



**In this issue:**

- ✚ Editorial.....pg 1
- ✚ News and Links.....pg 2
- ✚ Rinpoche's Teaching – Sangye Menlha and Tibetan Chakras- Seminar Review.....pg 3
- ✚ Philosophical Essay - The Spiritual Family - by Peter Roche de Coppens PhD.....pg 8
- ✚ Event Review- Concetta Bertoldi - Psychic Medium.....pg 11
- ✚ DVD Review- Chico Xavier.....pg 14
- ✚ Announcements.....pg 15
- ✚ Credits.....pg 16

**Editorial**

*Dear Friends,*

*The New York Times has published recently a few articles in reference to obesity in the US, now viewed as a malady (see links **News and Links** section, below).*

*It was not always like this.*

*For example, Thanksgiving is a holiday celebrated around food aplenty as are most holidays and celebrations. Christmas, Aid, Seder, weddings, baptisms and funerals, are also celebrations where there is sharing of communal food. I suspect in times past when survival and hardship was common, food was a way to remind people of the plenty existing in ideals.*

*Celebrating with plenty of food, plenty heat (like a sweat lodge or communal sauna) or water (communal hot tub/bath) was the way to bask a little in what humans did not have on a day to day basis.*

*Continuing this train of thought, it seems that the holiday aplenty celebration mode became the norm as people in the US progressed in richness and found themselves having too much of a good thing each day, everyday.*

*I muse: water is a very good thing, but with too little and one dries up while in too much one drowns. Too much is harmful just as too little.*

*I say that with too much comes another thought: an early victim of "too much" is common sense. Common sense- the balance, is an unintended victim of excess.*



*This "too much" is what led to pollution (too much garbage), addiction to tobacco (too many cigarettes), inflation (too much money) and of course this too much food theme and its dire consequence, obesity.*

*When Jenny Craig and competitors create non foods to quench the cravings, when pills, liposuction, stomach bands, stitches and irreversible intestine reduction operations joined in the acceleration toward another "too much", I infer that humans start manifesting in uneasiness about the subject and also an increasing awareness. Perhaps is a dim sense that people are in fact preparing to receive a compensatory karmic retribution of sort.*

*It was Moses the Law Giver in the Good Book who interpreted the Pharaoh dream of 7 fat cows followed by 7 skinny cows as plenty being followed by lack of plenty and the lesson in there. Perhaps we need to revisit, extrapolate and understand that all is interrelated in a closed system – our planet.*

*While Bulimia and Anorexia are eating disorders considered pathology, obesity is mostly behavioral. In the US today, while people engage in seeking help to reduce the results of excessive cravings, they are paradoxically finding themselves "**paying not to eat**".*

*It seems that when one slips into excess, the environment reacts such that the balance has to be reckoned with. "Paying not to eat" is (paradoxically) a karma like compensation. The inner way of understanding and self discipline is an ounce of prevention well used.*

Ed.

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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](mailto:Abaraschi@aol.com) or via regular mail addressed to: Anton Baraschi, 9 Farm Lane, Spring Valley, N.Y. 10977

**Editor**

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## News and Links

Treating Eating Disorders cost is \$30,000 per month for a residential program for anorexia or bulimia:

<http://www.nytimes.com/2010/12/04/health/04patient.html?ref=health>

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Soon the lap band may be available for people trying to control their diet; previously surgery was only for extreme cases.

<http://www.nytimes.com/2010/12/02/business/02obese.html?ref=health>

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Near 34 % of adults are obese in the US:

<http://www.nytimes.com/2010/01/14/health/14obese.html>

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## 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://www.bonshenling.org/rinpoche.html>

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## Sangye Menlha and Tibetan Chakras

