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Editorial

Dear Friends,

When doing what one likes, work is elating. I found myself more and more engaged in the development of a healing center through the work at the New Dawn Foundation in New Rochelle. Staffed exclusively by volunteers and financed exclusively by donations and contributions, the New Dawn Foundation now houses recurring programs such as Rinpoche's teachings, the Domancic Method monthly bioenergy clinic, the monthly purification Sweat Lodge, the monthly programs of the New York Pathwork group based on the Guide's lectures, the monthly Accupuncture Happy Hour, programs on Zen meditation, yoga, visiting teachers such as Mircea Nedelcu of Romania and Dr. Elena Loboda of Russia and more.

Engaging the participation of the MD's- is a task that started to bear fruits. We are now actively working to create what I call the incarnation of a Spiritual Hospital- an institution where a person can find treatment for all the "bodies" of one's constitution- Physical, Energetic, Soul and Spirit.

I hope to be able to report on the progress of this extraordinary venture sometime this year. For now I am apologizing for the delay in issuing this Newsletter. My life has taken unexpected turns, the passing of my mother and my wife in the days before and after Christmas, a location change in my day job at UBS, the increasing amount of volunteer work, a corrective nose surgery, all have led me to change as of now the monthly issue to a quarterly issue.

I thank all the contributors and hope that readers will enjoy the new larger format. As always your feedback is precious.

Ed.

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



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

About the Life, Prophecies and the Spiritual Testament of St Seraphim of Vyritsa
Life:

<http://theorthodoxchurch.info/blog/articles/2010/06/the-holy-and-venerable-father-seraphim-of-vyritsa/>

Prophecies:

<http://www.orthodoxengland.org.uk/propsera.htm>

Spiritual Testament(must read):

http://www.stjohndc.org/Russian/fathers/e_0112d.htm

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Correspondent Evita Ramparte from California sent this link about **Kangen Water**- people swear by it:

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

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Links for the **Domancic Method Bioenergy Healing**:

www.HealingBioenergy.com www.BioenergyLifeCenter.com www.facebook.com/bioenergy

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Registration open for the **Initial Mind-Body Medicine Professional Training Program**

October 1-5, 2011 Hyatt Crystal City Washington, DC – **Dr James Brown MD**

www.cmbm.org/mbm

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Spiritual Healing with a medical license: **Dr Issam Nemeh, MD.:**

<http://www.fellowshipspirit.org/Dr-Issam-Nemeh.php>

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The best of **Qigong** teachings in NYC with **Master Robert Peng**, see Healer of the Month presentation in this issue below:

<http://www.robertpeng.com/workshops.html>

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The **New Dawn Foundation programs** at the breathtaking Oaks location- 3 park like acres with view of the rocky islands that show up at low tide on the LI sound in New Rochelle NY- see calendar button:

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

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For **Asthma and Allergy** sufferers, possible help from a little known herbal remedy from Africa- **Yamoa**- read the story:

<http://www.yamoapowder.com/home.htm>

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Family owned **homeopathic remedy company** from Italy with cutting edge products:

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

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Placebo's continue to challenge medical practitioners- some prescribe placebo's because they work-sham no more:

http://www.ivanhoe.com/channels/p_channelstory.cfm?storyid=23372

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Children of mothers who took prescription pain killers containing opium derivatives have a high incidence of major birth defects- crack babies are joined by prescription drug victims

<http://www.nytimes.com/2011/03/22/health/research/22risks.html?ref=health>



Teaching



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://bonshenling.org/geshe-chontul-rinpoche/>

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The Young Drung Bon Teaching of Woe Nge Khor La

(Five Principles of Spiritual Power-Five Energies and Elements)

30th and 31st October 2010, Hanover College, Indiana

Review by Laurie Hopkins (see bio note at end of article. Ed.)

For the second year in a row Geshe Chongtul Rinpoche returned to Hanover College in southern Indiana to bring the wisdom of Tibetan Bon teachings to that little corner of the universe. The Five Energies and Elements workshop was entitled, The Yung Drung Bon Teaching of “Woe Nge Khor Lo” (Five Principles of Spiritual Power Points).

The coordinator of the October 30-31st weekend teaching was Dr. Vicki Jenkins, Associate Professor of Philosophy at Hanover College, who has also been a student of Rinpoche’s for more than 3 years. In June of 2010, she graduated as a “Drup shenpa” of the Tsi Dup **Yang** Bod practice of Bon energy healing and she credits Chongtul Rinpoche and his teachings for helping her to open her consciousness to the expansive union of compassion and wisdom.

Dr. Jenkins and the 16 students from her “Philosophy: Ethics and the Examined Life” course raised over \$800.00 in their endeavor to sponsor a Tibetan Bon **refugee** child for 1 year. Initially they cited a goal of fundraising \$400.00. By doubling the targeted amount they were able to sponsor 2 recipients; a young boy and a college aged young woman, both living in the Ladakh area.



Rinpoche with Dr Jenkins



Rinpoche pictured with the winning fund raising team

The students employed various strategies and were even able to enlist the support of the owner of the local Papa John's Pizza restaurant, who donated a percentage of the evening's sale. Other Bon refugee children were sponsored over the course of the weekend by workshop attendees who made donations to the Bon Shen Ling and Bon Future Fund charities. Generosity was in the air but more importantly in the hearts of many workshop participants.

Chongtul Rinpoche provided a richly textured teaching that not only addressed the philosophy and practices of the Five Energies and Elements but incorporated spontaneous topics of discussion as well.

For those who were new to the Bon teachings, he offered specific instructions on mediation posturing of body and mind and demonstrated the proper way to make a bow of prostration, with a complete explanation of the symbolic significance of each aspect of the movement sequence.

After presenting the 5 Energies and Elements rituals of chanting and visualization to reduce the 5 poisons from a sutric perspective, Rinpoche also offered tantric explanations for those students who were capable of working at that level. As always, he emphasized the crucial aspect of intentionality in all that one does when engaging in these Bon practices that have the potential for enabling one to open to the flow of universal energy. As one learns to access this universal energy in a transformative way, generating greater health and harmony for oneself, it thus enables one to become more available to work on behalf of others who need healing and ultimately for the benefit of all sentient beings.

Rinpoche pointed out that very often pronounced areas of imbalance can be easier to heal than less obvious energetic poisons which typically remain hidden below the surface, but none-the-less exert an unhealthy influence on one's thoughts and actions. He offered the simile of a wooden bowl that continues to give off the scent of garlic long after the chunks of garlic have been wiped away. Although the garlic appears to be gone, the scent has been absorbed into the surface and continues to give off a strong odor. So it goes for our deeply imbedded poisons of attachment, anger, jealousy, pride, and mental dullness, all of which have ignorance at their root according to the Bon teachings.

In response to questions from the audience, Chongtul Rinpoche offered explanations of the Bon understanding of dakinis (sky walkers who can be both masculine and feminine), yogis, nagas (elemental spirits found in nature), Zhang Zhung creation stories, ransom rituals and soul retrieval, as well as explanations concerning some of the deities of the Bon lineage. He also clarified that being a monk or a lama, does not automatically imply that one is enlightened. Sometimes westerners will project such a misperception on a man or woman who comes from another culture and wears monastic clothing. Although the lama has a responsibility to be of support to others, it does not necessarily follow that they have achieved an enlightened state. This admonition was reminiscent of the message that Chogyam Trungpa Rinpoche communicated in the 1970s, when he coined the term "spiritual materialism" to indicate the attachments and distortions that occur due to the perceived exotic nature of a person or philosophy being introduced in a new culture.



Group Photo of some of the participants

Before Rinpoche concluded the workshop by offering the traditional blessing to participants who presented white katas, he discussed the extraordinary teaching event that has been scheduled for May and June 2011, when His Holiness of Bon, Tenpai Nyima, the 84 year old patriarch of Bon, will travel from Menri Monastery in Dolanji India to New York and then California to join Chongtul Rinpoche for a Dzochon transmission of the Golden Spoon teaching. Rinpoche shared that this is a very rare and auspicious opportunity for western practitioners and encouraged anyone who might be interested to check out the descriptions on the Bon Shen Ling web site. A word for the wise, “check it out”. Emaho!

