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Editorial

Dear Friends,

I am late with this issue but hope to resume regular Newsletter schedule soon. I attended the third year of Tse DupYang Bod teaching with Chongtul Rinpoche and graduated this year together with another 60 or so participants as a Tse Dup Yang Bod Drup Shenpa (Practitioner)of Tse Dup Jha Ri Ma (Ancient Tibetan Healing). It is the first Western class ever. A detailed presentation of the 10 day retreat teaching a graduation ceremony will be presented in the next issue.

The New Dawn Foundation in New Rochelle, where I am president, scheduled a great many workshops and events. One could see the calendar that is being updated monthly. Highlights include a Pranic Healing teaching, more of Chongtul Rinpoche's teachings, Dr. Elena Loboda Veddik wisdom teachings and regular monthly events such as the Sweat Lodges and the Domancic Method Clinic. See <http://www.theoaksndf.org/> calendar button.

A health fair is scheduled for Saturday July 24th.

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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

The heart is a lot more than a pump, amazing research: <http://www.heartmath.org/research/overview.html>

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The Placebo effect comes out of the grey area in the NYTimes highlight. Is it time to reevaluate and use openly?
<http://www.nytimes.com/2010/06/22/health/22prof.html?hpw>

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Many great articles on healing themes: <http://evolutionezine.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>

In the next issue we will have a review of the Tse Dup Yang Bod conclusion of a three year teaching and graduation ceremony for the first western Ancient Tibetan Healing students. For this issue Chongtul Rinpoche shared his vision of a retreat center for Bon Shen Ling.

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A Retreat and Teaching Center for Bon Shen Ling

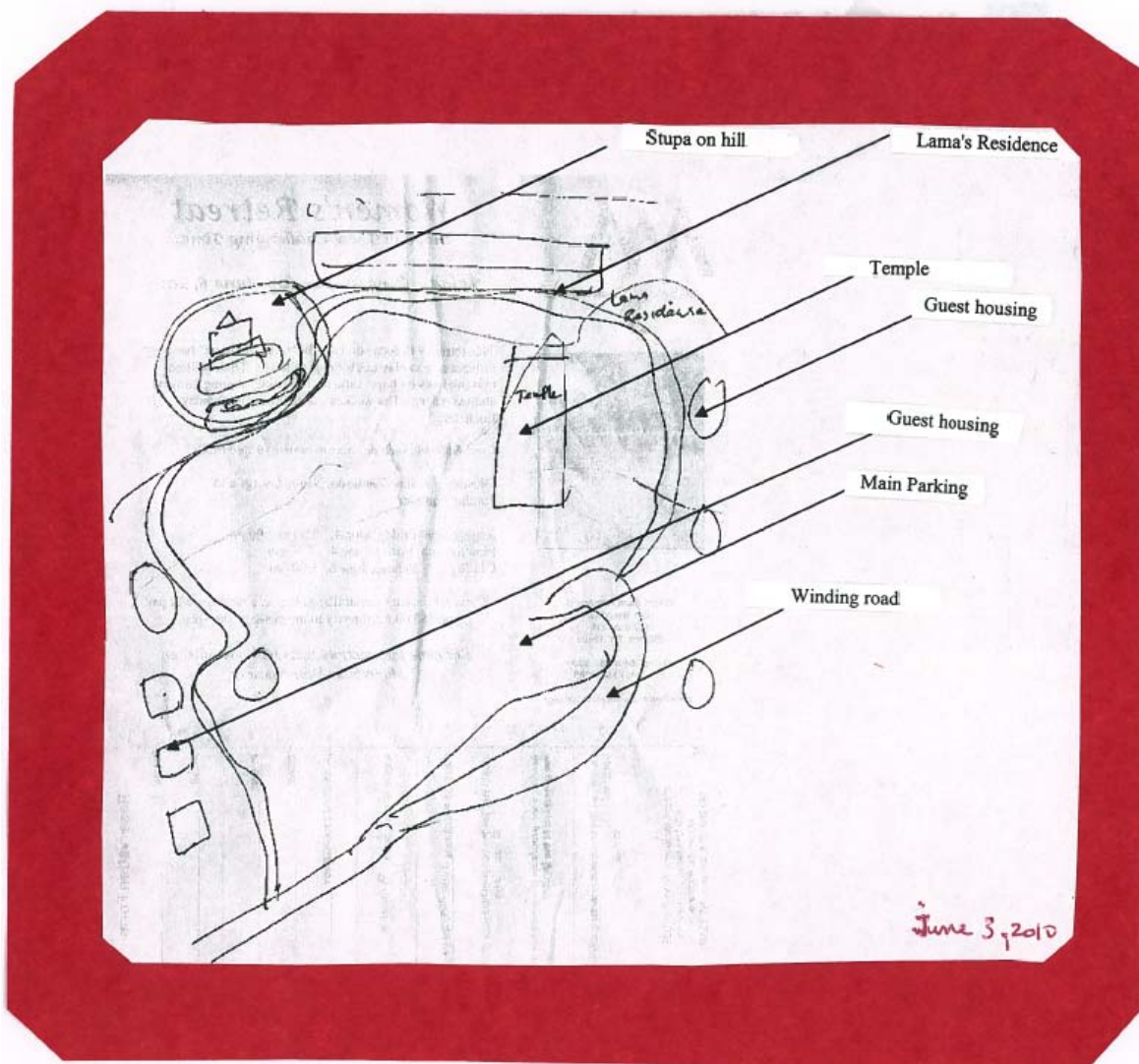
Many great visions start with a drawing on a napkin. This is not any different. When prodded to sketch what he envisions on paper, Chongtul Rinpoche drew a conceptual map of the center. (See below) Then he described it to me with sufficient detail so that a request for proposal from realty groups could be drafted. I feel that by publishing this idea we are part of history in the making.