**23<sup>rd</sup> - 29<sup>th</sup> September 2010, Compton Dundon, Somerset, UK.**

Organized by Karen Williams <http://www.himalayanhealing.com/index.html>

Photos contributed by Karen Williams and Henry Tischler

### **Retreat and Teaching Overview**

- *Introduction to Tibetan Bon Medicine*
- *History of Sangye Menlha (Medicine Buddha)*
- *Bon philosophy, concepts, and terminology*
- *Energetic anatomy: chakras, aura, and meridians*
- *Meditation and visualization instructions*
- *Guided chanting and breathing techniques*

*The Sangye Menlha transmission is revered as one of the most powerful blessings for healing (Sangye Menlha is Tibetan for Medicine Tonpa or Medicine Buddha). In this seven-day retreat, Geshe Chongtul Rinpoche presented an introduction to the complex art of Tibetan Medicine and gave the Sangye Menlha empowerment.*

*Connection with Sangye Menlha through meditation, mantra recitation, and visualizations activates the practitioner's innate healing abilities. It is a powerful healing practice for harmonizing imbalances as well as purifying negative karma and past*



deeds. It is not only an extremely potent practice for individuals, but offers assistance to those who are dying or have already passed.

As a Tibetan Bon Master, Rinpoche discussed techniques from this ancient tradition that have practical use and applicability for both medical and lay audiences. Other topics included the origin of Bon healing, its relationship with other Tibetan Buddhist medical traditions, and its integration with Western medical practice. Rinpoche offered the Bon interpretation of mental and physical ailments, their causes, diagnoses and treatment as well as preventive health care and maintenance.

Bon healing principles stress the importance of invoking natural healing energies in the mind and body. This practice can deepen connection with the five elements (earth, water, fire, air, and space), which are the energetic undercurrent that form and affect the physical world, including our own bodies.

Tibetan medicine demonstrates an integral link between spirituality and health, and the improvement of well-being through mind-body approaches. A Tibetan doctor will recognize the lifestyle and environmental factors that impact health and will suggest adjustments to one's lifestyle to relieve the causes of physical, mental, or spiritual stress. Whilst what is digested in the physical body is important, what we digest in our psyches on the mental/emotional levels is equally important. True healing requires that we also locate these more subtle, though potent mental and emotional patterns that may be at the root of a specific health condition. Hence, the therapeutic value of meditation and chanting practices is highly regarded in Tibetan medicine.

Participants learned about the energy body, chakras, pulses, and practices to generate Menlha energy. As the world faces many modern challenges and fears, including epidemics and new diseases, we can all contribute to the healing of humanity and the planet. The contribution of each and every individual is significant. The ancient Tibetan practice of Sangye Menlha is one of many techniques that can help us awaken our innate healing powers.



The Earth Spirit Center



Orbs at night around the Center

The retreat was held at the EarthSpirit Centre which is on the edge of the tiny village of Compton Dundon, just outside Glastonbury in Somerset. It is situated in a beautiful landscape next to two nature reserves and lies within the 'temenos' (sacred enclosure) of Avalon. The centre is a complex of seventeenth century farm buildings which have been restored and specially converted for use as a workshop and retreat venue. They are set within seven acres of fields and gardens. The buildings are based around a converted 52' (15.5m) long barn, with oak timbers, reed torching (lining the inside of the roof) and stone walls. The feeling is medieval, but with modern comforts such as under-floor heating and a large woodstove. The high roof and skylights create a light, airy atmosphere.



**Chongtul Rinpoche teaching**

*We asked **Laurie Hopkins** who attended the Indiana workshop with Chongtul Rinpoche last month (to be reviewed by L.H. in the next issue of ERN) to ask a few questions of one of the participants in the workshop from England, on behalf of the Energetic Rejuvenation Newsletter. Laurie interviewed fellow Yung Drung Bon drup shenpa, Elaine Nikischer, who had just returned from Chongtul Rinpoche's 7 day Sangye Menlha (Medicine Tonpa/Buddha) teaching in Somerset, England. Elaine lives in Yonkers, N.Y. and works in the tri-state area as an energy healer using many modalities, including Tse Dup Yung Bod. Elaine is an aficionado of spiritual pilgrimages, having journeyed to the pyramids of Egypt and the Yucatan, as well as visiting India and Brazil to further her spiritual development.*

*Ed.*

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LH. Elaine is this the first time you attended a teaching in England with Rinpoche?