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Laurie Hopkins was drawn to the truths of Tibetan religions in this lifetime, when she encountered the brilliant writings of the great dharma master, Chogyam Trungpa Rinpoche in the early 1980s. Over the course of the last few years, she has committed to intensive studies with the Bon lama, Chongtul Rinpoche, her heart guru. She is currently focused on completing the requirements associated with her initiation into Tsi Dup Yang Bod healing practices. The 30 day journey spread out over 3 years (in 10 day segments) has proven profoundly transformative for Hopkins and has spoken to some of the deepest yearnings of the mystic in her soul. She currently resides in Upstate New York, working as an occupational therapist in a school for children with ASD. Ed.



Philosophical Essay

In this new series of seven articles Peter Roche De Coppens is examining the transformation of consciousness that results in a deliberate act of freedom, choosing a Spiritual Family. A Spiritual Family is based on Elective Affinities, unlike the old paradigm that was based on blood bonds, geography and contracts.

Ed.

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THE SPIRITUAL FAMILY: Going Forward to what is really Essential (part 2 of 7)

Its birth, history and present status

Peter Roche de Coppens, Ph.D.

In the previous article we saw that the institution of the family is not disappearing but rather transforming itself, adapting itself to a higher level of consciousness and being, which we have to acquire on our way to adulthood and which entails new needs and aspirations. The family as such is a truly essential institution and cannot cease to be as it is the very cradle of the individual and of society, but it can and must certainly change, mutate, and enlarge itself. To survive and evolve, realize his identity and destiny, man needs to eat and being a multidimensional being, man needs to eat on different levels; specifically, he needs to feed himself regularly at the *physical* level, at the *human*, psychosocial level, and at the *spiritual level*. Yet survival is not the ultimate “end” of man but merely a “means” to that end. So far the traditional family has focused upon and satisfied the “means” (reproduction, the survival of the race and emotional balance) but now it must also address itself to and help in the realization of the “end”: self-actualization and Self-realization!

The family will continue to be the channel for procreation and the continuation of the race but it will also add self-actualization and the awakening of spiritual consciousness in its members. As such it will return to be a large extended kinship family, but a family anchored in *elective affinities* rather than upon *blood and marriage ties* wherein the nuclear family will continue but become balanced and completed by the presence of different and complementary persons. As we are moving forward in our evolution and self-actualization, we will also be moving from having to being, from quantity to quality, from the “means” to the “end”. Just as having physical children was the very *raison d’être* of the traditional family, so the actualization of our faculties and potentialities (at the physical, emotional, mental and spiritual level) and the awakening of spiritual consciousness will be the *raison d’être* of the spiritual family... which will not negate but balance and complete the traditional family by adding the spiritual dimension and a group of like-minded persons who will make this possible.

As one of my key concepts is that of “spiritual consciousness”, it would be useful to put it under our microscope, as it were, and to seek to provide a cognitive and operational definition of it. First, let me point out that it is very difficult to define spiritual consciousness in terms of our present vocabulary... as few people have yet achieved it...and second that its nature is truly ineffable and thus must be lived and experienced to be fully understood. Be that as it may, let me suggest a rational definition of spiritual consciousness and then list its distinctive characteristics. “Spiritual consciousness is all those levels of consciousness which lie above and beyond sensory, emotional and mental consciousness normal and healthy people are born with”. Human beings are born and endowed with sensory consciousness more or less developed (the five senses and sight and hearing in particular for scientific investigations), with feelings and emotions that can be more or less developed, and with the ability to think, develop ideas that make sense and provide meaning for their daily experiences. Above and beyond these lie other qualitative levels of consciousness which I would describe as “spiritual consciousness” for lack of a better word. The distinctive characteristics of spiritual consciousness are:

1. Its ability to reveal our true identity, origins, destiny, and the reason for which we were born in this world—to finally answer the famous and mythical “Riddle of the Sphinx”! As we discover, through the operation of spiritual consciousness, who we truly are, we also discover the existence and nature of our Creator and thus are finally able to answer two of the oldest, most universal and important questions human beings have ever raised.
2. It will eradicate and eliminate the most archaic and powerful fear and anxiety of all human beings—that of death and dying! Spiritual consciousness will enable us to experience that part of our being and consciousness which are immortal and which cannot be extinguished by the death of the physical body.



3. It will truly vivify us and greatly increase both our quantitative and qualitative amount of creative energy, life-force or vitality. And this for two reasons: first, at the psychic level, we do burn a great deal of energy and vitality with our fears and anxieties, eliminating these we will have more psychic energy available... and now we know just how important vitality is for our being, being its first level of causality. Second, we will then be able to access spiritual energy which is qualitative and unlimited and not only physical and psychic energy!
4. It will bring with it what the French aptly call *la joie de vivre*, the joy of being alive together with a genuine appreciation for what we experience and gratitude for the opportunity to have those experiences that enable us to grow and to move towards the realization of our final goal. In a nutshell, spiritual consciousness will bring meaning, purpose and value to our lives, as well as life and vitality, courage and strength, and thus make us *want to live* and be grateful for the opportunities that are made available to us.

Being aware of the nature, role and function of the PNEI axis (the psycho-neuro-endocrinological-immunological systems) which is the only thing that can really keep us alive and heal us when we fall sick, we can now appreciate just how important and what tremendous difference the awakening of spiritual consciousness can make for our health, our growth and our well-being. In its 4th distinctive characteristic is might just prove to be the mythical *panacea* or universal; medicine! Also let us not forget that the two fundamental steps of an authentic spiritual life are *healing* and *enlightenment* just as their essential axis is the love of God and the love of our fellow humans.

What I call today the “spiritual family” was born roughly 40 years ago when I attempted to blend my training and knowledge of sociology with my life’s passion: spirituality and the enfoldment of spiritual consciousness. By bringing in and seeking to distill the nectar from two different traditions, the new social sciences with the ancient and universal spiritual tradition, I became aware of two essential facts: first the vital importance of *human interaction*, of giving and taking or making exchanges on the essential levels of our being. Probably the first and most important “motor” of our growth and evolution, of the actualization of our faculties and potentialities is *human interaction*. This is the reason why sociology says “one plus one does not equal two but three or four”, it is “human interaction that enables a person to become and remain a human being”; and finally that we need to interact with three basic types of persons: “those who are on our level be to understood and to express ourselves, those who are on a higher level so that we can learn from them and those who are on a lower level (of consciousness and being) so that we can help them grow and function better in this world as we have been helped”.

This is also the reason why Jesus of Nazareth said “whenever two or three of you are gathered together in My name, there I shall be amongst them”. The second essential fact was the importance of *human consciousness* and the need to *raise it to access its higher levels*. To be truly vivified on the various levels and functions of our being and to be truly inspired to understand what is going on and what we are living through, we need spiritual energy that manifests as Light. Thus, the challenge here was to find ways by which the Light could be brought down so as to raise our level of consciousness... and establish a “bridge”, or connection, between our field of consciousness and our superconscious. And as *ritual* is the yoga of the West, the way in which we can bring down Light to raise our consciousness by the focused and structured use of our will (attention and concentration), of our thinking (reflection and meditation), of our emotions (sensibility and devotion) and of our imagination (visualization), I put together a ritual which I called the “Circle of Light” and then “Love Vitamin Generator” which became the essential work of encounters with a small group of people. Later this group and ritual became the substance and essence of the spiritual family.

To draw and bring together a group of “like minded people” with elective affinities and who shared the same values and ideals, I gave (and still give) a number of lectures to present certain themes and ideas followed by seminars to suggest certain exercises and techniques which, when done properly, should lead people to make the same observations and live the same experiences. To continue this work and really and realize the great visions and promises of the spiritual tradition, a small group of person was brought together with the commitment on the part of each member to participate for a minimum of nine months, hopefully, followed by another six units of nine months to complete the cycle of seven years. This would constitute the *elementary level* where people became acquainted with the spiritual tradition, the overall philosophy and core exercises. This could then be repeated for another cycle of seven years, the *intermediate one*, and crowned by a third cycle of seven years, the *advanced one*, that would enable its members to activate their intuition, awaken their spiritual consciousness and thus become truly independent and autonomous from external persons, teachers, and “points of reference” to accomplish the work that their soul chose to do in this life—to become human and spiritual adults!

