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Editorial

Dear Friends,

This issue surprised me with the variety of contributions. So I thought, we, people interested in living Energy are an eclectic bunch and are encompassing a wide spectrum of experience.

What has Tibetan Bon, Brazilian Spiritism, Western Philosophy and eclectic observations (the themes of the articles in this issue) have in common, may I ask? I would say its life, human life.

Health is a wellness or an optimal state of being. Its common to our aspirations, we seek it and when we get it we are feeling accomplished. To accomplish it there are many paths, some rooted in history often going back many thousands of years. That leads one to think and feel the eternal in the present.

Thus an interesting observation: There are currents of past in the present and conversely if logic applies, currents of future in the present. All we need to know is how to distinguish them and, I speculate, we would be able to predict what's coming to us.

Is this possible?

Well- look at the book in the book review section and watch videos: <http://www.youtube.com/user/johnkortum>. John Kortum has devised a way to "sinergise" sense perception so it accurately predicts outcomes related to health. So to speak see the future in the present. Very interesting is it not?

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

Editor

News and Links

Buryat Shamanism: <http://www.legendtour.ru/eng/russia/buryatia/shamanism.shtml>

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Buriat Shamans meeting by Lake Baikal: <http://www.demotix.com/news/buryat-shamans-meeting-baikal>

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Trace your genetic ancestry- without having to ask granma:
https://www.genebase.com/orderAdvanced.php?is_special=ZGFwX3VzX2VuZ191cw==

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Dr Sha is making stride- explore his website <http://www.soulhealingdrsha.com/>

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>

Chongtul Rinpoche recently presented a Tibetan Healing workshop at the New Dawn Foundation in New Rochelle NY. Emma Bragdon PhD who attended the workshop wrote a review. When I asked Rinpoche for his contribution this month, he suggested we print the review.

Ed.

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Workshop Review

Two Days with the Great Loving Mother of Bon

by Emma Bragdon PhD

The Bon is a tradition that goes back 18,000 years to its source in the Himalayan mountain area we know as Tibet. Although often confused as an aspect of Buddhism, Bon predates Buddhism, and has been preserved as an unbroken oral tradition independent of Buddhism. Like many shamanic cultures, Bon people have a deep understanding of mediumship and the importance of loving connection to the forces of nature.

The Bon female archetype of the Mother is referred to as “Sherab Chamma”. She is the source of peace, love and compassion, the mother of enlightenment, who understands the suffering of all sentient beings. We might liken her to Mother Mary of the Christian tradition.

Unlike the quiet Mother Mary, Sherab Chamma sometimes manifests herself as “Si Pi Gyal Mo”, a being of intense action. Although still motivated by pure love in her core, she now appears as a fierce protector, the embodiment of wisdom and power. Sometimes called “Queen of the Universe”, as Si Pi Gyal Mo she can operate in boundless space to burn away all ignorance and negativity. She can liberate the world from evil and thus bring us to a peaceful way of life.

This is a being you want to have on your team! This is an energy to know within yourself, as well! And, of course, this is an energy we need in our world today.



Chongtul Rinpoche at the New Dawn Foundation



On April 17 & 18, 2010, Chongtul Rinpoche, a highly-recognized Bon teacher who is the Director of Bon Shen Ling Foundation (www.bonshenling.org), generously gave teachings on Si Pi Gyal Mo at the New Dawn Foundation in New Rochelle, New York. In his role as teacher, Rinpoche has a way to be completely present and available for questions. He is also quick to laugh and enjoy himself. This made for a very pleasant learning environment.

The Estate house of the New Dawn Foundation was decorated with tangkas (paintings) and sculptures, transforming the dining room and living room into a Tibetan shrine room. The audience, made up of a culturally-diverse mix of sixteen adults representing doctors, nurses, psychologists, professors, architects, and various others, seemed to easily relax into this “classroom”. We all sat on chairs.



Chongtul Rinpoche alternated between guiding mantra and exercises to empower healing, with giving brief talks on the history of Bon to help us better understand and become attuned to Si Pi Gyal Mo, as a great source of enlightened action in the world.

