and depressed! In my belief, this is where we are now collectively speaking which constitutes the essential crisis of our time—a *crisis of trust and faith* in that we no longer know whom we can trust and at what level we can or cannot trust them! But adolescents continue their growth and evolution and become "young adults". Young adults realize, through their own experiences, that they can get



what they want from the world, if they study, discipline themselves and work hard, but no longer know what to want and pursue in that nothing truly satisfies them and makes them happy! Thus they now look “behind the mirror”; they study the latest developments of science and different religions and spiritual traditions to move from phenomena to noumena. In the end, at this stage, they come up with a cognitive, mental road-map of their own identity, destiny and capabilities that encourages them to continue on their search and evolution!

In the final stage, that of “adults” and “mature adults” and “seniors” (that I call Sages, Saints, and Realized Persons), they reacquire faith but this time a *conscious and living faith* that reconnects them to the vertical dimension and to the inexhaustible Source of Life, Love and Wisdom that dwells both within themselves (where they have to find It) and in the world (where they will recognize It). Then, they realize that, indeed, they should first seek the “Kingdom of Heaven” (spiritual consciousness) and that “all these things” that have always sought and hungered for are “truly real”, “do exist” and are “realizable” (but only from the 5th level of consciousness onwards); namely: true knowledge, love and will, global health, peace, justice and joy. And then they will rejoice and appreciate what life is truly all about and what they really are and are meant to become... and this will bring them true and definitive healing leading to lasting health.

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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.



Interview

Actress Demi Moore appearing on the Letterman show in March 2008 created a minor sensation by confessing to using Hirudotherapy to detoxify and maintain a characteristic luscious skin glow. This is an ancient technique and it fell out of favor with the medical profession until a Harvard surgeon effectuating a delicate ear operation on a 5 year old remembered the technique and saved the child's ear. It also saved the leeches reputation thus creating a niche use for this living medical device.

A good book describing the history and usage of the annelid could be purchased on Amazon:

http://www.amazon.com/Medicinal-Leech-Therapy-Andreas-Michalsen/dp/1588905632/ref=sr_1_1?ie=UTF8&s=books&qid=1264775305&sr=1-1

What caught my attention was the fact that in Russia they found a lot more uses for this ancient creature. By applying them to acupuncture points and chakras, a new energetic modality was born. I asked Dr Zarema Jagizarov, Clinical Research Associate at Mount Sinai Medical Center Memory and Aging Project, who is familiar with the technique to describe it for our readers. More over her mother, Dr Anzarova is an extremely experienced practitioner from the Russia who is presently organizing a treatment center in the US.

Ed.

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Hirudotherapy and Hirudoenergotherapy

with Zarema Jagizarov MD

ER. Dr Jagizarov, why blood flow and leech substances acts therapeutically?

ZJ. In the past, leech therapy was thought to be caused simply by blood removal, similar with other forms of bloodletting. Today this aspect is considered to be secondary. The active ingredients produced by leeches during the engorging process are primary to this therapy. The active ingredients are essentially: Hirudin, Hyaluronidase, Pseudohirudin, Destabilase, Arypase, Bdelines and Eglines, Lipolytic enzymes, Inhibitor of XA factor of Blood coagulation, Leech prostanoids, and Hyaloronidase.

One of the most investigated substances is Hirudin. Animal experiments have proved the bacteriostatic and bactericidal action of hirudin. The main reason for the medicinal action of hirudin, for example in the treatment of thrombophlebitis, is its bactericidal property. That's why using leeches in both aseptic inflammation and in inflammation caused by a bacterial agent was proven helpful.

A secret property of the salivary glands of a medicinal leeches is to fight inflammation. This is determined by the action of the factor of penetration-the enzyme Hyaluronidase. This enzyme is capable of inactivating the action of Hyaluron acid which is the cementing substance for conjunctive tissues. Hyaluronidase lowers the viscosity of hyaluronic acid, thereby increasing tissue permeability. This effect is a possible explanation of the immuno-stimulating and immuno-modulating effects of the medical leech.

Some of this information about BioEnergy and Hirudotherapy comes from St. Petersburg's Medical Academy, Chair of Hirudotherapy.

*ER. I heard you mention **Hirudoenergotherapy**. What is Hirudoenergotherapy? How does it differ from **Hirudotherapy**?*

ZJ. Hirudoenergotherapy is a practice where a leech is applied to a biologically active area of the human body. The Leech bites occur through the skin only in "reflexogenic" points (i.e. acupuncture points). The practitioner directs the bite to a desirable site and the bloodsucker's sting activates the involved meridian.



Hirudoenergotherapy takes into consideration the concept of energoinformation (bio energetic information) of diseases. The methods of treatment are in the process of development.

During the course of hirudotherapy, a change in the size of “bio-field” of the patient was noted. It was found that the therapy was more effective when applying leeches to the energy centers — chakras.