The essential aim of these groups is twofold, very simple and yet profound: to get to know each other, respect, esteem and care for each other, so as to have people who are known, trusted and compatible with us to turn to when needed and with whom to share are basic experiences (remembering the old adage and paradox that “a joy shared is a joy doubled and a suffering shared



is a suffering halved”. This is the horizontal dimension or the *love of our fellow humans* to be practiced and developed Second, to use ritual or prayer to bring down the Light that would enable our consciousness to rise and reconnect us with our superconscious and with our spiritual Self, with the inexhaustible Source of Light, Fire and Life that dwells in the depths and heights of each person. This is the vertical dimension or the love of God of our practical “laboratory of love” which is the spiritual family. Meetings would take place from a minimum of once a month to a maximum of once a week and would take place at the home of one of the members (that could be rotated) as no money should enter into this world and as it truly helps to create a proper atmosphere. In future articles I will continue this discussion and provide additional theoretical and practical information.

THE SPIRITUAL FAMILY: Going Forward to what is really Essential (part 3 of 7)

Its heart and core

The emerging spiritual family is what I see replacing the traditional family which is going through a major evolutionary and qualitative transition at the present time. It constitutes a genuine “laboratory of love” where participants can develop and express their capacity for giving and receiving love. Love is one of the three “ontological attributes” of both man and God, what is most important and what truly characterizes a human being and His Creator. The other two are knowledge and will. While knowledge and will are essential to survive, love is necessary for experiencing joy, for appreciating and being grateful for what one is living through, and for gaining meaning, purpose and value which makes us *want to live...* or not!

Western civilization, particularly its Central and Northern countries, including the USA, have put the accent and privileged knowledge and will over love with the result that we have gained an incredible amount of material power over nature; that we have created a large range of new and artificial needs and an even greater panoply of consumer goods to satisfy them; that we have multiplied our therapies, remedies and medical hardware and software, even extending the average length of life, but failed to make our lives healthier, more moral and satisfying! We have almost reached the point where, as the sociologist Max Weber pointed out, “we would have everything we wanted, but where nothing had true meaning and could really satisfy us anymore!

We have developed our head and our will but neglected and poisoned the heart with the result that the traditional family, “its laboratory in our infancy”, is now falling apart with disastrous consequences for our health and wellbeing as well as those of our society and culture. What is truly “essential” for this “laboratory of love” and what are its distinguishing features? How does it operate and what can it do for us? These are the basic questions I would like to direct your attention and reflection upon in this article.

What is essential for the spiritual family are *right relationships* between its members that can mutually enrich those who participate in it. Thus its members must share the same vision, values and ideals and they must complement each other. They must have “elective affinities” and be drawn together to pursue and achieve those goals and objectives. In my work with many spiritual families, in several countries, for several decades, I have discovered that, for technical reasons, the family should be composed of a minimum of seven persons (as each person channels, first unconsciously and then consciously, the color, energy and frequency of one of the seven psychospiritual centers of which it is the “channel” or “conduit” for the group); finally that the members should live no more than one hour away from each other... if the group is to “solidify” and continue in time. This is the same reason that makes it important to keep monetary costs away from the “family” and that makes it preferable that meetings take place in the home of one of the members.

In creating the “Circles of Light” or spiritual families, seven basic objectives emerged as being the most important and constituting the basic thrust of our work with ritual. Four belong to the “opening” or “preparation” ritual that takes place, basically at the human and psychic level, and three belong to the core ritual that takes place and the psychospiritual level. At the “opening level”, these are:

- To re-equilibrate ourselves at the triple energy level (physical-etheric: vitality, emotional-astral: feelings, and mental level: thoughts).
- To relax ourselves at the same three levels.
- To recharge ourselves at the same three levels.
- So as to be able to express ourselves and make the work of the ritual come alive at the same levels.



Whereas at the core level, the final three objectives, which are the true “ends” of this work, are:

- To activate our intuition to get from a question to the answer to that question without going through the in-between rational or empirical steps.
- To raise our level of consciousness to the point where symbolic and analogical language of our religious tradition can become “alive” and reveal its mysteries to us, so that we can understand and apply the symbols a parables of our own sacred tradition and thus benefit from its potential contributions.
- To slowly develop a *conscious and alive connection or communion* with our own spiritual Self, or divine spark, which is the inexhaustible Source of Life, Love and Wisdom which is our great goal and the crowning part of this endeavor.

One thing that really struck me, many years ago, when I first began to explore authentic spirituality and the “consciousness circuit”, was the great gap that existed between the wonderful vision and promises that were made and the very meager results that were obtained; this even after several years of serious work: attending many lectures, conferences, workshops and home study courses, with their relative costs in time, money and energy. For a long time I could not understand this discrepancy but finally it became clear to me: some preparatory work and training was absolutely necessary here. In order to truly be able to be and express ourselves at the mental, emotional and physical level (the core levels of our personality), we need to *re-equilibrate ourselves*. Our lives in the modern West are such that most people, most of the time, are not properly balanced and are lacking harmony in their lives and endeavors, which makes it difficult for them to give their best to the ritual work they are doing and to obtain meaningful results.

Then, we need to be able to relax and “let go” on the three essential levels of the personality, the physical-vital, the emotional and the mental. Stress and tension create energy blockages that short-circuit the free circulation of the Light, energies and information, between our energy bodies and their psychospiritual centers. These are to be removed for a free circulation of Light, energies and information. Tai Chi and Qi Gong in Traditional Chinese Medicine have long recognized that energy and information blockages create illnesses and dysfunctions and this is what the “moving of energy and information”, does for them at the etheric vital level. We recognized this and wanted to extend the same process to the emotional and mental or psychonoetic level.

Finally, in one fashion or another we are all fatigued and exhausted by the kind of life we lead and thus need to “re-charge” ourselves at the mental, emotional and vital- physical level to be able to truly express ourselves on these levels. Once we have taken care of these three levels then we can automatically reach and express the fourth which is simply to be able to *be ourselves and express ourselves*, and thus render the ritual conscious, alive and effective.

Specifically, this means to consciously activate our intuition through the focused use of our four basic “muscles of consciousness”: *concentration* connected with the intuition, *meditation* linked with thinking, *devotion* coming from feeling, and *visualization* emerging from the imagination and vitalized through proper rhythmic breathing. I am convinced, furthermore, that if we do not activate and train our intuition we will soon find ourselves in the functional situation of the illiterate person today,: given the growing over-choice we have in many areas of life and the spreading “crisis of trust”... unless the “laser of our intuition” is properly functioning, we will feel lost, confused, and dependent upon others whom we may not trust and who may not understand us.

As for the second core objective: to get our religion or spiritual tradition to “speak to us” and to reveal its mysteries, it is essential to reach a certain level of consciousness and to have a proper understanding of symbolic and analogical language... which must be personalized and operationalized... and which is quite different from the language of everyday speech and the language of science. All religions and sacred traditions, which were created by genuine Prophets and spiritually enlightened persons, have to use symbolic and analogical language as they recognize that the people they want to reach are functioning on different levels of consciousness or “floors of the inner sky-scraper”. This is the reason why the “letter” must always be “reinterpreted, personalized and operationalized”, by the “spirit” for each new generation, if it is to remain conscious, alive, and effective. This is also the reason why the “letter” was given to the clergy and the “spirit” to genuine Prophets and Initiates! And we know that the “letter” without the “spirit” killeth, i.e. sinks into superstition and nonsense.

As for the third core objective, it has always been and remains the essential goal to achieve in any kind of genuine spiritual life and endeavors. Basically it implies reconnecting the creature with its Creator, uniting consciously man with God, or in more modern and psychological terms, our field of consciousness with our superconscious and our human self with our Spiritual Self. We all have a part of God within ourselves, the Pneuma or divine spark that dwells in our superconscious, the real “sacred



mountain” where all authentic theophanies occur. We know that divine spark is an inexhaustible Source of what is most precious for us: Light that manifests as Wisdom, Fire that manifests as Love, and Life that manifests as creative energies. When we succeed in reconnecting ourselves, first unconsciously and then consciously, with that Source what is most important for us is made immediately available, we have all that we need to continue our lives, face our challenges, and achieve our great goal, *theosis!*

Thus, conceived the spiritual family offers a “safe space” and a “laboratory” wherein we can move from profane space (one-dimensional, physical space) to sacred space (multidimensional, psychospiritual space which includes awareness of the divine Light); from profane time (the split on the horizontal dimension between past, present and future) to sacred time (time on the vertical dimension where the past and future coalesce into the eternal present); and from profane events (things we do with a part of ourselves) to sacred events (things that we do with our whole self, remaining fully conscious and focused). In future articles we will continue this presentation and look at how the spiritual family really answers some of the most important emerging needs and aspirations of our time and level of consciousness.