The teachings did not just acquaint us with this dynamic being—but moved us in the direction of becoming one with her and channeling her energy to benefit others. How?

First, we focused on the sculpture depicting Si Pi Gyal Mo with three faces and six arms. The central face is blue, the face on the right is white, and the face on the left is red. We learned that these faces are associated with the human central channel of energy, the red channel that signifies karma from the past, and the white channel symbolizing the future intent for compassionate action.

After visualizing Si Pi Gyal Mo in front of us, we brought the energy we had perceived outside of us-- into us, into our own three channels. Basically, we were instructed to become one with her. Literally, this meant that each of us felt ourselves as Si Pi Gyal Mo: each of us embodied her. Chanting mantras together while visualizing and sensing our attunement with her supported the union of energy and identity.

Finally, we learned how to project this energy of Si Pi Gyal Mo, which had been built up within each of us. Hands outstretched, palms facing forward, one with Si Pi Gyal Mo, each of us directed “her” healing energy to those in need.

To seal our learning, Rinpoche recognized each of us individually as having attained the transmission of the teaching.

What we took home with us, after the two-day event, was a powerful practice to help us attune to this archetype, and grow in our attunement. We were instructed by Rinpoche, “Say the mantra before sleeping and after waking, this will help you remain open to Si Pi Gyal Mo throughout the day and night. In this way you will be more receptive to intuitions and dreams that will assist you in making good decisions about your own life and helping others.”

For decades, I have looked for a powerful archetypal female force for enlightenment, combing through the world religions and spiritual groups. I have read quite a few books about Mary Magdalene, learning that she had likely been an



initiate in the Egyptian temples, and knew the technologies and rituals that led to enlightened action. However, the empowerment of Si Pi Gyal Mo took me to a whole new level of understanding of human potential and activating our potential to serve others.



Group photo of participants

I am deeply grateful to Chongtul Rinpoche for making these Bon teachings available in the USA. He is an extraordinary ambassador of his tradition. Many thanks to the New Dawn Foundation for extending their space to offer this teaching.

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Emma Bragdon, PhD is the Director of the Foundation for Energy Therapies, Inc. an organization devoted to education and research about the effectiveness of Energy Therapies. Dr. Bragdon has written 4 books and co-produced 2 documentary films on themes related to spiritual growth and spiritual healing. For more information see www.EmmaBragdon.com. Contact Dr Bragdon via email at EBragdon@aol.com



Philosophical Essay

In this series of seven articles Peter Roche De Coppens is examining the change of consciousness that occurs during our time with references to Health. In this episode Peter recounts his remarkable recovery from a paralyzing motorcycle accident through the gradual discovery of the power of prayer and diet. This account resembles another remarkable recovery leading to a classic body of teachings, that of Milton Ericson (http://en.wikipedia.org/wiki/Milton_H._Erickson). We are definitely in good company.

Ed.

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Going Back to the Essentials of Health, Wellbeing and Conscious Evolution (part 3 of 7):

The Unfoldment

Peter Roche de Coppens, Ph.D.

What are health, disease, and healing and how can we enjoy a radiant health and joyful wellbeing? These are very actual and important questions for everyone, from professionals to lay persons all over the world. Moreover, depending on one's level of consciousness and being, there are different and contradictory ways of answering those fundamental questions. In the first article, I tried to define the nature, significance and importance of our topic, in the second, I attempted to lay the ground work, to render explicit a theoretical perspective and core intuitions and assumptions that would make alternative, unusual, and spiritual healings intelligible, meaningful and "studiable". In the present article I will continue this line of thought by presenting to you a number of real and actual case histories where the energy-information component of the healing process was crucial.

In the last 40 years of my adult and professional life, I have never yet missed one important engagement. This is a truly remarkable achievement which I attribute largely to the exceptional persons, Saints, Sages as well as healers and medical doctors I have been privileged to know and the help they were able to provide. It is also due to prayer which I mastered to a certain extent at a relatively young age and as the result of a serious motorcycle accident that left me handicapped; and finally to my very strong belief in what I was doing and the motivation to get it accomplished as well as to my destiny and the help of Heaven. The common thread and basic element which helped me achieve this, I have no doubts, is the *energy-information* component of the health and healing equation. This is not to say that I have not had my share of health challenges, problems and pains... I certainly have experienced several of these at different times in my life, but it seems that when the stakes were really high, when I was truly motivated, Heaven and energy really helped, enabling me to do what was really important.