EN. This is my second teaching with Rinpoche in England, I traveled to Glastonbury last year to learn the Sherab Chamma (Loving Mother) practice.

LH. How was this workshop different from the previous?

EN. Both of the healing practices precipitated energetic shifts that have had a profound impact on my soul and work as a healer. However, the Sangye Menlha teaching addressed 8 chakras with their corresponding consciousnesses and wisdoms, and this was quite unique, my having only learned of the 5 chakra system in previous Bon studies.

LH. Elaine, can you share some of the most significant impressions you had with us?

EN. I began to feel an intense and constant flow of warm healing energy that was activated during Rinpoche's teaching. Now that I am back at home, I have been surprised to find that I can access this energy at will. In all classes that Rinpoche teaches, I have observed that not only do students learn to dedicate the merit for the benefit of all the sentient beings, but they are also taught actual techniques for directing healing energies to others.

LH. Elaine, who benefits in your opinion?

EN. The Sangye Menlha practices can be of benefit to oneself and others in the event of illness as well as those in the process of dying or for those who have already transitioned. Up until this Medicine Tonpa teaching, I always found myself in the position of sending healing to others. This time however, by an auspicious coincidence, I wound up in the center of the circle, as a designated recipient of the healing energies that were being sent by others attending the workshop.

LH. Oh Elaine, can you describe how you felt?

EN. Laurie, the experience was amazingly intense and caused me to have sensations of transcending physical boundaries while melding with the healing energies radiating from Rinpoche and the participants in the circle around me. For the remainder of the course I felt a pronounced sense of rejuvenation with accompanying sensations of harmony, joy, and magnetic connectedness. I felt that many of the other attendees seemed to share this state of good will, unity and expanding heart consciousness.

LH. Elaine, what are some of the practices you did? Can you describe them? A week is a long time....

EN. Over the 7 days of study, Rinpoche taught sacred chants of invocation, additional mantras, hand mudras, visualizations, prostrations to the deities and dakinis, and techniques for working with the chakras and pulses. The complex visualizations of Sangye Menlha, who is often depicted as a blue deity holding a yung drung in his right hand and a medicinal herb in his left hand, varied in color, form, direction invoked, and element involved, based on the specific issue requiring healing. Chongtul Rinpoche also shared some of the historical accounts of the origins of Sangye Menlha, who was actually a manifestation of Tonpa Shenrab, the first Buddha of Bon in this world, according to Bon cosmology. One night we created a special ceremony around a bonfire, where we made offering to the nagas by saying mantras and tossing incense into the flames. I've heard that the photographs show a shower of orbs around Rinpoche and our group.



**Bonfire and orbs 1**



**Bonfire and orbs 2**

LH. Elaine, how did the teaching conclude?

EN. At the end of the teaching Chongtul Rinpoche conferred the transmission, (*a blessing that can only be provided by a genuine lineage holder which sanctions the official sharing of the teaching from the lineage through the teacher to the student Ed.*), he recommended that the participants continue with the Sangye Menlha practice in order to deepen the healing abilities and potentials that had been activated.

LH. Thank you Elaine for your comments, do you know of some of Rinpoche's future plans?

EN. We were told that in the months ahead Rinpoche is focusing on presenting 2 major Dzochen teachings with His Holiness of the Bon Gyalwa Menri Trizin, and the 84 year old beloved and esteemed leader of Bonpos world wide. He is also preparing a workshop to train the newly graduated drup shenpas in the next level of study in their evolving Tse Dup Yung Bod practice.