Ed.



"We need about 100 acres with rolling hills in total. Out of that 14 to 15 acres of a central area for functions where there should be a field of flat ground for activities Preferably this place should be in a rural setting but not too far from NYC or other populated centers. I consider proximity to transportation essential... There should be a winding road and ample parking for people attending teachings. I believe we should be able to house 100 people and receive twice that number to attend teachings and functions.

On a hill top we will erect a Stupa (<http://en.wikipedia.org/wiki/Stupa>). We need a long structure for the lamas, a Lama residence. We will have a nice Temple for teachings and ceremonies. A lake to the Center's proximity would be auspicious, wooded hills surrounding the compound would also be nice. Nature trails for walks and spots for meditation would also be good."





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 muses on the difference between born and acquired healing abilities and introduces us to a less known exceptional healer- Lydie

Ed.

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Going Back to the Essentials of Health, Wellbeing and Conscious Evolution (part 4 of 7):

Great healers with a gift vs. training and techniques

Peter Roche de Coppens, Ph.D.

It is a proven fact that energy-information does work and can account for truly outstanding healings that have all the basic characteristics of the healthcare of the future: being simple, natural, non-dangerous, inexpensive, universal, and highly effective. Thousands of cases over thousands of years have shown this world-wide. There are, however, two fundamental questions that one should raise when dealing with the essential approach: First, can one learn various techniques and train oneself in energy-information healing or is one born with this gift or receive it from Heaven? And second, does energy-information healing work with all people and in all cases—is the panacea or universal medicine? The answer (as you can anticipate if you have read some of my previous articles or books) is *paradoxical*, namely yes and no, depending on existing conditions and degrees.

It is an empirically proven fact that some people, men and women of all races, religions, educational backgrounds and historical periods were born with, or acquired during the course of their lives, an unusual and outstanding gift of healing. These people really did little to receive this gift, many times they were even skeptical, confused and afraid of its implications, and reluctantly but surely accepted it and made it the purpose and mission of their lives. Some of these people were part of the clergy of their religion and were very religious and devoted while others were not and remained essentially independent of a given religion... while accepting and respecting all authentic religions. In the first category, I would mention Padre Pio, who was recently made a “Saint” by the Catholic Church” and whom I had the privilege of meeting personally, Brother Andre of Montreal, who became a lay brother but was never part of the clergy of his church, and the Cure d’Ars In the second category, I would mention Maitre Philippe de Lyons, Bruno Groening, and Master Chunyi Lin whose motto is “a healer in every family and a world without pain”. There are of course many other truly gifted healers who are more or less well-known and many thousands of people who learned certain healing techniques and who function as energy-information healers.

Thus, at the highest and most effective level a person is either born a healer or receives the gift of healing from a higher Source and makes it the work and mission of his/her life. On a lower level, just as one can study, learn, and teach just about anything so one can learn the nature, dynamics and manifestations of energy-information healing as well as related techniques to transmit it and make it more available to many people. While there are no statistics on this interesting question, in my own personal experience, reflections and conclusions, I would say that the “gift of healing” would make it 75%-to 95% effective while various valid techniques might account for 15-30% of its effectiveness. Hence both exist and are valid but in different degrees. It is interesting to note that a person who prays a lot and who seeks to live a spiritual life will naturally enjoy a greater degree of “light” (biophotons) and vitality, and be more optimistic and positive than a person who does not. This light and energy is definitely transmittable and effective even with just *one’s presence and words* but obviously not on the level and with the same degree of people who have the “gift” or who have trained themselves in valid techniques to transmit it.

There are various Eastern and Western approaches that recognize this and that have used it in a number of ways. And here I am thinking of Qi Gong and Reiki, of prano-therapy and therapeutic touch amongst the best known and most popular ones. A human being is literally an electromagnetic being that radiates and emits light, heat, and information:



energy. By raising our level of consciousness we can also raise our level of vitality and the luminosity of the light we radiate. This being so, even without a gift and without specific training and techniques we can convey that light and energy to others. These will have a definite impact on their PNEI axis and thus help them heal, achieve wellbeing and find harmony in their lives. The level and degree to which this light and energy transmission will operate on will vary a great deal depending on a number of factors that are involved and which make a difference. As we already mentioned nutrition and the destiny of the person are very important but so is the overall life of the person who will transmit and receive light and energy. Two other factors that are also very important and which can make a big difference and should be mentioned: how attuned to each other these people are and what cycle of their lives they find themselves in? Thus, while being simple in essence, the picture is also complex in its varying details and the specific factors that are work.