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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.



Healer of the Month

Robert Peng

Qigong Master, Teacher, Healer

*I met Master Robert Peng last fall when Dr. Jagizarov invited me to an evening presentation at the Learning Annex in Manhattan. I was swept off my feet by the genuine mastery and modest candor of this truly exceptional individual. His fascinating story- best heard in Robert's own words- is detailed in a book about him "**Qigong Master**" (reviewed in the book section below). Robert Peng, through a preordained set of circumstances became the personal pupil of a high Buddhist Abbot who awakens his latent energetic capabilities and sets him on the path. Robert recounts in his book the extraordinary teaching modalities, his evolving from a martial artist into a Qigong healer and the culmination of the teaching in a initiation that opens up his spiritual vision completely. This description of an initiation is a world classic. It is a somewhat similar account to those of Malidoma Patrice Some in "**Of Water and the Spirit**", and Tenzin Wangyal Rinpoche in "**Wonders of the Natural Mind**", who experienced initiation in their own traditions. I enthusiastically recommend the book and the teachings as being the best of the best. Below a reprint of his biography from his website found at <http://www.robertpeng.com/index.html>*

Ed.



Robert Peng at the Great Wall

"Robert Peng is an internationally renowned qigong master capable of generating healing energy through his hands with power equal to a potent electrical charge. He has used his extraordinary ability to help countless people regain their optimum health and vitality, and to demonstrate to the world the incredible spiritual potential human beings possess.

He began an intensive apprenticeship at age seven under the close guidance of the legendary Buddhist monk Xiao Yao, an enlightened master known for his profound healing ability and martial arts skill.

At age fifteen Robert performed a 100 day water fast in a small dark room at a secluded monastery in the remote mountains of Hunan province. He underwent a radical spiritual transformation and awakened amazing healing powers.

Master Yao encouraged Robert to develop his healing skills by studying with other Chinese masters. He pursued his training quietly while attending university in Hunan where he majored in English Literature. When he was twenty nine years old he began to teach and heal publicly.

Robert became so popular that within five years he had over 150,000 students. He attracted many prominent patients to his healing practice including foreign dignitaries, movie stars and officials at the highest levels of the Chinese government.



In 1997, he was invited by the Australian Prime Minister, Bob Hawke, to relocate to Australia. For personal reasons Robert accepted the invitation and he spent the next seven years healing and teaching in Sydney. In 2004 he moved to New York City where he currently resides with his wife Dongmei."

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On behalf of the ER Newsletter I asked Master Robert Peng a few questions:

ER. *In your book you refer to an experience where your Master sent you to a cemetery to sense the energetic presences. I also noticed that you held teachings in Lily Dale - the Spiritualist community upstate NY. Is there a connection between the two?*

RP. I can see how you might imagine there is a connection between the two, but there isn't. My Master brought me to the cemetery in early spring time, when Earth Qi is rising strongly. There we practiced a Qigong empowerment practice called Jieqi Qigong.

Jieqi Qigong is an empowerment that is done once every two weeks during a two hour span. The timing is related to the solar cycle. There is a two hour span every two weeks when a powerful wave of Cosmic Qi washes over our planet. We do the empowerment during this time and you don't have to practice in a cemetery. You can practice Jieqi at home.

Synchronistically, we are now offering this practice for free to anyone who signs up for my newsletter on my website (www.RobertPeng.com). Anyone who wishes to join our Circle of Cosmic Qi is welcome.

To answer your question about Lily Dale... I was invited to teach in Lily Dale a few years ago and I continue to teach there every year, but I do most of my teaching upstate with the Fellowships of the Spirit, a healing school located next to Lily Dale.

ER. *Are you in touch with your discarnate Master?*

RP. I feel my Master's spirit all the time. I am guided by him constantly. Sometimes he appears in my dreams and meditations. When I make a critical decision I feel his invisible hands guiding me in the right direction.

ER. *How do you work as a healer? Are you a Qigong Master of the Tao, Buddhist, Confucian, Medical or Wushu kind or a combination of some or all? How many people have you treated so far?*

RP. My Qigong healing is based on three steps. One, clear the blockage of negative energy. Two, empower with positive energy. Three, integrate and balance the Qi field. I use specific techniques and visualizations to accomplish these three steps depending on the condition I am treating.

My healing work is fluid and dynamic. It is as much an intuitive art as it is a precise science. I sense Qi flow and the quality of Qi. The healing techniques I learned from my Master represent a blend of all the schools you mention to some degree. I offer a yearlong course called "Become a Qigong Healer" where I teach all this material in depth. More information is available on my website where I teach my students how to awaken their healing energies and use that power to enhance Qi flow in another person.

(See http://www.robertpeng.com/Become_a_Qigong_Healer.html Ed.)

I've been doing Qigong healing from the time I was a teenager. Since then I treated many thousands of people all over the world both individually and in group healings.

ER. *Can you elaborate on the connection between Diet and Qi development? Why is it important to eat seasonal foods?*

RP. We are born with Yuan Qi, our pre-natal Qi, which is determined by the condition of our parents and ancestors, or we might say our DNA. Then we supplement that Qi with post-natal Qi that we absorb from the air, food, and



water. This is Environmental Qi.

While we can't control our pre-natal Qi constitution we can do a lot to optimize our post-natal Qi intake. The more Qi there is in the food we eat—the fresher and the less processed it is—the more of it we can assimilate. Eating energy-rich, wholesome food is a form of Qigong practice.

Seasonal eating is important. Our internal cycles follow the cycle of nature. We are part of the Universe, after all. Eating local seasonal food is a good guideline. But there are many variables one must consider before making any judgments about diet. Our constitution, age, and even gender, come into play when we seek to design the optimal menu.

And while food, water, and air are important I would also draw attention to temperature. Eating frozen foods is detrimental to our internal organs which absorb Cold Qi. Air conditioning has a similar effect. Our bodies absorb temperature just the way they absorb nutrients and the consequences of poor temperature management can be dire and responsible for health complications of a serious nature. For example, wearing short skirts in the wintertime can cause a woman to absorb Cold Qi which reduces fertility.

ER. How can you interact with other treatment modalities?

RP. Qigong and allopathic medicine are complementary. There are instances when I will consult with a conventional doctor and I have many students who are doctors and nurses. Each path serves a different function. Allopathic medicine excels at managing trauma. Many scientific studies have shown that Qigong is an effective way to heal some chronic conditions that elude the grasp of allopathic medicine.

My Master taught me that if we eat right, get good sleep, learn to relax, breathe fresh air, and exercise regularly we make ourselves disease unattractive. If we feel rejuvenated and happy all the time we are less likely to need doctors or healers.

ER. Can you elaborate on the integration/collaboration with medical professionals? How would that ideally take place?

RP. In the past I worked with a plastic surgeon. I did energy work on his patients for a few minutes before surgery and the positive results were noticeable, both to him and to his patients. Allopathic medicine can benefit from opening up to the reality of Qi and the ways it can be used to support the healing process. More conventional physicians are becoming interested in Qigong and I am optimistic that in the future patients will feel as comfortable getting energy work as they do taking medications.

ER. Do you have a message to the readers of the Energetic Rejuvenation Newsletter?

RP. Yes, I do. My fellow healers, we live in an exciting time when people from all over the world are exchanging precious cultural gifts. One of the most valuable gifts that China has to offer is the ancient healing art known as Qigong, and I am happy to be able to share it with you.

We've all heard about the mythical Fountain of Youth whose rejuvenating waters bring strength, vitality, and youthful wellbeing. The Qigong Masters of ancient China realized that this fountain actually exists within each one of us, and they created a path that can lead us straight to it. By walking this path, we can discover our own Fountain of Youth, drink its nourishing water, and make peace and happiness a way of life.

I wish you Good Qi!

ER. Robert Peng, thank you for your inspiring words about Life. We hope one day to have you teach at the New Dawn Foundation in New Rochelle, NY. Meanwhile wish you a prosperous New Year.