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**Final Note from LH:**

Rinpoche maintains a teaching and traveling schedule that whirls even when he “appears” to be at rest. One can only wonder if the precious Sangye Menlha teaching is on the horizon for those of us who live on this side of “The Pond”. Please join me in holding that intention, if Elaine’s descriptions resonated with what you long for or know to be true. Chongtul Rinpoche’s vision of shifting healing consciousness in the west is taking on a momentum of its own and these amazing Bon practices are “truth-keys” that are being placed in the hands of those fortunate enough to have the opportunity to hear them. Let us embrace the sacred responsibility that comes with being in the first wave of Rinpoche’s teachings in the west. Emaho!

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## 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 1 of 7).

#### The core insight and perspective

Peter Roche de Coppens, Ph.D.

Many people in different places, contexts and countries have asked me what I felt was my truly essential interest, passion and contribution, at this time in my life. While I have many interests and activities, there is no doubt that at the deepest and most important level one thing really stands out: the *spiritual family*, its conception, development and realization. For now more than 35 years, I have been involved in combining my knowledge and experience with the social sciences, sociology in particular, with the great passion of my life, spirituality and the unfoldment of spiritual consciousness. I have written several books, many articles, and done multiple TV interviews on this subject, the two most important books are: the first, *The Invisible Temple* published by Llewellyn International in 1987 and *The Spiritual Family in the 21st Century* published by Xlibris in 2005.

Sociology basically claims that a human being is a *social being* thus that to become and remain human one needs to interact with other human beings. Failing to have an active and diversified social life would be tantamount to going back to the animal biopsychic level where a person would lose his/her language and cognitive structures (thinking, feeling and willing). Authentic spiritual traditions and schools have always claimed and taught that a human being is a *spiritual being* and that to develop and actualize his faculties and potentialities, to reach his final goal, *theosis*, he needs to *love*; to give and receive love which implies establishing a right relationship with what is both within and without himself/herself, making exchanges whereby both parties can be enriched. Now *love*, as the other ontological attributes, knowledge and will, can manifest on the outer, horizontal dimension and on the inner subjective dimension. This means the love of other human beings through genuine care and *service* on the horizontal dimension and the love of our Creator God through *prayer* and worship on the vertical dimension.

Thus, we need a school for learning how to love, how to give and receive love... and that school is *life* (with all of its vicissitudes, experiences and adventures) at the generic level and the family at the specific, concrete level. To now go to what is really essential and to give it a modern twist we can well say that:

- **In order to live, survive, evolve and realize his destiny or purpose man must eat... or get weak and perish! Being a multidimensional being man must survive on three basic level: the physical where he must get his food and water; the human or psychosocial where his food is human interaction, the subtle exchanges one makes when encountering others; and on the spiritual level with the spiritual energies that manifest as light. Thus our body needs food, our psyche human interaction and exchanges and our soul light!**

Now the fundamental matrix for obtaining the three essential kinds of food we need is the family. But the family is presently (say from about 1950 or the end of WWII) going through a major crisis and transformation. In its traditional and social form it is falling apart as more and more families and couples break up sooner and sooner. This creates a difficult and dangerous situation for our health, our further growth, and our wellbeing—for our very survival, maybe not at the physical but certainly at the psychological and emotional level. Some scientists and commentators now argue that the traditional family as we know it is on its way to extinction, but I do not agree as the very cradle of the individual and society is the family. Rather I feel the family





is going through a major *qualitative transformation* which follows the transformation and expansion of our consciousness resulting in a paradigm shift at all levels, from the cognitive to the medical one.

Human beings are so constituted that they need a very long period of evolution and experience in the physical world to actualize all of their faculties and potentialities and to reach their final destination, *theosis*. In this evolution (which I described in great details in my book “The Great Theory of Human and Spiritual Evolution”, Xlibris 2005) we go through seven basic levels of consciousness, being and evolution that parallel our biological evolution (but, obviously over a much longer period of time), and which can be represented by the traditional large extended kinship family. Here, the seven stages are represented by the baby, the child, the adolescent, the young adult, the adult, the mature adult and the senior. Moving from one level of conscious and stage to the other brings with a qualitative paradigm shift which we are now experiencing on many levels and in many institutions, that of the family in particular.