ER. It sounds cutting edge. How was this deiscovered?

ZJ. Through experimentation it was discovered that the leeches possess the ability to stabilize the "bio field". This theory was proven some months ago through the "Kirlian Effect" (the effect of biological tissues luminescence in the high frequency electromagnetic field). Professor K.G. Korotkov of Saint-Petersburg's Institute of Accurate Mechanics and Optics and his students managed to carry out computerized experiments related to photon measurements providing a modern explanation for this effect.

At this institution they used specialized devices which allow diagnosis by utilizing a method of Kirlian luminescence. The experiments found out that tissues luminescence changes after a hirudotherapy treatment. Such change show a considerable increase in stability of energetical and informational structures in a persons field, which couldn't be achieved to date by any another method of treatment.

ER. Is this model derived from Traditional Chinese Medicine?

ZJ. Yes. Traditional Chinese Medicine has a unique view of the human body that is different from the Western Medicine concept. The human body is regarded as an organic whole in which the various organs, tissues, and other parts of the body have distinct functions, but are all interdependent energetically.

Nowadays the concept of energoinformation (bioenergetical or energy medicine information) diseases and methods of treatment are being studied in Russia, where this effective method of leech therapy was recently developed.

ER. Could you tell us a little more about this bioenergetic view?

ZJ. Presently in Russia the concepts of “bio-energy” or “energy-informational condition”, or “energy-informational structure” of the human being in modern terminology originating in Parapsychology are becoming the subject of Theoretical and Applied Physics, Mathematics and other natural sciences.

Of note are a series of concepts that were developed by professor Akimov in 1996, attempting to explain the mechanism of functioning and the structure of the energy-informational field of the human being. The main reason for speculation in this field is the apparent lack of objective methods of control, since dowsing (the preferred presently used method) doesn't exclude subjectivity and doesn't allow comparing data from various authors.

Modern computerized devices, such as the Crown-TV, based on the Kirlian Effect, attempt to provide us with a more accurate, exact and reproducible method of analysis of energy-informational states of the human being and thus allows us to study the influence of various parameters of the biofield.

ER. Thank you Dr Jagizarov, this is very exciting.

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Healer of the Month



Dr. Fariza Anzarova holds a Medical Doctor degree from the Azerbaijan National Institute of Medicine where she specialized in Obstetrics and Gynecology. She provided medical and surgical care to women and had practical expertise in pregnancy, childbirth and disorders of the reproductive system.

Dr. Fariza Anzarova is also a Professional Hirudotherapist from Russia (In Russia this is a distinct Medical specialty). She has dedicated her professional life to furthering the development of new types of Medicine that combine the best of conventional therapy with alternative methods. She brings her experience in Hirudotherapy (Leech Therapy) from Russia, where leeches were continuously used for centuries to assist and heal numerous conditions.

Dissatisfied with some of the results of pharmacological and invasive treatment options of infertility, she searched for Holistic methods in Gynecology to provide a well-balanced, natural approach to conception.

Under the leadership of eminent Professor-urologist Vladimir Savinov of the Moscow Alliance of Hirudotherapists, Dr Anzarova began to provide leech therapy in clinical setting with medical support since 1999 Dr. Savinov is a leading author of scientific studies and manuals on **Hirudotherapy** and a pioneer of **Hirudoenergotherapy**, a practice where a leech is applied to a biologically active area of the human body (acupuncture points and chackras) to reconstruct the bioenergy underlying the diseased organ and implicitly the whole system.

In Russia where leech studies have been conducted and where leech therapy has been offered for many years, patients were able to choose besides classic treatments or assisted medical hirudotherapy. Many of Fariza Anzarova's patients were females (consistent with her Ob-Gyn specialty) with complex conditions such as endometriosis, acute and chronic inflammatory disorders, infertility. These patients were treated with excellent results and few side effects. Due to positive outcome, patients who got relieved shared the good news about this emerging therapeutic modality. Word of mouth referrals spread to a new group of patients with different pathologies, independently of gender and age who also found hirudotherapy a viable alternative option.

Dr. Anzarova guided by experience and evidence is committed in sharing her knowledge and reviving and expanding leech therapy in the US. The **Hirudohelp** center she is currently organizing will be a full service center with a heartfelt purpose to assist and introduce this method to patients and doctors, via educational and practical workshops. Dr Anzarova calls leeches a "mini-pharmaceutical factory": "Leeches, as we all know, are viewed by many as quite disgusting little creatures, especially when they are engorged with blood. Many people fear leeches and most stay away from them. Just the thought of having a leech attach themselves to a part of the body is enough to scare anybody. But these are the same leeches that have been used in the healing process of skin grafts otherwise impossible to achieve. "

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Modality Review

Basic Pranic Healing

In early December 09, I attended a teaching seminar in Basic Pranic Healing at the Pranic Healing Center in Lyndhurst NJ. This is a modality that made the air waves when CBS run a special report that was very positive. They showed Mark Robin, an MD from California using this method with great results. This method is now practiced in many countries, and many medical personnel have adopted it as a viable complementary modality.

