

The Sands of Time

NEWSLETTER

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and

**International Journal of Healing and
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Research in spiritual awareness and healing, extensive healing studies references, books, articles, links, lectures and workshops by site moderator, Daniel J Benor, MD. www.WholisticHealingResearch.com

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** NEW ON WHR SITE **

Ethics in healing and CAM research and practice

Ethical issues in CAM research and therapy have many overlaps but may also differ in several ways from approaches in conventional medical care. For instance, Wholistic healing may occur through many avenues (in body, emotions, mind, relationships and spirit). This places responsibility on the wholistic therapist to attend to additional details in training and practice:

The presence and wholistic clarity of the therapist is much more crucial in many CAM therapies than in conventional medical care, because the therapist is wholly or partly the channel/ instrument for change. Wholistic healing may occur through many avenues and modalities. For instance, spiritual healing addresses the biological energy field and intentionality; acupuncture and its derivatives (acupressure, Reflexology, Applied Kinesiology); homeopathy and flower essences address energetic remedies; and Cranial Osteopathy addresses energy fields along the nervous system and fascia.

Each of these modalities is not just a ritual of physical manipulations but also an exercise in the focused intent of the caregiver. For example, in spiritual healing the therapist may channel/ focus/ shift bioenergies and may facilitate the careseekers' opening to spiritual awareness. This makes it important for caregivers to clear their own vessel to allow healing to flow for greatest benefit in the healing encounter. This places an ethical responsibility upon the caregiver to do that work of clearing their awareness and bioenergetic channels to allow information and healing to flow as clearly as possible.

See extensive references on ethics in CAM, conventional health care and in cross-cultural studies at <http://WholisticHealingResearch.com/References/CAMethics.asp>

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IJHC September 2005, Volume 5, No. 3 features:

Editorial

LIVING IN A PLACE OF LOVE RATHER THAN ANGER, HURT AND FEAR

Daniel J Benor, MD

Research

MEASURING CHILDREN'S INTUITION IN A SCHOOL SETTING

Christian J. Hallman, PhD

DISTANT MENTAL HEALING:

Influence of intercessory prayers and qi-gong therapy

Alexander P. Dubrov

Dealing with Life Challenges

IMAGES FROM THE DAWN AND DUSK OF LIFE

Meredith Jordan

See also in this issue of IJHC:

PhotoTherapy, by Ellen Fisher-Turk

Aerika, and The Beauty of My Brain Tumor, by Teri Goldman

(in Poetry section)

Wholistic Approaches

**THE 'PLACE OF JOY': A COLLABORATIVE METHOD OF INDUCTION
IN PAST LIFE REGRESSION**

Judith Landau, MD

BALANCE BRINGS BETTER INTUITION

Cay Randall-May, PhD

WALKING THE 'SACRED LANDSCAPE' WITH A HOSPITAL CHAPLAIN:

At the Crossroads of Spirituality and Medicine

Dina Greenberg

RETURN TO INTEGRATION: ONENESS WITH ECOPSYCHOLOGY AS KEY TO SAVING THE PLANET EARTH

Lana Thomas

Suggestions for healing our planet

Man has turned on himself in his attempts to conquer the environment. This literature review examines the emergence, relevance and validity of Ecopsychology & the study of this self-destructive process and the search for its cure. Has man betrayed himself in his patriarchal pursuit of dominion? Can Ecopsychology embrace other fields of psychology, science, physics and religion to sort out how collective efforts could halt the destruction of our planet and ultimately ourselves? It seems that a revolution in ideas, positive action and especially thought is rising to help understand our behavior and to present possible solutions to our global environmental issues. The earth is our home, our mother and our lifeblood and as Ecopsychology shows, as much a part of us as we are of it.