As we are interested and focused our attention upon what is truly essential for our health, wellbeing and evolution, I would suggest that the most important factors here are *love* and *genuine caring*, the realm of being rather than that of doing! It is fundamental that the therapist or helper truly cares and loves the person he/she wants to help. Then, come their attunement to each other and the relationship they have succeeded in establishing. Finally, I would also mention the degree of mental and emotional purity of the persons involved and whether they have a genuine spiritual life or not and whether they cultivate the science and art of prayer. Once a person has reached his/her “spiritual puberty” and understood the importance of love-- of the love of God through prayer and of one’s fellow humans through service-- that person will also have a focused, structured and moral life which will raise their level of consciousness and transform him or her into a “magnet” what will attract the right persons and the right circumstances to further their evolution and that of the persons they will interact with.

What is truly important and essential here is to want to grow and to do one’s best, to actualize one’s faculties and potentialities, to be true to one’s self and one’s destiny, and to harmonize one’s mind, heart and will with those of one’s Creator... the rest should follow of its own accord. A final point which is very important and which should be mentioned here is that actual healing occurs on three distinct levels, each following its own laws and principles. Thus we have spiritual healing, human or psychosocial healing, and physical healing. At the spiritual level, healing really consists in being linked and harmonized with one’s divine spark, the Source and Essence of Life, Love and Wisdom; it implies becoming reconnected with reality, both at the inner and outer levels, so that what one *truly needs*, at whatever level, one will *eventually get*. At this level nothing may happen or change immediately at the conscious level but a new and most important “circulation of light, vibrations and energy” will have been re-established that will bear fruit in time and when the appropriate cycle presents itself for the persons concerned.

At the human level, healing will actually entail a reframing of our present situation, a different and more positive way of perceiving, defining, and reacting to whatever we are being faced with. Specifically, it will entail undergoing a psychological alchemy whereby our negative thoughts and feelings (fears, anxieties, resentments, frustrations, and anger) are transformed into positive ones (faith, acceptance, forgiveness, tolerance, and appreciation). At this level the healer or therapist should have a triple effect on the healee: bring hope for the mind, motivation for the heart, and vitality for the will—which will be the manifestation of a genuine healing. This in turn, should lead the recipient to want to heal and to live, to have the courage to face whatever life will bring to him, and the appreciation and gratefulness for the opportunities which are presented to him or her. To conclude let me tell you a few stories about my spiritual mother Lydie in Paris and what I witnessed many times.

People of all ages, social, religious and cultural backgrounds would come to see Lydie. She would receive them either in her living room, in her kitchen or take them out for a walk. She would also smile at them, minimizing their problems, concerns, or weaknesses and pointing out their qualities strengths and blessings. Basically she would tell them that God, their Creator, really existed, cared and would watch out for them. Essentially, she always emphasized and redirected her listeners’ attention and thinking to positive things, to things that were true, good and beautiful... to use the well-known platonic trilogy of what is positive. She would say very simple and well-known things but with such authority and power that people would look at themselves and at their problems in a very different light than the way they did before they met with her.

Thus I have seen people of various ages, levels of consciousness and education, of various races and religions come being burdened by concerns, fears, anxieties and problems of all sorts which had to do with their health, their family, their job or other concerns. Whether something happened at the physical level or not, they would leave being quite different than they were when they first came: You could see that their eyes sparkled, that the tone of their voice became



more animated, that they had more light, energy and enthusiasm than they did before. Sometimes, physical healing occurred but many times nothing happened at the physical level, at least while they were in her presence. Physical healings could also occur later or they could not occur, but something had happened that made a big difference: the persons who came to see Lydie and who spent time with her were transformed at the human level, they wanted to live and to be at their best, and they could appreciate themselves, others and life in a much greater and more conscious way than before. Somehow, they had received some of the light, energy, and vibrations that Lydie emanated and which brought out the best in them; which cleared up energy and emotional channels and blockages, and which made life now seem truly worthwhile. And perhaps this is what life is really all about and what constitutes the heart and substance of true healing... which depends on our PNEI axis to function properly!

To conclude, I would say that love, relationship, genuine care and good will, the desire to know, be and express one's self and the proper proportion, measure and harmony is what healing is all about just as the proper light, energy, and information are the vehicles to achieve it and share it with others. Perhaps this is the reason why we find an old and quite universal saying which claims that "a joy shared is a joy doubled and a suffering shared is a suffering halved!" Being and doing, a gift, training and techniques all have their place, function and contribution to make, what is truly important is to be loving, spontaneous, and one's self... and to have the strength and the patience to accept what is not pleasant, to forgive others and one's self, and have the faith that one will be able to change for the better—to make progress or evolve...

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

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

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

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

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

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

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

[The Great Theory of Human & Spiritual Revolution](#)

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

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



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

Interview

John Kortum



"**John Kortum** has been a Residential Trainer at The Monroe Institute since 1998, but his interests vary widely in the field of consciousness. Whether leading the Gateway Voyage, working one-on-one with clients, guiding paranormal expeditions around the globe or developing new medical assessment procedures, he's always on the go. His unique form of medical perception has been clinically proven and health care providers seek his assistance whenever conventional diagnostic methods fail. However, to merge his perceptions with the diagnostic nucleus of the health care delivery system presents a truly complex challenge. But who is he?"