Let’s have a quick look at the traditional family which corresponded to the personality level (that involves the 1<sup>st</sup> to the 3<sup>rd</sup> level of consciousness and evolution, and that covers the baby to the adolescent) and which we are now outgrowing at least in some of its basic characteristics and function. That family model went from the large extended kinship family, to the nuclear family, to the monoparental family to end up in what might be termed the “experimental family” (where both parties write up their own marriage contract instead of having it standardized and imposed by society). Its fundamental *raison d’être* was *procreation* and the *survival of the race* together with physical, social, cultural and emotional survival. Here, the role relationships were quite clear and explicit: the man worked in the world and provided for his family while the woman worked at home and took care of the young and old in the family. This model is now definitely breaking down as it is no longer in sync with our present level of consciousness, with our basic needs and aspirations.

A truly fundamental thesis of my own work is that the family is not breaking down to disappear but rather *transforming itself* and that the emerging model will be what I call the “spiritual family” which will fulfill truly crucial and essential functions for the individual, society and the race. If it is true that we are now moving from our childhood to our adulthood and that we are presently living through our “crisis of adolescence”; then, by correspondence, this is also what is happening to the family. In our spiritual childhood, the family had to ensure the survival of the individual and that of the race. But survival is (and can only be) a “means” not an “end” in itself. The traditional family was thus a necessary “preparation” for the real work of the family which deals with the “end” that the “means” sought to ensure and eventually enable. What is this “end” and how is the spiritual family connected with our health, wellbeing and vitality?

This end of human evolution is the full actualization of all of our faculties and potentialities as well as Self-realization; it is the realization of our destiny and final destination, *theosis*, or becoming a conscious child of God with all the mysteries and treasures of the universe put at our disposal. This presupposes and requires the awakening of spiritual consciousness or enlightenment! The spiritual family of the future will thus continue to incorporate the nuclear family (a man, his wife and children) which is essential for the survival of the race but it will go beyond this task and that of emotional and sexual gratification to facilitate our growth and evolution, to help us consciously actualize our potential, and to give birth to spiritual consciousness... as Jesus of Nazareth was born in a manger of Bethlehem of which this was an archetype and prototype! Thus the final questions we will look at in this article will be: what will make up this emerging “spiritual family”, how will it facilitate the birth of spiritual consciousness in its members, and what contributions can it make to our health and healing?

The spiritual family which I see now emerging will, once again, be a large extended kinship family with people of very different ages, backgrounds and levels of consciousness and being. Rather than being brought together and held together by blood or marriage, the spiritual family will be created and sustained by *elective affinities*—by people who share the same values and objectives and who want to work together, helping each other give birth to their spiritual consciousness. Moreover, it will also balance and integrate the male and female polarities: being emissive and receptive, fighting for the realization of one’s ideals and objectives and accepting and integrating what cannot be changed. It will also bring together the outer, objective life in the world and the inner, subjective life within one’s consciousness. It will enable its members to remain emotionally balanced and connected with the Light, being able to consciously reconnect themselves with the inexhaustible Source of Life, Love and Wisdom that already dwells in them, but at the superconscious level and not yet at the conscious level.

As such it will be of great help to make the unconscious conscious, to reestablish proper harmony (measure and proportion) in the various aspects of our lives and activities; it will integrate our “ontological attributes”: knowledge, love and life or thinking, feeling and willing. Most important, it will enable each of its members to answer the riddle of the Sphinx—to discover their true identity, origins, and destiny, and why they were born in this world, what they came to accomplish here! As such the



spiritual family will be provide the safe, balanced, and nourishing environment for the individual and the family as well as society and the world necessary to survive on various levels continue their evolution. It will function as the major “shock-absorber” and the true “school of life”; it will provide meaning where there is meaninglessness, worthy ideals and objectives where these are lacking, and the hope, motivation and joy which are truly essential for our healing, wellbeing and self-actualization. In future articles we will continue this presentation and discussion of the spiritual family digging ever deeper into its nature, dynamics, manifestations, and distinctive contributions.

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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.