Recently, environmental movements have created a greater awareness of the imperative of preserving our planet. In attempts to understand how our situation became so grave, some psychologists (Roszak, 1995) acknowledge the need for examination of the motivation for destroying our own home and the indifference towards this immanent destruction. It is in hopes of determining the reasons for such behavior that the field of Ecopsychology was established. It asks, "Can we understand the psychology hidden behind self-destructive patterns and create ecologically sound principles that can save our environment and thus mankind?"

...It is within our nature to love, be loved and express community in all our daily interactions. However, accountability for our actions is [dismissed/overridden] by self-serving endeavors and the pursuit of personal gain at the expense of others, adhering to Darwin's theory of survival of the fittest. The costs are high and frighteningly threatening as we destroy the sacredness of the earth. Winter and Kroger (2004) shed light on some of the underlying fears that create our self-destructive attitudes. They suggest that the fear of scarcity reveals that we have little trust in our future or in the fact that our needs will be met. As fear and competition replace the belief that cooperation and trust will bring us benefits, we become neurotic in one of four ways, and these neuroses will impact our environmental behavior. The four reactions are narcissism, depression, paranoia and compulsions. Narcissism denies the value of anything beyond the self. Depression creates helplessness and apathy toward global issues. Paranoia creates fear of others and negative propaganda about foreign political systems and others, thereby fueling this neurosis. Compulsions are fed by the greed that is advocated as need based & having set our standards for needs in some parts of the world at levels that drain the resources of other parts of the world. Boldt, (1999) writes of the art of abundant living and the Tao of abundance as an alternative to fear. We can learn of our incredibly creative qualities and exercise them versus living in fear of our imminent demise...

Variations on the theme of healing

REIKI: TOUCH OF THE SPIRIT

Christina St. Clair

Reiki healing from a Christian perspective

Reiki is a healing art that hails back to Hinduism, Buddhism, and Shintoism, and was originally developed by Mikao Usui in Japan. This article presents the importance of its use for all people, regardless of their belief system, as a means of healing and involvement with other people. The author talks about her own experiences with Reiki, relieving pain for others, and helping her become more hands-on and less aloof. She also explains the basic Reiki tenets, briefly describes the seven major Chakras (energy centers in the body), and how Reiki attunements begin the process of healing self and others through a mysterious source of interconnectedness, which might be likened to the Oneness in Christ that begins with the ritual of baptism.

Creative arts for healing

PHOTOTHERAPY

Ellen F. Turk

Profound transformations through self-acceptance

I call my work PhotoTherapy. PhotoTherapy combines black and white photography and journal writing as tools for changing women's negative self-image. I ask women to keep a journal when they decide to be photographed through six weeks afterward. Women start the photographing clothed and disrobe during the session. Everywhere we look, in magazines, on television, the images are retouched. They look perfect. How should we feel?

This article is about how women take back the appraisal of WHAT IS BEAUTY. PhotoTherapy uses a woman's multiple images to shift her negative self-perceptions. By being seen and not judged, by being photographed nude and seeing what they're most afraid of seeing, women have had the opportunity to reconstruct how they see themselves.

I remember photographing Camilla six years ago. When she called to set up an appointment, she said, "I must be crazy to do this, but my body image is terrible. I can't keep getting up in the morning being disgusted with what I see."

The morning after we photographed, Camilla called to tell me that when we were photographing she looked in the mirror and saw that she was beautiful. She'd never noticed before.

I photograph all women. Some suffer from eating disorders such as anorexia or bulimia. Others are overweight. Some have negative feelings about their bodies caused by rape, incest, sexual abuse, or surgery. The rest are, perhaps, like you and me—ordinary women who have been spared trauma, but not the reality of aging or having expectations of being more perfect.

During the past ten years, I have worked with over 100 women and have seen my use of photography

transform their self-image and the way they perceive their bodies. It has also empowered their lives. I've seen them change their way of dressing, their friends, their partners, their jobs. The photography seems to jump start their lives.