John is an autodidact. There was no earth-shattering event that brought significant understanding, no ancestral lineage to promote his self-discovery. John simply noticed during his childhood that he used his sensory perceptions in ways that others did not. As he came of age, the drill and repetition of academia brought no additional insights. He postponed mainstream educational pursuits in search of answers and understanding his way, through experience and empirical investigation. In 1999 he formed New Learning Frontier, L.L.C., to establish Generally Accepted Intuitive Applications (GAIA). By refining his heuristic for perceptive health care, he continues to expand our knowledge base of the human potential to fully deploy the assets of the mind."

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We reviewed John Kortum's recent book about his diagnostic technique in the April 2010 issue of the Energetic Rejuvenation Newsletter. We are following the presentation with this interview. To find out more about John and to contact him visit his website at <http://www.johnkortum.com/> (Ed.):

ER. John, how long do you think a person needs to train to be proficient (meaning able to practice)?

JK. If we are talking about the ability to see the indicators, there is no pre-determined amount of time that ensures proficiency. Learning the Kortum Technique is much the same as learning to play a musical instrument or sport, individual results will vary. There will always be those who catch on quickly or have a natural proclivity to extending the reach of their senses, and there will always be those who will excel with practice.



However, the ability to see indicators is only the beginning of the technique. What is essential to developing proficiency with the body's language of health and healing is the recognition that the depth of learning and application is coupled to how deeply you are willing to explore and examine your own life. Since the detection of the organ indicators relies on the integration of your sensory system, the integration of self, or perhaps I should say the integration of what you can gather about your own self-awareness becomes paramount.

Today's instant social culture seeks drive-thru transformation and healing or mastery status after a single weekend workshop. The Kortum Technique does not work that way, necessarily, because as you progress in your learning you will eventually encounter the challenge of penetrating the invisible barriers, in other words invisible assumptions, from which you live your life. That's both the good news and the bad news, because we often get settled into our assumptions and want to preserve them. But we cannot move forward and stand still at the same time; we cannot hold on and let go at the same time. Rates of learning will also depend on how quickly, and completely, a person can release the perceptual ballast in their life.

ER. Are there any prerequisites to proficiency to this technique, such as anatomy, knowledge of pathology, etc.?

JK. There are no scientific or academic prerequisites for the Kortum Technique. Of course having a common knowledge of the body's major organs and systems is required when reporting the data. At the same time, there is a tremendous amount of detail to learn about the body's indicators and their intensity levels. Those details, such as the modifiers that I have discussed in the book, can only be learned during the process of grasping the technique and not before hand.

ER. Are there any handicaps?

JK. The expectations of the rational mind.

ER. What do you have to do? How is the typical training? Could you learn from the book or coaching is necessary?

JK. The medical research team and I had several conversations about the methods and duration of training that would most likely be effective for introducing people to the body's language for health. Initially, we talked about the book being written solely as a training manual, but the more I wrote, I began to include descriptions of the empowering perceptual experiences we, as human beings, have every day that go unnoticed in order to substantiate the practical applications. The more examples I included, the more I found myself choosing examples from childhood, because the formative years are where most of our perceptual liberties have their foundations.

As I continued to write, the examples from my own childhood emerged as a personal narrative around the clinical research trials. The inquisitive nature of the narrative eventually led to questions that we would test during the research trials. Reciprocally, the evidence produced from the research trials augmented the importance of the personal narrative. As the manuscript matured, I realized that the content went beyond a training manual. The human element came forth as an integral component.

Eventually, the medical research team and I arrived at a manuscript that is mixed with observation, explanation, narrative, and instruction for creating awareness about the body's blueprint that works very well. The chapter at the end of the book that includes illustrations of the indicators is one way of reaching people wherever they live in the world. Ideally, working in the presence of someone is the best way to interact with the indicators; however, the illustrations can be applied in more than one way as a point of educational origin.

First, the description of the indicators will let you know what it is you are seeking to perceive; whenever you look in the mirror, or in the faces of the people you see every day. Secondly, if you have a family member or friend that has already been diagnosed with a health imbalance in a specific organ, you can examine the illustration of the indicators for that organ and look for consistency when you spend time with your friends or loved ones.

ER. I understand from the book that there is a pattern observation skill to develop and also a kinesiological like part for organ assessment. Are those being developed simultaneously or sequentially?



JK. If the concepts of the Kortum Technique and the experience of blending your senses are new to you, then as you look at the illustrations in the last chapter of the book, you will notice that some are predominantly visually based. These indicators, such as the blood indicator, are a useful place to introduce yourself to the experience of blending your senses. Because once you become familiar with the more visually based indicators, and move along the scale of increasing your kinesthetic perception, then the “feeling” aspect of the technique becomes more obvious.

For anyone who is interested in developing the technique, much the same as when I taught members of the medical research team in Bethesda, I would find out where their natural sensory perspective already exists and move forward from there.

The book is a well defined introduction to the technique but eventually I plan to offer training seminars to proliferate the use of the technique in the health care delivery system.

ER. Once the information is obtained - what is the path to a healing protocol? How does one cooperate with the medical profession and other alternative therapeutic modalities?

JK. The path to a healing protocol begins with the identification of the indicators that a person projects. The next step is to determine the degrees of those indicators and if the indicators present are with or without pathology. If any pathology is present then medical care from a licensed health care provider would obviously be the next step along the path. Simultaneously, I would initiate a conversation with the person about the message their body is bringing forward. If no pathology is currently present, the person may want to stay in contact with their physician. They may want to have check-ups more frequently or shorten the period of time between standard medical tests. For example, if medical science recommends that a woman has routine mammograms every 1-2 years, she may want her medical doctor to evaluate her health more frequently, perhaps every 6 months. That way if the indicators suggest that pathology is about to manifest, their health care provider can identify the illness in the introductory stages. As we all know, early identification and treatment plays a significant role in health recovery.