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## **Event Review**

### **Concetta Bertoldi**

#### **Psychic Medium – Helping People Move Forward After Loss**

**By Sue McAllister**

*Sue McAllister lives and works in New Jersey and has been interested in learning about spiritual or “paranormal” subjects since she was a child.* *Ed.*



**Concetta Bertoldi and Sue McAllister**



**Concetta Bertoldi autographing one of her books for Sue**

Several years after my father passed away, my sister called me and asked me if I wanted to go to a medium with her. Her friend Jeanine had gone and my sister had listened to the tape recording of the session and was amazed by what she had heard. “Sure,” I answered. I hoped this would help my sister cope with my father’s loss. Although I missed my father, I felt he was close to me. I would speak with him and sometimes ask him for help or guidance, but if I so much as mentioned him to my sister, she would sob inconsolably. I knew it must have been partly because she had tried to perform CPR on my father after my mother had discovered him lying unresponsive across the bed and had been unsuccessful in saving him. He was 80 years of age when he died.

I had never heard of Concetta Bertoldi, although my sister told me that Concetta had done readings for cast members of the Sopranos and other famous people and had been on TV. The night before the appointment, I remember talking to my father in spirit and saying “Just please let me know if this is really YOU around me and if you can really hear me.”

I picked my sister up and we headed to Boonton, NJ. My sister read the directions to Concetta’s house with attached office and I was concentrating hard on not getting lost as we turned left, right, left, and seemed to be in the middle of nowhere at all. Suddenly, there it was. Phewf! Made it on time! We followed a path up to the door of the waiting room on the side of the house and entered. We didn’t have long to wait - soon Concetta appeared through a door, greeting us warmly. She ushered us into a cozy room filled with bright sunshine. She was short, very blond and slightly but pleasantly plump, with a sincere smile and bright turquoise blue eyes.



Concetta took one of the cassette tapes we had been instructed to bring, popped it into a tape player and hit “record”. She closed her eyes briefly and made a little gasp of air and then opened her eyes and turned to my sister. She said there was a man present. His name starts with the letter “F”.... “Is it Frank? Francis?... “Frank” my sister whispered, her eyes widening. “Ok, Frank - I thought so!”..Then Concetta told my sister that “Your dad wants you to know it was not your fault...”. She told her there was nothing she could have done to save him... his lungs just filled up with fluid .. he had known it was his time to go. He did not want to leave us and did not want to die in the house, but wanted to wait until he was away from the house. My sister and I looked at each other – our eyes wide through our tears... wow! It was all true. My dad had heart failure and his lungs filled up with fluid. He had actually passed in the ambulance on the way to the hospital. I could see my sister shudder as if a huge weight had just been lifted off her.

Concetta continued for 30 minutes, naming first letters or names of others my dad had with him... his mom, my sister’s grandparents-in-law. “He’s joking with me,” she said as he told stories of when we were little and what we were like and things we all used to do together as a family, etc. Some other relatives talked, too, or sent messages to let us know they were fine and all together and watching over us and loved us.

When it was time for my reading, Concetta popped my tape in and my dad continued his visit with us “He walks with you in the park” she told me.... “and”, Concetta fixed here clear blue eyes on mine, “ Your dad says the answer to your questions are “yes, it really is me with you” and “yes, I really do hear you”. It took me a moment to remember the quick questions I had whispered to my Dad two nights prior. It was that moment that it hit me... I sat very still as the reality set in. My dad really really was right here all the time and it **was** totally real and he **was** talking to us **right now**. He saw us and heard us and continued his relationship with us and always would. Wow. I could feel that something inside me had changed for always. It was profound and very important.

My sister and I both had been privileged to experience a unique form of healing that day – an amazing gift of knowing that, without a doubt, what people know as mortal death is merely a passageway to another kind of life – that those we love enter into a loving place and really are fine and that one day we will join them. I had believed it on one level, but this was proof in the pudding...I came away from this experience feeling comforted and very grateful for having been allowed to know this “secret”.