Wholistic News Reviews

Traditional, Complementary, Alternative, and Psycho-Social Modalities of Treatment **Larry Lachman, PsyD**

Poetry and Humor are Healing

ONE-LINERS **Ric Masten**

NO SLAM DUNK

in a candid moment mother once said
 "Show me a man
 who thinks he's in control
 and I'll show you a clever woman."
 and certainly
 she was the sovereign head
 of the kingdom I came from
 I didn't go to college.... I was sent!
 off to study optometry
 groomed
 to step into my step father's shoes
 another "sight for sore eyes" she'd joke
 another professional man
 she assumed

thank god
 I was learning disabled! ...



**NATIONAL CONFERENCE
ON PROSTATE CANCER, 2005**

— THE SET UP — The setting was the Omni Shoreham Hotel in Washington, DC. And as an actor in this cast of characters I played my part as best I could. This is not meant to be poetry but rather a poetic summery of two days a week ago.



in Baltimore International
I wait to fly home to my wife
having just spent what arguably
has been the two best days of my life
dubbed the “Poet Laureate of Prostate Cancer”
I’m probably the only poet ever invited
to address a medical convention

but for me advanced PC is the subject
that gets all the ink these days
this is not to say
I didn’t have hidden agenda — I did
in due time I will need a master navigator
to guide me through the treacherous waters
that lie up ahead

not an easy task as the panel of speakers
were the best of the best
but to be totally honest
the technical talk sailed over my head
but preparing and reading nautical charts
is what the navigator is paid to do

so it wasn’t so much what they said
rather the manner in which they said it
all were informed and knowledgeable
but one had a quiet thoughtful style
a sweet gentle smile — someone who
was in the same boat as the rest of us
finding him was like coming home ...

See Ric Masten’s new *Words and One-Liners*
2, below, under *Books*.

Aerika, and The Beauty of My Brain Tumor, by Teri Goldman

Aerika

In early 2003, Aerika was working at Harbor-UCLA and earning her Masters of Science in Nursing from USC when a seizure led to the detection of her brain tumor. A few weeks later, she discovered she was pregnant. With her loving husband by her side, Aerika finished her Master’s degree and gave birth to Ashleigh, a beautiful baby girl. Post-delivery, Aerika underwent surgery and was diagnosed in February 2004 with a grade IV glioblastoma. She received radiation and continues with chemotherapy. Aerika lives each day to the fullest and is grateful for all the loving people in her life. She is optimistic and hopeful that she will be with her family for each bright and beautiful tomorrow.

The Beauty of My Brain Tumor
(In the voice of Aerika Wiseman)
by Teri Goldman

Thanks to the initial generalized seizure I experienced during a run one evening through the Pasadena hills, this beautiful eight-month old baby ball of fire is teetering on my lap, babbling up a storm. My daughter Ashleigh is the beauty of my brain tumor.

You see, the anti-seizure medication messed with my cycle, and I discovered I was pregnant one week after the tumor diagnosis. Soon, my husband and I brought a 7-pound, 19-inch angel into our world, a beacon of light through the dark matter in my brain. We never suspected that a Glioblastoma Multiforme was creeping around the left side of my motor strip, growing as my baby grew.

“Did you just not feel challenged enough?” my mother asked. We laughed. Life has never been something I questioned. Keeping the baby; giving birth; enjoying time with family; creating opportunities for children, students, and friends: these are the things that have made my life happy and full...

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***** STUDIES and PROGRESS NOTES*****

**** SPIRITUAL AWARENESS AND WHOLISTIC HEALING ****

Spiritual healing produces changes in calcium concentrations

Healing significantly increased calcium concentration outside human lymphoid Jurkat T cells cultured in the laboratory. This suggests a possible method for testing healing abilities.

Source: Kiang JG; Ives JA; Jonas WB, External* *bioenergy*-induced increases in intracellular free calcium concentrations are mediated by Na⁺/Ca²⁺ exchanger and L-type calcium channel, *Molecular and Cellular Biochemistry* 2005, 271(1-2), 51-9

**** FUTURE RESEARCH IN WHOLISTIC HEALING ****

The effects of healing on intracellular calcium is an interesting observation. Further research will be needed to clarify whether this is a repeatable effect; whether this is an effect observed with all healers

or specific to the healer who was studied in this experiment; and whether there are healers who produce other measurable healing effects but do not produce this effect. In addition, it will be interesting to see whether this is specific to these particular cells or can be observed in other cells as well.