In regard to the message their body is bringing forward, they can begin the process of self-auditing as I have described in the book. They can also meet with a transpersonal therapist. The most fascinating feature about the body’s language of health is that when you address or perhaps confront the limiting content in your life that your body is bringing forward through a health imbalance, the indicators respond to the level of effectiveness you apply in addressing the limiting content in your life.

ER. Could we have a practical example?

JK. The book includes several examples of the ways people can overcome the limiting content in their lives and subsequently their illness. One example that comes to mind is during an indicator assessment a member of the medical research team substantiated the indicator assessment with a formal diagnosis of lower intestinal imbalance. By using the intra-organ communication techniques described in the book, the medical team and I were able to present the patient with clues from her suppressed childhood trauma that her body was bringing forth. As the patient began to elaborate and confirm the accuracy of the information, her intestinal indicator began to reduce in intensity. The interactive component of the indicators makes this a very effective tool at honing in on the core issues, because, after all, the body never lies.

ER. Do you have a word of wisdom to the ER readers?

JK. If you heal before you get sick, then you will never get ill.



Presentation and Interview

Bobbe Bramson, Reiki Master



Bobbe Bramson is the founder of Lotus Song Healing Arts in Westchester County NY and is a 6th generation Reiki Master Teacher of the Usui Healing Method through the lineage of Chujiro Hayashi, Hawayo Takata, and Hiroshi Doi. Bobbe began her study of Reiki in 2004 and completed her mastership training with Reiki Master Ginny Mackles in 2006. She is a certified Karuna Reiki Master and a certified Master Instructor of I.E.T. (Integrated Energy Therapy) which works using the violet angelic ray. Bobbe is also a Green Tara Seichim teacher and practitioner and is ordained in The Order of Mechelzedek. With over 30 years experience in both the creative and metaphysical arts she also has an extensive background in theatre, songwriting, music education and writing. In her healing practice Bobbe offers guidance, resources and inspiration for the soul's journey, both privately and in group settings. Bobbe specializes in creating custom-designed healing strategies that empower people to live their lives connected to the sacred and beautiful within themselves and the natural world. Her counseling approach is compassionate and intuitive and draws on a unique blend of various modalities including Tarot, astrology, flower remedies, mantra, creativity coaching and her own brand of SoulArts, a method that awakens and nourishes peoples' innate creativity, strengthening their connection to Source and their own deep soul wisdom. Bobbe can be reached at (914)232-2864 or at bramsongs@verizon.net

On behalf of the Energetic Rejuvenation Newsletter we asked Bobbe Bramson a few questions:

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ER. Bobbe, I read your article in Reiki News-<http://bit.ly/cSxMgD> . I felt you touched on many themes common to many healers. Could you perhaps tell us how you switched from being a musician, teacher and songwriter to being a Reiki Master Healer?

BB. To tell the truth, I will probably never completely leave behind those parts of me, nor would I want to. I grew up in a musical family and have music singing through my bones. All the things that I have done up to this point, the teaching, the songwriting, etc. all have led me to where I am now and each contributes to my unique healing expression. I still have a few music students and especially enjoy teaching songwriting and composition. One of my musicals, Change Reaction, or the Orange River That Would Be Blue is currently in production in the UK and deals with our need to be environmentally responsible. I also have an ongoing CD project in the works of original songs that are close to my heart and express the truth of who I am and what I care about. Several years back, though, I was trying to fit in with the status quo of commercial songwriting, although that didn't work out too well for me, I learned a lot about myself in the process. For example, every time I tried to do what the world prescribed as the correct thing, like write lyrics and music that weren't in alignment with my own values just to make a wad of money, I would end up dying to myself just a little bit more. As I said in my article, years of not listening to this truth created a dissonance in my life that could not be run away from anymore and almost resulted in an early death. Prior to that one catastrophic moment, though, I had done a lot of spiritual and psychological self-examination. There was this insistent urging to merge with God in a deeper way and to heal those parts of me that had been denied or suppressed throughout four decades. Working with various healers I soon discovered that Reiki could help me uncover, explore and eventually heal my childhood and karmic wounds. I



became a master teacher to keep learning and then to share this with other people in need. Even as I have grown in my energy work, I am still devoted to the use of creative arts as a healing tool. Awakening and making use of our innate creativity is deeply transformative. When we put pen or pastels to paper, collage or garden we are acknowledging and giving voice to the soul's desires and longings... Not only does this process contribute to the expansion of the Self and the discovering of the Divine Presence that lives within each one of us, it also reminds us of our true connectivity with one another...we can recognize and have compassion for our common humanity within this experience we call life.

ER. How did you experience Reiki? It seems your experience is archetypal.

BB. I experienced Reiki as an absolute miracle, and to this day I remain filled with a reverence for its healing power and grace. After my life-saving surgery I went through a very dark period and it was my attunement to Reiki that brought back the light. Reiki became my new lifeblood. From the very beginning I felt a passionate connection to Reiki. It astonished me that this flow of energy could water me, nourish and sustain me. It thrilled me that it was dependable beyond any measure I could fathom, infinitely available to me just for the asking. Reiki called me back home to myself, opening a space within that would allow me to love me, wearing down the hard rock of my self-neglect and melting away my resistance to getting better, my fear of being seen and heard in the world.