Since that experience nearly 8 or so years ago, I have tried to share the gift of this knowledge and comfort with others who were experiencing the grief of the loss of a loved one. That wish to help is what lead me to the latest group event I attended:

On November 6, 2010, I arrive at the Holiday Inn on Rt, 46 in Totowa a few minutes before 10 am and walk into the lobby. Sue B. my elegant friend, breezes in, as stylish as ever, and we agree to grab some breakfast in the hotel restaurant before the event begins. This is our second time at one of Concetta’s group events, and we know we have a little time to eat and catch up before things get started. Sue had lost her daughter several years earlier, and I hoped that seeing Concetta might provide some healing for her broken heart.

We make our way upstairs, register at the table manned by Concetta’s friendly staff , scan the meeting room and select seats on the end near a far wall. The chairs are in a rectangle about 4 or 5 rows deep with a space in the center. A male employees walks around selling Concetta’s two books with a promise that Concetta will sign them after the event. I purchase the first one entitled “Do Dead People Watch You Shower<sup>1</sup>”. Ellen, Concetta’s pretty assistant stands ready with a microphone. Everyone is sitting eagerly and the room is buzzing and in runs Dr. Ginger Grancagnolo, a frail sprite of a woman with very very short brown hair. She is all positive energy – like a little molecule bouncing around the room welcoming the crowd.

Ginger explains that we are about to experience a very special experience. Then she introduces the “hot, zoftig mama from heaven and earth”, and Concetta strides into the center of the room, seeming a little breathless but with a warm smile. The turquoise bracelet and earrings she is wearing match her eyes.. She tells a little about herself.... That she is not anyone who belongs on a pedestal, but rather is just a “Jersey Girl”...who suffers from road rage, curses like a sailor, loves to shop and is mostly nice and gets along with people except for her mother-in-law and, it so happens that she has this gift of being able to communicate with people who have passed on.

Concetta will go around the room and “read” as many people as possible. The person chosen should state their first and last name and the name of the person they are hoping to hear from. (In private readings, the name of the person you want to talk to



is not necessary, but this is done in group events to save time). Stating your own name gives her “permission” to relay the information from the dead to the living and clarifies who will come through.

Concetta explains that we should not be sad for those people that have crossed... that they are in a place of perfect love and peace... that we are the ones who struggle. God is **so** good and loving...she stresses, and explains how she always says a prayer of protection before reading- for herself and for the audience- so no bad spirits are allowed around us.

She nods to an elderly woman in the first row and Ellen hands her a microphone. She wishes to speak to her husband Carmine. “Carmine is with you”, Concetta says... “He is showing me a wedding picture. Who is Carmela? A “C” name.. Carmela?” “His mother””. the woman answers... “She is with him”, Concetta states. Who is Anthony? “Our son and also his brother is named Anthony”. “He wants to say hi to Anthony and please tell him he is proud of him...he is showing me a uniform... who wears a uniform?””His son Anthony is in the Army.” “Who owned a two family house?” Etc.

Over the next two and a half hours, Concetta relays messages from husbands, mothers and children to their anxious loved ones. There are pets there, too.

On only one or two occasions, she seemed confused at what she was shown. One woman was looking for her sister. “No foul play” Concetta stated. “There **was** foul play” the family said. “Oh, I’m sorry, I thought they were showing me no foul play” Concetta apologizes. But most of the time the accuracy of the information was nothing short of amazing.

Concetta explains that she is shown pictures or letters of a name... or hears snippets of songs, which she sometimes tries to sing a few notes of. She may smell cologne or cigarette smoke. The dead show her photos or maybe a uniform or a flower. They seem to desperately want to find any possible way to show their loved ones “ I am here! It is really me... I see what is going on in your life.”

Some of the most poignant reunions are with those people who want to contact their children who have passed. There are several such cases today. One child was only seven years old when they passed. Concetta explains that these are called “mission entities.” Although their lives and suffering may seem pointless, these people choose to come back and live a very difficult life and fulfill a special mission. When they pass, they have an elevated status and are very evolved souls – higher than most.