Presentation and Interview

Marsha Stonehouse

Artist, Healer, Teacher



Over the last 20 years Marsha's creative and spiritual path has lead her across Canada, to Bali, the Australian Outback, India, Thailand and Mexico. She has explored many aspects of art, spirituality and healing throughout her travels.

Marsha Stonehouse has studied and practiced Theravada Buddhist meditation for over 19 years and has explored and practiced shamanism, tai chi and many mind/body modalities. She is a reiki master and has a healing practice that includes reiki and an Ancient Tibetan Energy work; Tsi Dup Yang Bod. She is continuing to study this healing practice with a Lama from Menri Monastery in India.

Since 1993, Marsha has been leading workshops and courses, giving public talks and coaching individuals on the healing value of art and the creative process. She has worked with CEO's (The Executive Committee) and with The Banff School of Management in the area of Creativity and Leadership Development.

Marsha Stonehouse has a BA in Fine Art from the University of Western Ontario, has studied at the Slade School of Art in London, Eng. and other art schools in Canada.

Her paintings have been shown in galleries across Canada and in Jakarta, Singapore and Mexico.

Marsha has taught painting and drawing for 20 years in Universities, art colleges and through the Ontario Arts Council's Artist in the Schools programs. Over the last 15 years, she has worked extensively with children at risk, and many communities creating murals based on literacy, the environment and multiculturalism.

Marsha is based in Toronto . She has a studio on Toronto Island and travels to Mexico in the winter to paint, give healing treatments and lead workshops.

Marsha Stonehouse can be reached at: mstonehouse@idirect.com and 416-203-4070

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I met Marsha at the Tse Dup Yang Bod training. She had shown some of her colleagues her work and it was natural that we present it in ERN. As with all artists her work reflects her personality. One sees in the pictures she submitted, a puzzling duality of mysticism in subdued monochromatic tones and calm and multicolored nature scapes where the surface of the water reflects the intensity beyond. Art and healing are sister path . More of her works can be viewed on her website at www.marshastonehouse.com

To clarify our observations, we asked Marsha Stonehouse a few questions on behalf of ERN.

ER. *Marsha, what attracted you to art and what attracted you to healing?*



MS. When I was 8 years old I decided I wanted to be an artist. It was more of a revelation than a decision.

At that age I didn't know what it would entail. It just felt that this was important for me and that it held a sense of magic, play and beauty. What has kept me involved in it is the latter, but also, at times I've felt like a conduit for a much larger energy. There's been an experience of being 'directed' while working on a painting...of getting outside my own limited identity. Healing came out of, or through, my art. As I pursued my painting, I was attracted to indigenous cultures... their sense of connectedness to nature, spirit, creation. My painting journey took me to Bali, India, the Australian outback, Mexico, places where I felt a deep relationship to nature and spirit that I was missing in my own culture.

From the early 70's, I have been a curious about the energy inherent in all living beings, healing and different states of being. This curiosity lead me to other cultures, informed my artwork and now is being experienced in it's pure form through my healing practice.

Both processes are transformational in nature. Both include working with energy and symbols. In the. painting process, images and symbols hold energy that is placed there by/through the artist. In the energy healing processes that I use (reiki, tse dup yang bod) there are also symbols holding energy and the use of color and sound.. In both processes visualization is used to hold and transmit energy. In both processes the artist and healer can experience a greater power working through them.

ER. *Marsha what prompted your color palette- monotone for spiritual themes and colorful for nature paintings?*

MS. I see them both as expressions of the same theme: the spiritual, the sacred. One is in a man made context and the other is natural.

The palette in the Asian works reflects the color of the source of the images.... the largest Buddhist temple in SE Asia; .Borobudur in Java. The figures in these paintings are inspired by the friezes carved along the exterior walls of the temple. These carvings are a natural stone color. To change the color seemed arbitrary and contrived. These works are not so much about emotional states, which are readily expressed through color. They're more about the otherworldly nature of the images. For some people, they act as reminders and reflections of the Buddhist teachings.

The 'Pond Series' has a palette reflecting the natural colors found in the ponds themselves. Again, to change this seemed too arbitrary. It was not so much about my choices as an artist but about expressing the subject in a way that could reveal it's mystery and depth. These paintings are about the natural beauty of water, its stillness, power and essence. For me, they also act as metaphors for our state of consciousness: inner calm and spaciousness or obstructions within the nature of mind.

Ajahn Chah, a great meditation master from Thailand, wrote a book titled "A Still Forest Pool".

In it, he used a metaphor for the process of meditation: a glass of water when taken from a pond will be filled with debris. When that glass of water is left to sit for a few hours, the debris settles to the bottom and the water is clear. So it is with the mind when we take time to let it settle.

This teaching is what inspired me to begin the ' Pond Series'.

ER. *If you had to choose- which one would be your preferred profession- art or healing? How do you see them blend in your life?*

MS. It would be a hard choice. I've spent 20 years working as an artist. The healing work now seems to be calling me in a way that the painting did years ago. I feel they inform each other. The paintings carry healing energy, teachings and at times, they have acted as portals to help people experience different realities. In that way, they have been transformational. The healing work is transformational and is also creative and dynamic. As I use color, sound and elemental energies in my healing work, I feel the creative process come alive. Also, I see how the paintings can be a part of the healing process....helping people through their energy and presence.

After the last Tse Dup Yang Bod training, the elements have become the subject of my latest paintings. As they come through in the paintings, I can't help but think that these images will be helpful and perhaps transformational for some people. At this point, I'm not choosing one practice over the other but am seeing how they reflect, support and inform each other.

ER. *If they can be separated, what is your message to those seeing your art and what is the message to those practicing healing?*

MS. It is a similar message carried in different forms. Ultimately it's about letting the power of spirit, of the divine, the higher



self come through us. Letting ourselves be healed is really letting ourselves be transformed from the separate self into the oneness of the universe.

My art can help people relax into a calm, quiet, reflective place within themselves. Through seeing the images they can be reminded of the spiritual, sacred nature of life and of themselves. There is a depth to the beauty as there is to our own nature. The images often suggest different realities. We exist on many levels. To acknowledge this and work with it consciously we are able to heal aspects of ourselves that may be cut-off or neglected..

Both processes can be highly intuitive and work best when the ego is not in charge.

Being an effective healer can be seen as letting oneself be a conduit for the healing energy. Getting out of our own way is necessary and often difficult. Ultimately, we are not the ones doing the healing.

Let spirit move through you, be skillful, stay present, get out of the way, be compassionate and trust.

It's a fine balance!

ER. Thank you Marsha Stonehouse, for sharing your art, insights and experiences with the readers of the Energetic Rejuvenation Newsletter. On behalf of our readers we are wishing you a prosperous and creative 2011.



Still Water

14" x 42" Oil/board



Mandala 2

3' x 4' oil/canvas



Dyptych: Tropical Pond

24" x 60" Oil/board



Coi and Reeds

24" x 24" oil/canvas



Open Water

24" x 24" oil/canvas



Sky Dancer

22" x 24" oil/canvas



Three Women

30" x 40" oil/canvas



India Passage

36" x 48" oil collage/canvas



Offering

18" x 24" oil/canvas



Three Figures

36" x 48" oil, gold leaf/canvas



Dyptych: Air, Water

30" x 60" oil/canvas



Dyptych: Water, Fire

24" x 48" oil/canvas

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MARSHA STONEHOUSE

EDUCATION

1993 Slade School of Art, London, U.K.
1977-79 Banff School of Fine Art, Banff, AB
1975-77 Three Schools of Art, Toronto, ON
1969-72 University of Western Ontario, London, ON

Painting Program
Winter Studio Program: Painting, Drawing
Painting, Drawing, Lithography, Photography
B.A. Fine Art

COLLECTIONS

Hotel Nikko, Bali, Indonesia
The Regent Hotel, Jakarta
Lorin and Kristy Fine Art, Singapore
Coopers and Lybrand, Toronto
Xerox Canada, Toronto
Trilon Financial Corp. Toronto
Granite Development Corp., Toronto
Consulate of the Republic of Indonesia, Toronto
Alberta Art Foundation, Edmonton
University of Alberta, Edmonton
Nova Core Chemicals, Calgary
Esso Resources, Calgary
Shell Canada, Calgary
Northern Telecom, Calgary
Petro Canada, Calgary
Pan Canadian Resources, Calgary
Energy and Conservation Resources, Calgary
Davis and Assoc., Barristers and Solicitors, Vancouver
Remarkable Films Inc., Wellington, New Zealand
McClaren Art center, Barrie, Ontario