Perhaps the most dramatic and life-transforming role of energy-information for me took place after my motorcycle accident when the best medical authorities of the US, Italy and Switzerland concurred that I would remain crippled for the rest of my life. At the time, I did not believe that I could heal, as I still assumed that medical authorities were the ultimate point of reference for healing; but I did assume that there was a reason for my experiencing the life-transforming accident that turned my life around and I was determined to discover it. The method I used to try to answer that question was *prayer* and prayer is, par excellence, the method that utilizes energy-information to activate our PNEI axis and reestablish the proper connection with our energy bodies, our higher Self, to create the proper inner harmony which is the essential condition for health and healing. For about six months nothing happened, I prayed carried out my rituals and developed my powers of concentration, devotion, meditation, and visualization but without any tangible results. I saw nothing, I felt nothing and nothing seemed to happen or to change.

Then, later, very slowly and in a simple and natural way, my thoughts, emotions and energies began to change, to become more alive, to "rise", and to reframe my perception and definition of my situation.. The net impact of this was to get to the point where I could *emotionally accept* the fact that I would remain crippled, that I would not have a "normal life", and most important of all, that I would not be able to do what I came to do in this world (at the age of 15, I discovered my destiny or why I was born and what I was meant to do in this world). Cognitively and behaviorally, I had faced and accepted this fact before but not at the emotional level... which created much frustration, resentment, and



tensions. By “letting go” of my negative emotions and state of being, I began to relax and, at the same time, to also reacquire the connection with and the sensibility of my legs.

This led me to ask for physical rehabilitation to retrain and coordinate my nerve impulses and muscles of my legs. But this was denied to me with the explanation that it would serve no purpose as I could not heal. Angry and confused I wondered what I could do to achieve my end. For a few days nothing happened but then the thought occurred to me that if I could do something which was thought to be “impossible”, I would catch the attention of the medical people. Thus, I carried out a demonstration to move my left foot up and down, left and right for about one centimeter. Quite astonished by this, it was then agreed that I could get some physical rehabilitation which led to my being able to walk again, but slowly and with some pains.

A few months later, I returned to the US where I knew my destiny lay and I took a couple of general education courses at Columbia which was just about all I could handle. While I had the courage and determination to come back to the US and to resume my studies, my life was certainly not easy. I experienced a great deal of pain and fatigue and my goal was to be able to make it to the end of the day and to the end of the week... “take one day at the time” as A.A. had always wisely advised its members. I continued praying and I sought to regularly make some progress, both in my studies and in my psychophysical endurance. It is then that further help was given to me. Right behind Columbia University, on Morningside Avenue was a Catholic Church with a statue of Joan of Arc who always intrigued me and appealed to me. I entered the church and began to move around to find a place that “felt good” and where my concentration, meditation, devotion and visualization could be intensified and improved. Soon, I discovered several “strong energy places” that seemed to affect the mental, emotional and vital aspects of my being in a different way.

Interestingly enough, if I sat on the left side of the church, it would intensify my emotional reactions while sitting on the right side seemed to affect my mental state, making my mind clearer, more perceptive and alive. Finally, I also discovered that coming to a point in front and close to the altar had a definite impact on my vitality that seemed to increase and become stronger. This was a true “life-saver” for me in that it helped me to gradually cope better and better with my pains and exhaustion and to enable me to function better and with more resistance all around. Once again, what made the difference was the reception of energy and a change in my perception of things. Interestingly enough the impact seemed to be both *subjective* (affecting my consciousness and perception of things) and *objective* (diminishing my pains and tensions and increasing my vitality). After about 18 months of recovery I became fully normal and started again to do physical exercises and sports. But I never forgot what I went through and the help that prayer had brought to be. Thus I continued praying learning gradually to transform “unconscious, mechanical and ineffective prayer into a conscious, alive and effective one” and I realized experientially that health and healing have several modalities and that some meaningful help would always come, either at the spiritual, at the human, or at the physical level... or on three levels.