Ed.

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I did not know much about this method past watching the CBS video clips. What immediately conquered my heart was the openness of the center- the walk in open atmosphere. When the class started, the structure and teaching wisdom was immediately evident. After a pretty advanced meditation (twin hearts) the class was immediately grounded by the instructor using light physical exercise resembling aerobics but addressing joint circulation, energetic cleaning and grounding. Then within minutes the class, many first timers were guided through simple and effective exercises to sense and see energy. By lunch time this class was seeing prana in the sky (orgone, phosphenes) and sensing it in the large trees in the yard. After lunch they were scanning chakra output. Simple and brilliant. By the end of the first day we were cleaning and combing each others fields and using the just learned knowledge under the instructor's supervision.

Pranic Healing was introduced in the US by its founder, Grand Master Choa Kok Sui, Originally from the Filipinas, who unfortunately for us passed away in the spiritual dimension about two years ago. GM Choa was an engineer by training and a mystic by vocation. His engineering mind was organized and thus he created a system that is modular and comprehensive. He benefited form direct inspiration from an ascended master, Mahaguruji Mei Ling, the help of two very developed natural visual clairvoyants Mang Nenet and Mang Mike (*Mang means Mr. Ed*), and help from a natural born healer Mang Dabon. I had no doubt after attending this first seminar that this is "a real thing". The system allows a budding practitioner to work at the level that he/she is capable of and also allows one to advance to much greater levels of understanding.

I was also pleasantly impressed by the manuals. Those books are printed on quality paper, with good bindings, with illustration developed from scratch. The chakra pictures are superb and researched, not reprints from theosophical literature. The text is to the point and instructions are clear, one could use the manual while performing the pranic treatment. The books are not available from Amazon, they are printed in the Filipinas and available only through the pranic healing centers. I will review them in the book section just as I read them.

The system of pranic healing uses 11 chackras, thus combining the etheric and astral auras. Through practice pranic healers also use some minor chakras derived from TCM. The correspondences between chakras and organ served are described in a table form resembling TCM texts or Tibetan systems. Very easy to navigate and absorb. Combined with the scanning ability it gives the practitioner the tools need to provide a quality protocol. A particular tool is the bioenergetic disposal unit that is a bucket with water and sea salt to flick the removed excess prana and the alcohol based hand spray that one uses to disinfect and maintain the sensitivity in the palms.

Fortunately for people in the US, Grand Master Choa personally trained a couple of very capable practitioners. On the East Coast we have Dr Mendoza and on the West Coast Dr Robins and Master Co who are representing the teaching. One of the books reviewed in this issue was written by Master Co and Dr Robins and it is a very good introductory book for this method. As you could see I am not hiding my enthusiasm.

The Basic Pranic Healing Class teaches one to deal with pain, cuts, burns, and a variety of conditions. One learns self help and that magic way of distant healing. Of course, hanging a shingle after one class would be fallacy. The system provides support for further learning (one could retake w/o pay classes already taken for up to one year, there is the support of the center where one could practice with supervision, many people get together and socialize or practice on each other.)

To become a certified practitioner- one has to follow an on line protocol that includes data on several cases, write a paper on a related topic and various other requirements that could be viewed on line.



5 basic classes cover Basic Pranic, Pranic Psychotherapy, Advanced Pranic Healing, Working with Crystals, Protection, and more advanced courses such as Arhatic Yoga.

A website for teachings and programs: <http://www.pranichealingusa.com/>

Book Reviews

Your Hands Can Heal You

by **Stephen Co** and **Eric B. Robins MD** with **John Merryman**

http://www.amazon.com/Your-Hands-Can-Heal-You/dp/0743243056/ref=sr_1_1?ie=UTF8&s=books&qid=1264883393&sr=1-1

Great introduction to pranic healing. there are simple chapters on negative emotions, pranic breathing, energy manipulation, scanning, energy hygiene, meditation and exercises.

Ed.

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Miracles through Pranic Healing

Practical Manual on Energy Healing

by **Master Choa Kok Sui**

Published by the Institute for Inner Studies Publishing Foundation in Manila, Philippines, this book is not available at Amazon, one could purchase a copy at <http://www.pranichealingusa.com/> or www.globalpranichealing.com

This is the first book of a fantastic series. It is printed on great quality paper and superb content. There are chapters on the nature of pranic healing, the nature of the energetic body, elementary pranic healing, intermediate pranic healing, pranic self healing and invocative healing, pranic distant healing, including testimonials, meditation on twin hearts and much more. This book plunges one into a complex and complete healing system. No wonder it's been published in 30 languages. Great illustrations, all done for this original book. It is part of a collection of pranic healing books that will be reviewed with the teachings in the next Newsletters.

Ed.

Announcements

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

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