As I mention in the article, a Native American elder once told me that I was a shaman healer precisely because of the "sacred hurt" that I had endured as a child, so I guess if I were to make an archetypal connection it would relate to the wounded healer within all of us who has been hurt in "battle"; in my case a childhood of unintentional neglect, not being accepted, seen, or heard except as an extension of my already wounded parents. This is a particularly tough wound because on the surface it can seem as if nothing has really happened. After all, there is no outward abuse. Instead it is a festering, yet hidden scar; one that keeps getting picked at over and over because there can be no true healing until there is at least a semblance or beginning sign of self-acceptance, self-love, self-esteem and respect. Reiki brought me to those places of self-love, etc. in which all the therapy in the world never could have and I am still using Reiki to take me to new territories, where I can more lovingly interact with myself, with others, with God.

ER. How do you teach Reiki?

BB. Uppermost in my mind when teaching is to find ways to inspire students, to communicate with passion and enthusiasm the healing gifts that Reiki can bestow, the difference that Reiki's continual and dedicated use can make to raise the quality of a person's life. I do my best to impart what Reiki has meant to me and use my own practice of it as a model. I tell students that while Reiki absolutely transformed my life it was through the regular use of Reiki that the changes were made. Even though I have become a practitioner and teacher, my primary focus in using Reiki has always been as a path of self-discovery, spiritual growth and self-empowerment. I have used Reiki on myself every day, almost without exception, for six years by meditating with it, holding self-healing intentions throughout self-treatment and remaining as conscious as I can be regarding the five guiding Reiki precepts. When teaching Reiki I do everything in my power to get across the importance of doing the healing work on ourselves before we go out and try to heal the world. I feel that there are many of us in the helping profession who tend to skip over this step and that we have to address this unhealthy tendency to give, give, give to others while not taking the time to give to ourselves in a loving and attentive way. After all, how can we give to others if our own reserves are depleted, or worse yet, unexamined!

I have done a lot of studying and practicing of some of the more esoteric ways to use Reiki, and these I pass along to my students. I am of the opinion that Reiki is a continually evolving, living, breathing healing art and Reiki itself is always showing me new ways to use it both on my own healing path and in my practice as well. Even in Reiki Shoden (Level I) where it is important to teach with an awareness of beginner's mind, I still introduce students to creative guided meditation techniques that use the power of the mind to effect changes within the energy system. I emphasize over and over again that it is the intention we hold while practicing Reiki that directs the flow of energy and makes it so effective. I also encourage my students to journal their self-discoveries and use whatever means they can to integrate their awareness into their daily lives. For example, in a recent class we did an extended segment on the Reiki precepts. I asked them to pick the precept that they felt was hardest to enact within their lives. They journaled and then shared as a group. I invited them to try to sense in their bodies where they "held" that particular resistance...for this they used byosen scanning or their own intuitive sensing. Finally they directed the Reiki to wherever they felt the resistance most strongly. It is amazing how sensitive even beginning students are and how empowered they become through this process both during and after the class.



If I have a particularly responsive group I will introduce them to the Japanese technique called *sheiki chiryo ho*, (or for level 1 *nentatsu ho* which is done without the symbols). This technique is extremely helpful for dissolving negative or self-destructive mental habit patterns or thought forms, especially when it is done on a consistent and daily basis. Let's say you are having difficulty finding time to give to yourself and you procrastinate or tell yourself that you will get to it later "when you have time". You then come up with a concise, supportive affirmation that is the positive opposite of the problem such as: "It is safe for me to put myself first," or "It's easy to carve out time to nurture myself." Once you have an affirmation, sit or lie down placing one hand on your forehead and the other on the back of the head over the occipital ridge (there are several ways taught but I learned to place my dominant hand on the back of my head and the non-dominant hand on the forehead). Allow the Reiki to flow to these two spots while repeating your affirmation either out loud or to yourself for three to five minutes. At this point stop repeating the affirmation, remove the hand on your forehead and continue giving Reiki to the back of the head for another five minutes or so just resting in its soothing energy. (An illustration and description of this technique can be found in The Reiki Sourcebook by Bronwen and Frans Stiene.)

ER. Any wisdom for the ER readers?

BB. When I was asked to write an article for The Reiki Digest I felt called to address the need for all of us in the healing profession to learn how to take care of ourselves, and to put it on the front burner, not the last thing as an afterthought to a busy day. So many people in this culture have been brainwashed into believing that it's selfish or unenlightened to attend to their own needs; that to be spiritually evolved we must turn from the self and first administer to those who are 'more in need'. One of my biggest concerns is when I hear students or even fellow practitioners and masters say they just cannot find time to self treat with Reiki. It's very true that we live in a world that inputs information to us 24/7, so unless we consciously unplug from the mainframe and spend some time going within we are like mindless hamsters on an endless "to-do" wheel going nowhere fast. For me it's about making a conscious decision to make the time to do something that is absolutely essential to my well-being, my balancing to wholeness.