For the ensuing 40 or more years of my life I made it a habit of praying daily and began to look at prayer as another form of nutrition, a kind of “food” which would feed my soul (with Light and Life) as human interaction fed my psyche and regular food fed my body. This also gave an incredible insight and resource for staying healthy and remaining mentally and emotionally equilibrated and positive. I got to the point where I became convinced that energy (spiritual Light) was indeed the miraculous ingredient that could solve all my problems... and I became proud and conceited assuming that with the higher energies that prayer made accessible to me I would be immune to most of the health problems that people are affected by. Then, one day, destiny knocked again and I was given the opportunity to learn another very important lesson.

Somehow (I never really learned how) I became affected by parasites and *candida albicans* which created pains, tensions and exhaustion. I continued praying and even increased and really focused my prayers, but my basic problem was not solved. By that time I also knew some of the best doctors of Europe as well as some authentic healers all of whom helped but did not solve my problems which took several years to finally be brought under control. I believe that the fundamental lesson involved in this experience was to realize and integrate the importance not only of *spirit and energy* but also of *matter and nutrition* which have to be properly harmonized and integrate. Thus, I had to change my diet, to avoid certain foods to which I was allergic, and to practice stress management; to continue doing sports and physical exercises but in a balanced and properly dosed way. Prayer and energy certainly helped and enabled me to continue going with all my responsibilities and diversified activities, but they did not eliminate the problem as I would have anticipated.



In the end, prayer did certainly help me, gave me the inspiration, the understanding, and the strength to go on and find a meaningful solution, but it did not solve the problem as it had before. The medical doctors and the healers I consulted also helped and provided partial relief, but I also had to learn basic lessons and assume my own responsibilities. I had to understand that I was a unique person in a unique situation with very specific lessons to learn; and that if I truly wanted to be healed in a definite and lasting way, I had to find the missing elements, correct the dysfunctional factors, and have the patience and perseverance to let the process complete the cycle it had begun. Health is a lot more than the absence of disease and basic homeostasis. Integral health is the ability to be and to express one's self, to continue growing and evolving, and deepen and expand our ontological attributes of knowledge, love, and creative abilities; it is the ability to understand and appreciate what one is going through and to choose goals and objectives that are congruent with our personality and destiny—it is the ability to live life evermore consciously and fully.

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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.



Event Review

The 4th Annual Spiritist Symposium, Fort Lauderdale, Florida



Dr. Janet Lynn Roseman is a former Clinical Instructor in Family Medicine at Brown University Medical School and specializes in Spirituality and Medicine. Roseman also practices a non-invasive form of color and light therapy and specialized in working with people with cancer to help them through their journeys through treatment and is available for long distance and in person treatments. She can be reached at Dancejan@aol.com. Dr Roseman is a frequent contributor to this Newsletter.

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The Spiritist movement has a huge following in Brazil and has a fascinating history. Founded in 1857 by Hippolyte Leon Denizard Rivail, who used the pseudonym Allan Kardec, Rivail was a teacher by profession and used his scientific background to investigate the phenomenon of spirit tapping which was popular at the time. Intrigued by that phenomenon and not comfortable with the widely explained belief that magnetism was the theory behind the tapping, Rivail was determined to understand the physical effects that were attributed to spirits. Launching his mission to find out what was truly causing spirit communications, Rivail compiled a list of questions on the nature of the spiritual world and sought out mediums to help in his communications. As a result, he chose the name Allan Kardec and published a series of books based on his experiences and these five books form the basis for the tenets of the Spiritist movement. The name was not chosen arbitrarily for Rivail was told that he was once Allan Kardec in a previous incarnation and a former Druid. His books include: The Spirits' Book, The Mediums' Book, The Gospel According to Spiritism, Heaven and Hell, and Genesis.