**** WHOLISTIC APPROACHES ****

Lifestyle changes may prevent many cancers

Research suggests that simple lifestyle and environmental changes could significantly help reduce the numbers of annual cancer deaths worldwide.

Links were shown for over a third (2.43 million) of the seven million cancer deaths worldwide in 2001 to the following nine potentially modifiable risk factors

- Obesity
- Low fruit and vegetable intake
- Lack of exercise
- Smoking
- Alcohol
- Unsafe sex
- Urban air pollution
- Indoor smoke from household use of coal
- Contaminated injections

http://www.thelancet.com/search/results?search_mode=cluster&search_cluster=thelancet&search_text1=Ezzati&x=7&y=9

Danaei G, et al. Causes of cancer in the world: comparative risk assessment of nine behavioural and environmental risk factors *The Lancet* – 19 November 2005, 366(9499),.

See Also: Ezzati M, et al. Estimates of global and regional potential health gains from reducing multiple major risk factors, *The Lancet* – 26 July 2003, 362(9380), 271-280

Ezzati M, Selected major risk factors and global and regional burden of disease, *The Lancet* 2 November 2002, 360(9343), 1347-1360.

Brief review in: <http://news.bbc.co.uk/1/hi/health/4444906.stm>

IJHC-WHR Observations

You can live a longer, healthier life with a healthier lifestyle.

Meditation has been correlated with increased grey matter in the brain

Researchers from Yale, Harvard, Massachusetts General Hospital, and the Massachusetts Institute of Technology found that meditation is associated with increased thickness of the brain cortex in areas of the brain involved in sensory, cognitive and emotional processing

The study focused on 20 ordinary people (not monks) who were experienced in Buddhist Insight meditation, on an average of 40 minutes daily.

Lazar, Sara W. et al. Meditation experience is associated with increased cortical thickness, *Neuroreport* November 28, 2005, 16(17), 1893-1897.

<http://www.neuroreport.com/pt/re/neuroreport/abstract.00001756-200511280-00005.htm;jsessionid=D2NNbTV6MtlfIPea6buhD2xEimO2rXxf5MfgsA28rqrNuFwOKeif!1405829113!-949856145!9001!-1?index=1&database=ppvovft&results=1&count=10&searchid=2&nav=search>

IJHC-WHR Observations

This is a confirmation of distinct effects of meditation on the brain, suggesting avenues for further research to explain some of the mechanisms for the benefits of meditation.

**** COMPLEMENTARY THERAPIES ****

Swimming with dolphins relieves depression

In a single blind, randomized, controlled trial, 30 patients with mild to moderate depression were randomly assigned to 2 weeks of treatment or control groups. For the 25 who completed the study, the mean severity of the depressive symptoms showed greater improvement in the treatment group than in the control group (Hamilton rating scale for depression, $P = 0.002$; Beck depression inventory, $P = 0.006$).

*Source: Antonioli, Christian and Reveley, Michael A. Randomised controlled trial of animal facilitated therapy with dolphins in the treatment of depression, *British Medical J* 2005, 331, 1231*

<http://bmj.bmjournals.com/cgi/content/full/331/7527/1231>

IJHC-WHR Observations:

Anecdotal reports over the past 2 decades have indicated improvements in depression from swimming with dolphins in the wild and in captivity. It is lovely to see this confirmed in a controlled study.