SOLO SHOWS

2009 "The Pond Series"
2005 "The Asia Suite"
1997 "The Matrix Series"
1997 "New Works"
1996 "Focus on Canada"
1996 "The Magical Island Series"
1992 "The Magical Island Series"
1992 "The Magical Island Series"
1988 "The Garden Series"
1987 "The Dreamtime Series"
1984 "The Nazca Series"
1983 "New Drawings: Fibonnacci Series"
1980 "Paper Aeroplanes"
1979 "The Fold Drawings"

Galleria Uno, Puerto Vallarta, Mexico
Intercontinental Hotel, Toronto
Cornwall Regional Art Gallery, Cornwall, ON
Lorin and Kristy Fine Art Gallery, Singapore
The Regent Hotel, Jakarta, Indonesia
Lorin and Kristy Art Gallery, Singapore
Parker Gallery, Toronto
Consulate of the Republic of Indonesia, Toronto
Whyte Museum of the Canadian Rockies, Banff, AB
Virginia Christopher Galleries, Calgary, AB
Virginia Christopher Galleries, Calgary, AB
University Theatre, University of Calgary
Nickel Arts Museum, University of Calgary
Whyte Museum of the Canadian Rockies, Banff, AB

GROUP SHOWS

2010 The Pond Series
2006 Milagro Series
2005 Centro de Cultura
2003 "Inside Art"
2003 Prince Arthur Fine Art Gallery
2002 Prince Arthur Fine Art Gallery
2000 Wallpower Fine Art
1998-99 Canadian Society of Artists
1997 "New Works"
1997 The Ontario Society of Artists (Juried Show)
1996 The Canadian Society of Artists (Juried Show)
1996 "The Magical Island Series"
1998 The Ontario Society of Artists (Juried Show)
1996-97 "The Magical Island Series"
1993 Geraldine Davis Fine Art Gallery
1991 The Parker Gallery
1990-91 "Art at the Grassroots"
1985-87 Faculty Show
1987-89 Geraldine Davis Gallery
1987 Faculty Show
1985 Paul Kuhn Fine Art
1985 Alberta Art Foundation, Acquisitions Show

Atenea Gallery, San Miguel de Allende
Atenea Gallery, San Miguel de Allende, Mexico
Ajijic, Mexico
Toronto Convention Centre
Toronto
Toronto
Toronto
John B. Aird Gallery, Toronto
Lorin and Kristy Gallery, Singapore
Art Gallery of Mississauga, ON
John B. Aird Gallery, Toronto
Santi Gallery, Jakarta, Indonesia
John B. Aird Gallery, Toronto
The Regent Hotel Jakarta, Indonesia
Toronto
Toronto
Erindale College Gallery, University of Toronto
Red Deer College, Red Deer, AB
Toronto
Nickle Arts Museum, University of Calgary
Calgary, AB
Beaver House Gallery, Edmonton, AB



1982 **Women in Focus Gallery**
 1981 **Exchanges Gallery**
 1980 **Whyte Museum of the Canadian Rockies**
 1978-79 **Walter Phillips Gallery**
 1972 **MacIntosh Gallery**

Victoria, BC
 Victoria, BC
 Banff, AB
 The Banff Centre, Banff, AB
 University of Western Ontario, London, ON

PUBLICATIONS

2005 **Centro de Cultura**
 1997 Fall **Sempati Airlines Inflight Magazine**
 1997 **United Kingdom Indonesian Newsletter**
Society of Canadian Artists (Juried Show)

Ajjic, Mexico
 Sempati Airlines, Singapore
 Rastini Arts Foundation, Brighton, U.K.
 John B. Aird Gallery, Toronto

“Garden Series”

Whyte Museum of the Canadian Rockies, Banff, AB

“Art at the Grassroots”

University of Toronto

“The Bali Series”

Lorin and Kristy Gallery, Singapore

“The Bali Series” Focus on Canada

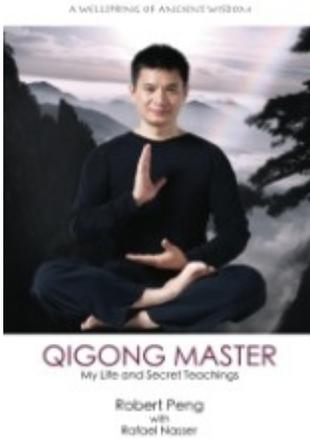
The Regent Hotel, Jakarta, Indonesia

Book Review

Qigong Master

My Life and Secret Teachings

Robert Peng with Rafael Nasser



Once you start reading you will not put the book down. This is a book that rings true. There are descriptions of the feats of strength, skill and Qigong magic, healing the impossible, wise teachings, "walking on water". It is amazing to see the Spirit wisdom that preserved ancient wisdom during the brutal Cultural Revolution, the Zen of the opposite effect: What the Cultural Revolution tried to suppress is now the unstoppable essence of this teaching. To purchase the book see:

<http://www.robertpeng.com/shop/index.php> OR <http://www.fellowshipsspirit.org/peng-book.php>

Excerpt from Robert Peng's website:

Ed.

"QIGONG MASTER, My Life and Secret Teachings describes the life, philosophy, and practices of Robert Peng, a Qigong Master who trained secretly in China during the Cultural Revolution.



The book includes an intriguing account of Robert's apprenticeship with his Master, Xiao Yao, as well as a description of the essential practices of the system he teaches.

Robert offers the reader an engaging look at the process he underwent to awaken his own extraordinary spiritual gifts and reveals a systematic, step-by-step approach that readers can follow to boost their capacity for wisdom, love, and vitality, and bring about more peace and happiness.

Additionally, Robert explains how we can use the spiritual energies awakened through Qigong practice to protect ourselves from negative tendencies, enhance intimate relationships, and help us realize a meaningful destiny as creative beings living in a loving Universe.

The book includes 150 illustrations."

DVD Review

On Life & Enlightenment

Principles of Buddhism

with His Holiness The Dalai Lama and Renowned Spiritual Leaders

http://www.amazon.com/Dalai-Lama-Life-Enlightenment/dp/B000A1IM6S/ref=sr_1_1?s=dvd&ie=UTF8&qid=1300729905&sr=1-1

This is a very informative three-hour DVD documentary, comprised of five episodes, describing mainstream Tibetan Buddhist practice. The DVD compiles a lot of information and allows one to get in a short condensed time an overview of this field.

The first 2 episodes are listing practices, chanting, prostrations, dialectic debate, mandala building, etc.

Episode 3 focuses on the practice of Bardo, dealing with death, reincarnation, recognition of reincarnated Lama's such as the Karmapa and the Dalai Lama.

The 4th episode covers shamanic healing, divination and mediumship, the Nechung Oracle and public ceremonies.

The 5th and last episode presents Tibetan Medicine practices, pulse diagnostic, balancing energies, herbal medicine and cupping and hot rod applications to acupuncture points.

This is an impartial documentary, presenting the compiled information in a journalistic anthropological style, allowing a viewer to extract their own conclusions.

There are several documentaries on those subjects, but they are dedicated to one of the subjects. This particular documentary is all inclusive. The style reminds one of the PBS or National Geographic presentations.

I personally liked it. I recognize that people practicing Buddhism will feel that it's not enough and those interested in picturesque scenery will feel that there are too many details. I believe it is a good documentary striking a balance, a documentary for everyone.



Announcements

**Pilgrimage to Yucatan, Mexico
with Dr. Elena Loboda**

From April 8 to 17, 2011

According to Mayan cosmology, we are now passing through the No Time, a moment between eras. It is a unique opportunity for radical personal and global transformation; a powerful time to usher in a new Universal Consciousness, known to the Maya as 'I am you'. This is not the end of the world, but it is the end of the old paradigm. Ancient prophecies tell us we are now encountering a vast stream of cosmic energy that is working to elevate our consciousness and transmute our DNA.