I think the best healing work we can do in our increasingly fractured and de-sensitized world is to directly look at, work through, integrate and heal those parts *within ourselves* that are fractured and de-sensitized. I believe that only then will we be able to experience in the outer world the peace and loving-kindness we all purport to want so much. This takes real commitment and a willingness to go to some uncomfortable places within ourselves. As energy workers, Reiki or otherwise, we have profoundly effective tools to go visit those places and return wiser and more whole for having gone on the journey. For me it is not just about my healing and evolution, but for my clients, my family and friends and for the earth we live on. If we can't give this gift of love to ourselves it seems unrealistic and even naively delusional to think we can find it "out there". Pisces will be in Chiron for a pretty long stretch coming up and I think that as healers we are going to be given a golden opportunity to own our spiritual knowledge and power and share of ourselves in ways that we haven't seen on the planet thus far. To be as effective as we can possibly be, will require that we walk the talk and do all that we can to drop our Karma and do the Dharma. The less "stuff" we have to get in the way or dull the shining of our light, the better.

Mikao Usui, the founder of Reiki, regularly used a particular form of Japanese poetry called waka in order to help his students focus their attention towards the essential. The following waka is one of 125 written by the Meiji emperor who ruled Japan from 1868-1912 and I think it expresses beautifully the need for loving self-care. I know I will continue to meditate on it.

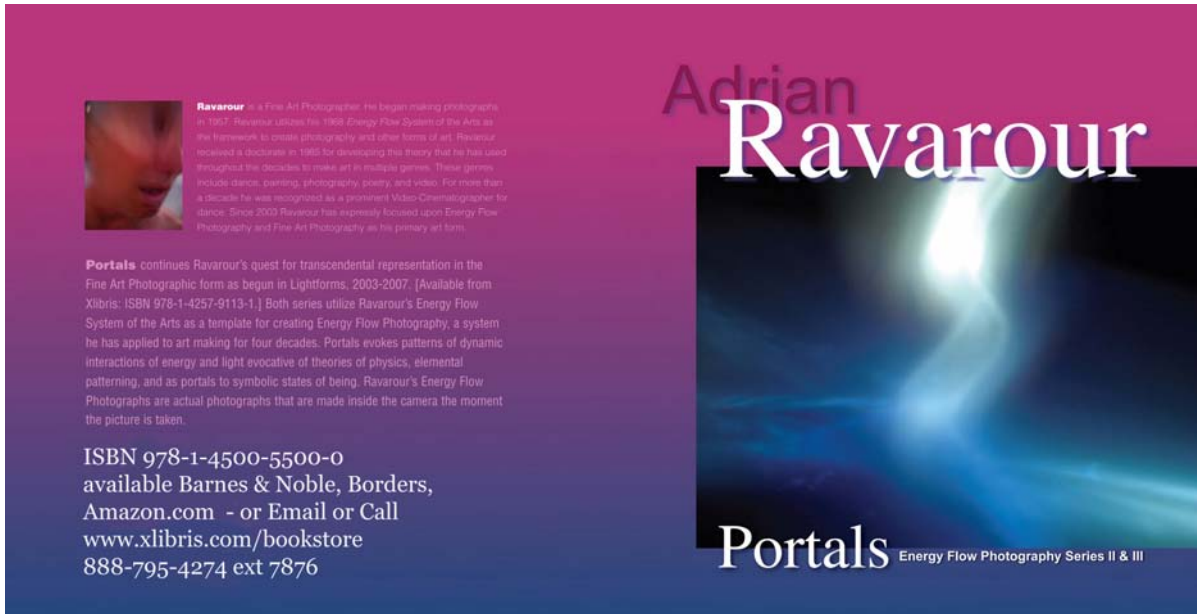
*A Precious Gemstone**

*The precious stone
Is not shining
It seems
Because you forgot
To polish it.*

**translation by Arjava Petter and Chetna Kobayashi*



Book Review



Ravarour is a Fine Art Photographer. He began making photographs in 1987. Ravarour utilizes his 1988 Energy Flow System of the Arts as the framework to create photography and other forms of art. Ravarour received a doctorate in 1995 for developing the theory that he has used throughout the decades to make art in multiple genres. These genres include dance, painting, photography, poetry, and video. For more than a decade he was recognized as a prominent Video-Cinematographer for dance. Since 2003 Ravarour has expressly focused upon Energy Flow Photography and Fine Art Photography as his primary art form.

Portals continues Ravarour's quest for transcendental representation in the Fine Art Photographic form as begun in Lightforms, 2003-2007. [Available from Xlibris: ISBN 978-1-4257-9113-1.] Both series utilize Ravarour's Energy Flow System of the Arts as a template for creating Energy Flow Photography, a system he has applied to art making for four decades. Portals evokes patterns of dynamic interactions of energy and light evocative of theories of physics, elemental patterning, and as portals to symbolic states of being. Ravarour's Energy Flow Photographs are actual photographs that are made inside the camera the moment the picture is taken.