Kardec's books are what we would now call as "channeled literature" and seem to tap into the what Jung would call the "collective unconscious." (At the moment, I am reading The Mediums' Book which is rather compelling.) Kardec's work was so well received that he was buried in Pere Lechaise cemetery in France along with his wife and atop his tombstone reads: " Naitre, mourrir, renaitre, encore et progresser, sans cesse, telle est la loi". (To be born, die, again be reborn, and so progress unceasingly, such is the law.)

Like the readers of this newsletter, I am always on a quest to learn as much as I can about spiritual philosophies and when I found out that there was a chapter of the Spiritist organization based locally, I attended one of their meetings. Although, most of the attendees of this Spiritist group spoke both Portuguese/Spanish and English, I did not have that ability and I was especially impressed that during the night I attended a meeting, that they had invited translators to interpret the lecture by noted homeopath and spiritist from Brazil, Dr. Alirio Cerqueira.

Dr. Cerqueira's insights about homeopathy have at their foundation the philosophy that "Instead of combating sickness and looking at sickness as an evil we have to eradicate, homeopathy seeks to develop health instead." The treatments work from the outside (etheral plane) to the inside and are not restricted to the physical body. His presentation that "real healing" occurs in the level of spirit incorporating: self, knowledge, self-dominion and self-transformation" is a truth and Cerqueira also works therapeutically with his patients through psychotherapy that has a strong depth psychology approach.



His lecture was quite fascinating for me and as he explained the various energetic levels of the body from a spiritist viewpoint, I was struck with the other truth that all knowledge is ancient knowledge actually and his distribution of energetic systems were akin to all other systems of esoteric healing, systems that actually mirror other energetic medicine principles including that the mind, body spirit triumvirate. He spoke about the central energy system which is the spirit incarnate, (Spirit), and the fluidic body or vital energy which is the body system. We are all Spirit of course and what I found particularly interesting is that Dr. Cerquaira's method of working with patients honors the fluidic body. He calls this fluidic body the perispirit and a Divine essence which assumes the shape of the physical body. He believes that the homeopathic remedies that he works with influence that fluidic center and in fact, the remedies actually heal the fluidic center first before they affect the physical body. One of the tenets of his medicine is that the physical body that is ill actually transmits that illness to the fluidic body and that the homeopathic remedies work on that ethereal plane first before they are then applied healing mechanisms to the body.

Cerquaira believes that "when you go against this, sickness invites us to transmute these health deficiencies through the practice of love and when we go against these laws then we get sick." Of course, we all know how important one's mindset is for healing, however, I take issue over a philosophy that would dictate that if we were somehow more loving that we would be healed. I have lost many people who I adored and I can assure you they had no problem showing their love. Certainly, St. Francis, St. Theresa and other saints were all loving people and they had severe physical problems. If you accept this philosophy which has become very popular particularly in the New Age movement, then I wonder about the child with advanced stage cancer or other "loving" people who pass away because of devastating illness. What is also interesting to me is that those who adopt these philosophies have had little opportunity to walk the journey of grief, so this particular aspect of his talk I found rather disheartening and too simplistic.

Cergauira did respond to my query about this and explained it as karmic debt, which may be true, and unless one is accessing the Akashic, then we really won't know the answer, however, I have a deep problem with victimizing people who are already victimized by their diagnosis. It concerns me a great deal that accusations of any type, including "not being loving enough or you wouldn't be ill" does not make sense to me from a spiritual perspective for judgment or accusations can never be helpful. However, consciousness is always helpful.

After attending this lecture which was very interesting indeed, I decided I would attend the fourth annual Spiritist Symposium in Ft. Lauderdale, especially because it was called Mediumship: A Bridge Between Two Worlds. As a healer myself who often received psychic messages from spirit, I thought I could learn more and welcomed that opportunity. The all day symposium had an interesting cross-section of speakers who addressed topics such as retracing the birth of spiritualism through famous mediums, a lecture on Edgar Cayce, the moral dangers of mediumship, scientific evidence for mediumship, and an interesting lecture on the idea of inheriting mediumship capabilities. I found that most of the lectures were all too short, and most speakers were only allowed 15 minutes when it was clear that these subjects can not be compressed in such a short time period. One speaker was even led off the stage before her lecture was done which was rather odd and clearly she was not so happy about it, however, the lectures did provide enough stimulation that those who attended would be curious about more information about mediumship and the Spiritist movement which is so popular in Brazil. I hungered for more information than the quick lectures given and most of those lectures consisted of power point presentations from published spiritist books, and I was waiting for individual interpretations of said subject matter that would be unique. I have purchased several books on Spiritism because I find the subject matter so intriguing and want to know more. There are study groups of spiritists across the country and if you are interested I suggest you contact the main web site <http://www.spiritist.us/>