We will journey to and practice on places of natural and structured power on the Yucatan peninsula. Starting from beautiful, magical Merida we will journey through ancient Mayan sites, powerful and sacred, hidden inside jungles: Uxmal, Chichen-Itza, and Coba. We will visit Ek Balam, a newly discovered gem of Mayan sacred architecture. Ek Balam means the 'Star Jaguar', a jaguar from the stars who brings powerful energy of Great Universal Mother. There we will see sculptures of gods with wings and a Ceiba tree, considered the most sacred tree by the Maya, who believe it signifies the union of the underworld, the earth, and the heavens, and to balance the energies of masculine and feminine.

We will experience richness of natural Cosmic Elements in the Sian Ka'an biosphere, 'the place where the sky was born', and travel by boat through the waterways of this exquisite wilderness.

We will visit Mayan cenotes with crystalline fresh water and the sacred Cenote X'keken where we will descend down a spiral staircase into a giant cave with stalactites and stalagmites.

And finally we will rejuvenate ourselves in a gentle environment enveloped by the soft sands and the warm seas of the Mayan Riviera, Tulum.



Dr. Elena Loboda is a wisdom keeper of ancient Veddik tradition of Northern Lineages. An M.S. in Chemistry and a Ph.D. in Biology in the field of Brain Neurochemistry, Dr. Elena Loboda synthesizes her scientific knowledge with extensive studies in Buddhist, Hindu, Bon and Yogic traditions at monasteries and ashrams in the Himalayas and Tibet. She has also trained with Siberian shamans, Taoist and Sufi masters. Dr. Loboda has conducted independent research on the ancient knowledge of Hyperborean lineage in Russia and the Native American heritage.

Cost per person on double room basis US-\$ 1,890

Suppl. per person in **single room US-\$ 399.00**

For registration email eloboda@yahoo.com, aristovaNY@gmail.com, or call Anna (718) 709-1212

More information polarlight.org



Pilgrimage to Yucatan, Mexico

with Dr. Elena Loboda

PROGRAM DESCRIPTION

April 08 (Friday)

Arrival at Merida airport
Arrival transfer to hotel in Merida
Hotel El Castellano
Total 1 night
No lunch or dinner included

April 09 (Saturday)

Buffet breakfast
City tour
Continue to Uxmal
Hotel Villas Arqueologicas
Total 1 night
Light and sound in the zone (20:00hrs)
No lunch or dinner included

April 10 (Sunday)

American breakfast at hotel
Visit Uxmal continue to Chichen Itza
Hotel Villas Arqueologicas Chichen
Total 01 night
Light and sound optional (the cost of the light and sound show is already included in the ticket to visit the site during the day hours.)
No lunch or dinner included

April 11 (Monday)

American breakfast
Visit Chichen Itza and X-Keken
Continue to Valladolid
Hotel Meson del Marques
Total 02 nights
No lunch or dinner included

April 12 (Tuesday)

American breakfast
Ek-Balam zone and Balancanche cave
No lunch or dinner included

April 13 (Wednesday)

American breakfast
Visit the Valladolid market
Continue to Coba
Visit the archaeological zone
Hotel Villas Arqueologicas,
Total 01 night
No lunch or dinner included

April 14 (Thursday)

American breakfast
Visit the cenotes area (time for swim)
Continue to Tulum
Hotel Los lirios
Total 03 nights
No lunch or dinner included

April 15 (Friday)

American breakfast
Visit Tulum
Optional Temazcal session or snorkel tour
(Please find the rate below)
No lunch or dinner included

April 16 (Saturday)

American breakfast
Visit the Sian-ka'a biosphere
Pm free at leisure
No lunch or dinner included

April 17 (Sunday)

American breakfast
Morning at leisure
No lunch included
Transfer out to Cancún airport
Leaving Mexico

Per person on double room basis US-\$ 1,890 Suppl. per person in single room US-\$ 399.00



PROGRAM DESCRIPTION - Part 2

In the rates are included:

Accommodation:

- 01 night El Castellano, Merida
- 01 night Villas Arqueologicas, Uxmal
- 01 night Villas Arqueologicas, Chihcen Itza
- 02 nights Hotel Meson del Marques, Valladolid
- 01 night Villas Arqueologicas, Chihcen Itza
- 03 nights Hotel Los Lirios, Tulum

Transfers and fees:

- Transfers and excursions as per programme by Maxivan transportation with air conditioning
- Luggage handling at all airports for 1 piece of luggage per person
- Entrance fees to all mentioned sites

Guide:

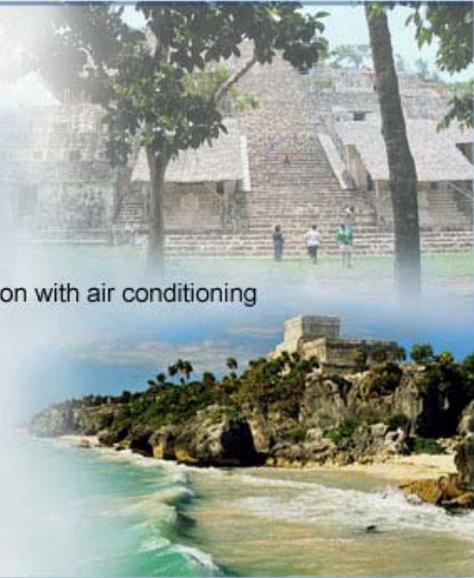
- English speaking local guide/ driver from April 08 to 17

Meals:

- Breakfast daily at above-mentioned hotels

Tips & Taxes:

- Tips bell boys and chambermaids at all hotels
- Mexican taxes



OPTIONAL TEMAZCAL

Net rate per person **US-\$59.00** (rate subject to change according with the participants number)

In Nahuatl language Temazcal means Temaz: Bath, Calli: House. It is an ancient ritual ceremony conducted by the Aztecs, and that remains in force until today.

The Temazcal is a round structure in which it is believed to be the womb of mother earth, which carries out a steam bath therapeutic and purifier. In this return to the origin of life we find ourselves and get the blessings of the four elements: water, fire, air and soil. It is a very powerful and spiritual ceremony consists of four doors, each dedicated to one direction, and a healing of body, mind, soul and spirit, that is opening the door to allow entry of volcanic stones heated by wood, on which herbal tea will be pour, producing a therapeutic steam. Through meditation, prayer, singing, musical instruments and sounds, we start eliminating toxins from the body and release stress, tension, emotional blocks, and elimination of many diseases. It is an unforgettable and rewarding experience for the soul.

Requirements

Consume plenty of water (at least 3 L) throughout the entire day before the temazcal, as up to 2 L may be lost during the sweat lodge.

It is very important that alcohol and drugs NOT be consumed within 24 hours of the temazcal.

Please consume a light meal at least two hours before the temazcal to avoid indigestion.

Wear a swimsuit or a sarong during the temazcal.

Bring a towel. Afterwards a jump in the ocean will cool you down.

Bring a sweatshirt or sweater to keep warm after the temazcal.

Children older than 12 years are allowed to enter the temazcal.

Claustrophobic or epileptic conditions are not allowed in



OPTIONAL SNORKEL

Basic tour

Net rate per person US-\$58.00 (rate subject to change according with the participants' number)

Everyday at noon when the light conditions are at it's best for snorkeling we jump in the boat located at Zasil kin beach to visit the three best sections of the barrier reef that runs among our shores.

In case you want to snorkel in the cenotes too.

Please add the supplement per person of **US-\$59.00**

We also visit the other three ecosystems where snorkeling is possible, the mangrove and the cenotes. For the cenote ecosystem we visit Dos ojos, a wonderful site to experience what is like to swim through a flooded cave. Passages like the "Bat cave" feature in an IMAX movie called "Journey to Amazing Caves" will take your breath away and for the mangrove, a nice adventure at Saint Erick or Casa Cenote mangroves.