ISBN 978-1-4500-5500-0
available Barnes & Noble, Borders,
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888-795-4274 ext 7876

Portals: Energy Flow Photography, Series II & III
by **Adrian Ravarour**

Adrian Ravarour is believed by some to be the founder of what is now considered the nation's first gay liberation organization, in 1966, San Francisco's Vanguard, that eventually became the Gay & Lesbian Center. – Below, excerpts from Adrian's Spring 2010 Newsletter:

"Last fall, I went to San Francisco for a series of interviews about the founding of Vanguard. I founded Vanguard in 1966. I was a seminarian, and was asked to help the gay street youth. I strategized with Billy Garrison, and recommended Glide as our sponsor, because Glide was the sponsor of the Art Center where I was a staff member. We held open community meetings and then formed Vanguard. **Vanguard is now regarded by some as the first Gay Liberation Organization in the nation.**

At our organization meetings I told the kids that "They were fine as they are." Since they were afraid of being beaten, I told them, "My dad beat me for more than a decade and I'm still here- Stand up for yourselves! We are strong together." And they did.

I used Rousseau's Social Contract as a model of our direct democracy- we proposed, debated and voted. We were small enough that we did not need elected governance; although when Glide said we must elect an officer we did vote in a spokesperson who also chaired for our meetings. This was direct democracy in action. We were vocal, we picketed, we marched, and we demonstrated to demand equal rights. I was electrified by the Reverend Dr Martin Luther King, Jr's speeches about "equality is for every one." Vanguard had weekend free dances in Glide's basement and holiday dinners. People were always thanking me for having founded Vanguard as they now had a place of their own. We welcomed everyone, and we were not bigoted. Most importantly, the people had found faith in themselves again.

We were three years ahead of Stonewall in our 1966 uprisings: Doggie Diner [I was inside] and Compton's. They demanded respect & were empowered by Gay Liberation. Within a year the organization moved to a theatre, then, moved to 330 Grove where it changed its name to become **The Gay and Lesbian Center- the first in the nation & the**



model for others. Vanguard is also the first LGBT Youth Organization in the nation, as well as the first Transgender Organization. We welcomed everyone, we did not discriminate."

In May 2010, Adrian Ravarour published a book of spirit photographs aptly named Portals. The book is available from all the major distributors, ISBN 978-1-4500-5500-0

Ed.

Foreword reprint:

Foreword by Richard Hooper

We all know that light is energy. We also know that light travels at the speed of 186,282 miles per second. In other words, it travels so fast that we don't see it traveling at all. What Adrian Ravarour does with a camera is to literally *seize* light on its way to who knows where. For that instant in time that his camera lens remains open, light/energy becomes like a bird and the camera like a cage. Yet no two birds—no two Energy Flow Photographs—are ever the same because each captured instant is transformed by the artist himself.

Ravarour's Energy Flow Photography is metaphoric of an intuitive language of elemental symbols, like genetic codes of transcendental art. Ravarour studied with José Argüelles and received some mentoring from Aldous Huxley, Alan Watts, Laird Sutton, Ansel Adams, and was told by Cole Weston to only release photographs when he had developed his own style. By his composition, line, color and form it is obvious that Ravarour has been an artist for decades. Now, he is expressing his Energy Flow System of the Arts through the medium of fine art photography.

Whatever form art takes, the appreciation of it is always a subjective experience. The relationship between object (a piece of visual art) and subject (the viewer) is always interactive, especially when visual art does not fall into the category of "Realism." Ravarour's Energy Flow Photography allows the viewer complete freedom of interpretation. It invites the viewer to find meaning in any given piece, or no meaning at all. After all, art is expression and beauty, not doctrine and dogma. One does not need to "interpret" Ravarour's art to enjoy it. It is a simple gift of light, shape, color and creativity. Enjoy it for what it is.

Richard Hooper

Announcements

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

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**Conscious fasting-dreaming:
Art of intentional changing of yourself and your life.**

With Dr. Elena Loboda,

October 15th – 17th 2010

11a.m.-6p.m.

The stress-filled lifestyle of modern civilization has impacted our physical, emotional, mental, and spiritual well-being. We are challenged to **make a quantum leap in our consciousness** by “detoxifying” on all those levels. The best practice for it is Transformational Fasting. In addition to being an ancient deep spiritual practice, fasting is a practice that has been used for purification, healing, rejuvenation of the physical body, and for balancing energy. It allows one to break away from the habitual pattern of getting energy solely from food and open to **the possibility for direct absorption of the Natural Elements’ Energy**. Through fasting the body becomes a portal to enter higher states of consciousness and connect to divine frequencies.

On the base of fasting we will use **Conscious Dreaming Meditation** state as Art of intentional changing of yourself and your life circumstances.

We will learn how to **create evolutionary positive image of yourself and your life**, how to fill it in with energy and consciousness and activate it by **pure intention**.

The active image will work for *healing, harmonizing and transforming of the whole multi-dimensional human organism: body-energy-mind*.

This intensive workshop begins with an introduction to the importance of fasting from the **ancient Siberian Veddik tradition**. This is followed by **3 or 5 days of fasting** with particular exercises and self massage, sacred rituals, specialized breathing techniques, and guided meditation

Payments for the workshop:

3 days - \$390, 5 days – \$650



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.

Location: Marlboro, NJ

For registration: call Marina (718) 607-7121 or Anna (718) 709 1212 or mymagicalmail@gmail.com, anna@aristova.net

Credits

Chongtul Rinpoche, NJ; Peter Roche de Coppens, PA; John Kortum, MD; Bobbe Bramson, NY; Adrian Ravarour, CA.; Elena Loboda, St Petersburg, Russia; Christine Baraschi, NY; Anton Baraschi, NY