See also other references on Animal Assisted Therapy (AAT) at

<http://wholisticHealingResearch.com/References/AAT.asp>

Use of practitioner-based alternative therapies by psychiatric outpatients

“Little is known about the use of... [CAM] therapies among persons with schizophrenia. In our study of health service utilization and comorbid medical illness among outpatients with schizophrenia or affective disorders, patients were asked questions about frequency of visits to alternative care practitioners and the health problems that motivated them to seek this treatment... in the Baltimore metropolitan region... A total of 100 participants with schizophrenia and 100 participants with an affective disorder were interviewed. Half of each diagnostic group was recruited from each outpatient center.

Eleven percent of patients with schizophrenia and 30 percent of patients with an affective disorder had consulted an alternative care practitioner for either physical or psychiatric symptoms. The highest consultation rates among the schizophrenia patients were for spiritual healing or prayer (4 percent), nutritional advice or lifestyle diets (3 percent), and chiropractic (3 percent). The highest consultation rates in the affective disorder group were for herbal remedies (10 percent), spiritual healing or prayer (9 percent), and acupuncture (8 percent). Only 16 percent of patients with affective disorder reported seeking alternative care specifically for mental illness or emotional problems, compared with 36 percent of patients with schizophrenia.

Clayton H. Brown, et al. *Psychiatric Services*, November 2005, 56, 1460-1461

www.psychservices.psychiatryonline.org/cgi/content/full/56/11/1460

IJHC-WHR Observations

Little is known about CAM use in people with severe psychiatric disorders. Many anecdotal reports and a few studies indicate that spiritual healing can be helpful in several ways. Modest research evidence is available to suggest that healing can help in depression. Anecdotal reports indicate that side effects of psychotropic medications can be reduced with healing.

Vitamin C kills cancer cells

While CAM therapists have been advising the use of Vitamin C for decades for cancer and other problems, controlled studies confirming this have not been published previously. This study demonstrates that cancer cells in laboratory culture were killed by high doses of Vitamin C. The authors present evidence to suggest that this is via the production of hydrogen peroxide.

Oral administration of Vitamin C does not produce high enough blood levels to achieve these effects, but IV Vitamin C can do so.

Sources: Chen, Q. . . . and M. Levine. 2005. Pharmacologic ascorbic acid concentrations selectively kill cancer cells: Action as a pro-drug to deliver hydrogen peroxide to tissues. *Proceedings of the National Academy of Sciences* 102(Sept. 20):13604-13609.

<http://www.pnas.org/cgi/content/abstract/102/38/13604>.

Padayatty, S.J. . . . and M. Levine. 2004. Vitamin C pharmacokinetics: Implications for oral and intravenous use. *Annals of Internal Medicine* 140(April 6):533-537.

<http://www.annals.org/cgi/content/abstract/140/7/533>.

IJHC-WHR Observations

Vitamin C is a safe and inexpensive treatment. Much remains to be explored, however, before we know whether all or only certain types of cancers respond.

More CAM reviews at

<http://www.naturalhealthvillage.com>

<http://www.mdlinx.com/FamilyMDLinx>

http://www.chiro.org/alt_med_abstracts/#David_M_Eisenberg

<http://www.ucalgary.ca/~camig/litsearch.html>

AMSA website

<http://www.amsa.org/humed/camresources/camnews.cfm>

*** * ENVIRONMENT (HEALING OUR PLANET) * ***

Butterfly wing colors suggest new, more efficient LED technology

A light-extraction system on the wing scales of a small group of Papilio butterflies has suggested innovations in high-efficiency, light-emitting diodes that use two-dimensional photonic crystals to enhance the extraction of otherwise internally trapped light.

Source: Vukusic, Pete and Hooper, Ian. Directionally Controlled Fluorescence Emission in Butterflies, *Science* 18 November 2005, 310(5751), 1151

http://www.sciencemag.org/cgi/content/abstract/310/5751/1151?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=Vukusic&searchid=1132319981390_4936&stored_search=&FIRSTIND EX=0

Brief discussion at <http://news.bbc.co.uk/1/hi/sci/tech/4443854.stm>

IJHC-WHR Observations

Ecology and environmental protection are good for humans as well as for the animals and plants we preserve.