Almost always, those who have passed send love...love, love, love. that is what they want us to know. That is THE message. On occasion, they apologize for something they have done or failed to do. They also want their loved ones to know that they are no longer burdened by the issues that plagued them during their time on earth – that they are no longer ill or handicapped in any way. They know God’s love and are a part of God and know perfect peace and joy. And they are know what is going on with our lives. They try to help us – several times she mentioned that they had “put energy” on parts of living relatives or friends (injured knees, back, etc) when they were ailing. I found this particularly interesting – that they can and do use energy to heal.

Concetta’s staff soon told her it was time to wrap it up, and Concetta bid goodbye and exited to loud applause. Everyone seemed to collectively start breathing again and gathered up their things to leave.

Unfortunately, my friend Sue B. had to leave the event early due to an appointment she had to make. I was disappointed she had not been individually read by Concetta, but after I thought about it, I realized that was probably part of a larger plan and those who may have needed it most were the ones that received readings, and I believe that even those who are not individually read gain comfort from just seeing what is happening before them. After the event, Sue confessed to me that she had not really felt “ready” to be read yet.

Of course, I understand why some people are skeptical about psychics and mediums. There are a lot of fakes out there, yes, but there are also those individuals who not only have extraordinary gifts, but use them to bring comfort and healing to others and what I do know is that I saw healing happen this day as I experienced before; that those on the other side were as elated to have a chance to communicate with us as we were with them and let everyone know that, although their bodies had died, they still existed thank you very much. We come to understand that this mortal life on earth is, indeed, just a journey and not a destination. We get a glimpse of the bigger picture.



I came away with the feeling that we had just received a comforting hug from a compassionate aunt reassuring us that, although we feel lost, everything will be all right. That is Concetta's real gift.

Then this gracious lady signed my copy of her book, did indeed hug me hard, and posed for a photo.

\*

*Concetta Bertoldi is the author of two books (Do Dead People Watch You Shower?; and Do Dead People Walk Their Dogs?). She lives in Boonton, NJ and continues to practice as a Medium. You can view her website at: <http://www.concettabertoldi.com/>*

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## DVD Review

### Chico Xavier

**A movie about the greatest medium of our time**

[http://www.amazon.com/Chico-Xavier-Movie-DVD-Nelson/dp/B003XRMYYC/ref=sr\\_1\\_1?ie=UTF8&s=dvd&qid=1291835332&sr=1-1](http://www.amazon.com/Chico-Xavier-Movie-DVD-Nelson/dp/B003XRMYYC/ref=sr_1_1?ie=UTF8&s=dvd&qid=1291835332&sr=1-1)

*This Summer, the Spiritist Council in the US sponsored a viewing of this very well made Brazilian movie at the United Nations. Several hundreds of people attended. The viewing on two large screens was followed by various notable members of the Spiritist community sharing memories of Chico and answering questions from the audience. See pictures below:*



**Chico Xavier Movie viewing at the UN in New York**

*I recommend this movie. It portrays well the task that a loving heart had to perform in a world riddled with anger and skepticism.*

*Chico's childhood as an orphan raided by a violent grandmother while sharing in the knowledge of two realities was very well portrayed.*

*His dedication to mission as a young man, his discovery of his gift of psychography, His devotion to task –conveying both messages and authoring books dictated by various discarnates, all makes for an entertaining and emotionally stirring experience.*

*This subtitled movie can be viewed on the computer by anyone (unless one owns an international format DVD player).*

*Ed*

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## 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.

**Approximate cost is \$1,890 or plus \$438, if you prefer single room occupancy.**

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

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## ***EnergeticRejuvenation.com***

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### **Credits**

Chongtul Rinpoche, NJ; Peter Roche de Coppens, PA; Laurie Hopkins, CT; Elaine Nikischer, NY; Sue MCallister, NJ; Elena Loboda, CA; Christine Baraschi, NY; Anton Baraschi, NY

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