I admit I am not knowledgeable enough to make commentary on a philosophy that I have been recently introduced to and I welcome the opportunity to learn more about Kardek's philosophy for I have worked with the spiritual realm for a long time and am always seeking new wisdom. The following are some main principles of Spiritism that readers would find interesting:

- *God is the Supreme Intelligence first cause of all things in the Universe.*
- *Spirits are intelligent beings of creation.*
- *A Human Being is a Spirit incarnated in a material body.*



- *The spiritual realm is a reality.*
- *Spirits are created simple and ignorant. They evolve intellectually and morally, until they attain perfection.*
- *Spirits preserve their individuality before, during and after each incarnation.*
- *Spirits reincarnate as many times as necessary for their spiritual advancement.*
- *Spiritual communication is natural and has always existed.*
- *Prayer is a tool to grow strong and to attune with God and Superior Spirits.*
- *Jesus is the Guide and Model to all Humankind, and God has sent many other Superior Spirits to help us in our evolution.*

Although, it may seem that Spiritists follow a strictly Christian dogma, that would not be the case and I believe when they refer to Jesus, they are delegating him as Divine model. In their brochure, they write that "Spiritism respects all religions and doctrines; values all efforts toward the practice of goodness; works towards peace and fellowship between all nations and all people, regardless of race, color, nationality, creed, cultural or social standing. It also recognized that the truly good person is one who complies with the laws of justice, love, and charity in their highest degree of purity.

The people I spoke with at the conference were very kind, welcoming of questions and open and although, I am wary of joining any particular group of any one philosophy, I appreciated their reception and look forward to knowing more.

Book Review

The Kortum Technique

How to access the human body's natural blueprint for health and healing

by **John Christopher Kortum**

Foreword by Beth H Renne, MSN, ANP-C

Prefaced by Leonard A. Wisneski, MD, FACP

ISBN 978-1-4415-9691-8 Xlibris

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http://www.amazon.com/s/ref=nb_sb_ss_i_0_20?url=search-alias%3Daps&field-keywords=the+kortum+technique&srefix=The+Kortum+Technique

Excerpts from the publisher's presentation:

"The Kortum Technique is a Visual Assessment Process that decodes the metabolic cues that relate to biology and well-being. It translates the body's own vocabulary of health data, which appears in a visible lexicon of symbols that are known as "indicators". Read for yourself about this cutting edge that allows easy access to some of the body's deepest secrets."

My friend Negda Jahanshahi of Maryland tipped me off that there is a new diagnostic technique. I approached Mr. Kortum with a request for information and he offered to send me a copy of his book as soon it will be in print. My anticipation was rewarded with this very unusual book.



EnergeticRejuvenation.com

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First of all, a general impression: Not since Milton Hyland Erickson did I encounter such a genuine system of observation. The edge of the seat account of discovery, medical testing and teaching method kept me up onto the morning hours as I could not put this book down.

Unlike intuitive "xray vision" which is dependent on a third eye opening, the Kortum technique is fully teachable to anyone with the willingness to follow directions. It is a sophisticated system of pattern recognition and gradual assessment. Very highly recommended.

For more information about John Christopher Kortum, scheduling an appointment or to contact click on this link:
<http://www.johnkortum.com/>

Ed.

Announcements

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

Credits

Chongtul Rinpoche, NJ; Emma Bragdon, VT; Peter Roche de Coppens, PA; Janet Roseman, FL; John Kortum, MD; Christine Baraschi, Holland; Anton Baraschi, NY.