Expedition to Sacred Belucha Mountain in the Heart of the Altay with Dr. Elena Loboda June 25th - July 15th

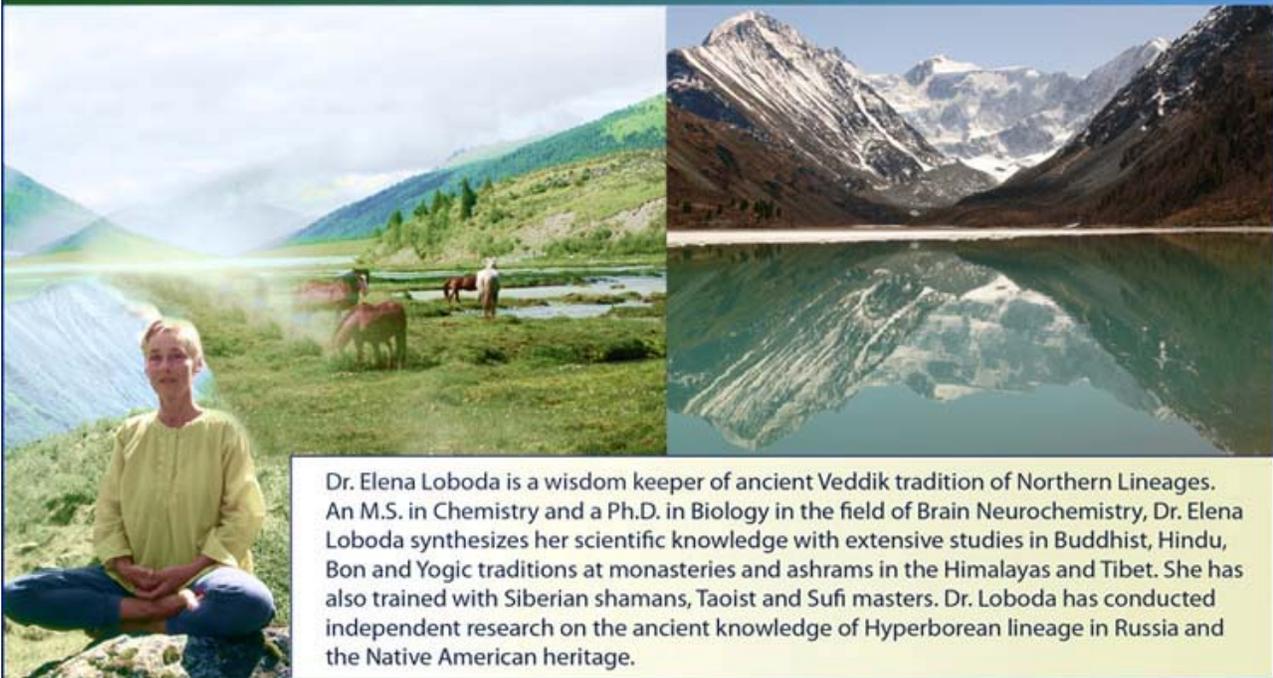
Indescribably beautiful, the Altay Mountains in Southern Siberia are the land of an ancient civilization built by descendants of Arktida, the Hyperborean. Belucha, the White Goddess Mountain in the heart of the Altay, is a natural temple held sacred for thousands of years. Until our time, people have lived no closer to Belucha than a distance of 3 days hiking. This is one of the purest places on our planet. The ecosystem of the Altay Mountains is so clean that you can drink water directly from its rivers. Native people hold this place of tremendous power in deep respect for the clarity of Cosmic Primordial Energy available here.

This ancient sacred place is located on Northwest section of the Himalaya-Tibet-Gobi Desert Massif. The Altay is one of the gates to higher dimensions in the space-time continuum of Gaia – Mother Earth. In the higher dimension "above" Altay exists the **Pure Land of White Water – Belovodye.**

For thousands of years native people including ancient Russians were using this natural sacred temple for purification and transformation. Now, at the time of deep energetic changes, this gate is opened wide to provide a large spectrum of vibrations of Universal Transmutational Energy to our planet for its next evolutionary step.

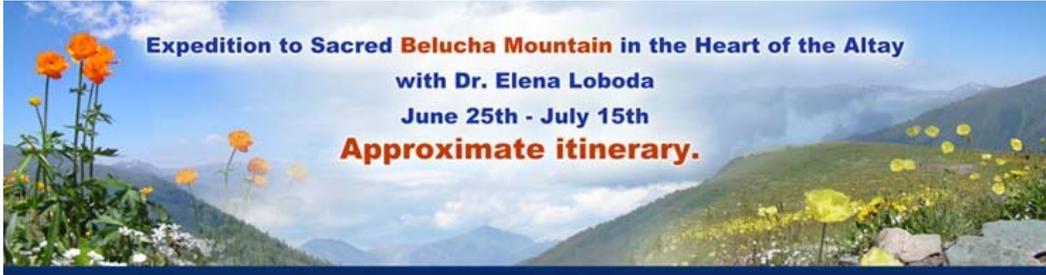
We are going to travel to this magical mountain, Belucha, tracking into the sacred area, visiting ancient ceremonial sites, cliffs etched with petroglyphs and stone circles. During the trip we are going to practice a unique combination of ancient veddik practices for purification, healing and transformation of our whole multidimensional system: body-energy-consciousness. This is a next step in human evolution..

Approximate cost of the trip is \$2,900



Dr. Elena Loboda is a wisdom keeper of ancient Veddik tradition of Northern Lineages. An M.S. in Chemistry and a Ph.D. in Biology in the field of Brain Neurochemistry, Dr. Elena Loboda synthesizes her scientific knowledge with extensive studies in Buddhist, Hindu, Bon and Yogic traditions at monasteries and ashrams in the Himalayas and Tibet. She has also trained with Siberian shamans, Taoist and Sufi masters. Dr. Loboda has conducted independent research on the ancient knowledge of Hyperborean lineage in Russia and the Native American heritage.

For registration and information: POLARLIGHT.org or infoWorkshopsEL@gmail.com, aristovaNY@gmail.com or (718) 709 1212



- Day 1 (June 25)** We arrive to Barnaul in the morning. This day we need to make a 10-hour bus ride to the town of Ust-Koksa. We'll have lunch on the road in a diner with native cuisine. In Ust-Koksa we stay in a cozy tourist hotel.
- Day 2** In Ust-Koksa we are visiting the museum of Nicholas Roerich, famous artist and spiritual teacher, the museum of ancient Russian Orthodox, and the museum of the Altay region.
- Day 3, 4** In the evening we drive to the village of Tungur. We stay in Tungur in a tourist hotel for 1 day, preparing to start the main trip. Tungur is located near the magical mighty Katun River with spectacular view. We'll take small hiking trips in the area.
- Day 5, 6, 7** Horse trip to Ak-kem valley near Belukha. On the way we camp near indescribably beautiful Kucherla Lake and take a mountain path with spectacular view - Karatyurek (Black Heart). At night we stay in a tent and cook our meals on a campfire.
- Day 8** We set up base camp in Ak-kem valley near Belukha. We'll have a rest after the horse trip, and a Russian Banya (hothouse). We stay in this area until day 17.
- Day 9** We'll visit Yarla Valley and restore our health on a unique Healing Rock located in this ancient sacred valley.
- Day 10** A day hike to "Seven Lakes". Those seven lakes represent 7 energy chakras. We will practice there to purify our energy and connect to high frequencies of Seven Lakes' vibrations. For those who are interested, we can dig up a "Golden Root" an Altai herb with Ginseng-like qualities.
- Day 11** Day hike to "Spirit Lake" where we will connect to deep meditative silence, stillness and Clear Light state of this extraordinary sacred place.
- Day 12** Rest, Banya (hothouse)-optional, collecting medicinal herbs.
- Day 13, 14** Two-Day hike to Belukha Mountain - White Goddess Mountain. We will meditate to enter the state of higher consciousness and connect with Pure Primordial Universal Mother Energy.
- Day 15** Trip to Yarla Healing Rock and Violet Rock of Transformation.
- Day 16, 17** Rest, Banya (hothouse)- optional.
- Day 18, 19** Horse trip back to Tungur village.
- Day 20** Rest in Tungur
- Day 21** Bus transfer to Barnaul.
- Day 21 night, Day 22** Departure from Barnaul.

* Itinerary could be changed according to the circumstances.
The cost of the trip is \$2,900.
The price includes lodging, food, horses, and other transportation during the trip.
The trip starts in Barnaul, Russia.
 See more info at [HYPERLINK www.polarlight.org](http://www.polarlight.org)

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This Newsletter is being e-mailed quarterly. Deadline for submitting copy, material, announcements and other contributions, is the 15th day of the 4th month. E-mail Newsletter material to Abaraschi@aol.com mentioning Newsletter in the e-mail title.

Credits

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