**** TECHNOLOGY ****

New TB test wins top prize at Medical Futures competition

“An inexpensive and rapid test for tuberculosis (TB) which could be used in developing countries has won first place in the Best Innovation to Improve Global Healthcare category of the Medical Futures Innovation Awards...

The test, known as MODS (Microscopic Observation Drug Susceptible Assay) is able to confirm the presence of TB from sputum samples in one week on average, taking one third to one quarter of the time of a standard TB test. At the same time, the new test is able to spot if the TB is drug resistant which is five to ten times faster than existing tests. The test costs \$2 to perform compared with around \$30 to \$40 for a standard test.

Dr David Moore, from Imperial College London, and the winner of the Award said: ‘This test can be carried out using cheap and readily available tools and requires relatively little training or expertise. This is particularly important in developing countries which may not have the infrastructure we take for granted in the developed world.’

Each year around 8 million new cases of TB are diagnosed, and 1.7 million people die from TB, often as a result of delayed diagnosis and through not being able to spot if the TB is drug resistant.”

<http://www.imperial.ac.uk/P7038.htm>

IJHC-WHR Observations

TB is still a major health problem in many parts of the world. There are now strains of TB resistant to many of the standard antibiotics. Early detection is a big step forward in treating this illness

**** HUMAN ECOLOGY****

Hardy lichen survive in space

Lichen are a symbiotic combination of algae, which provide the food through photosynthesis and fungi, which provide a protective structure for the paired organisms. They grow on rocks and may survive in extreme conditions of temperatures and altitudes.

Scientists at the University of Madrid sealed lichen in a capsule and launched them on a Russian Soyuz rocket on May 31, 2005. While in Earth orbit, the lid of the container was opened and the lichen were exposed to the environment of space for close to 15 days. The lid was then resealed and the capsule returned to Earth. In space, the lichens experienced the vacuum of space and temperatures from -20°C on Earth’s night side, to 20°C on Earth’s sunny side. They were exposed to unscreened solar ultraviolet.

No negative effects were found on the lichen.

NewScientist.com November 2005, 17(16), 10

IJHC-WHR Observations:

Another piece of evidence for consideration in the discussions on the origins of life on Earth. This study suggests that life can survive in space and that life may have arrived on Earth from extra-planetary sources.

***** EVENTS ***** ☺ = presentation by Daniel J Benor, MD

***December**

5-11 The Psychology of Health, Immunity & Disease Conference, Hilton Head Island, SC, 1-800-743-2226

9-12 XIII International Congress on Anti-Aging Medicine, Las Vegas, NV, 1-800-558-1267

10 Annual Meeting and Dinner of Physicians for a National Health Program (PNHP), Philadelphia, matt@pnhp.org, 312-782-6007, <http://www.pnhp.org/anmeetingform.pdf>; pre-conference Leadership Training www.pnhp.org/ltiform.pdf

11-January 7 Science, Values, and Religion Seminar, The Association of Science, Society, and Religion, Jnana-Deepa Vidyapeeth, Pune, India. e-mail Kuruvilla Pandikattu at puneseminar@gmail.com, <http://www.assrindia.org/>

***January 2006**

7-14 The Scientists Retreat at Insight Meditation Society - to introduce neuroscientists, cognitive scientists, psychologists and others who study the mind, to intensive meditation in a retreat setting – vipassana retreat led by Joseph Goldstein and Sharon Salzberg. www.mindandlife.org

11-14 Fourth Annual Hawaii International Conference on Arts and Humanities, Honolulu, HI, 808-949-1456, humanities@hichumanities.org, <http://www.hichumanities.org/>

20-22 3rd Annual Natural Supplements: An Evidence-Based Update, La Jolla, CA, Scripps Center for Integrative Medicine , 1-858-587-4404

20-24 The Fifth International Conference on **Shamanism**, Santa Fe, message@bizspirit.com, <http://www.bizspirit.com/>, 505-474-0998. 19 CE credits +6.5 CE credits for pre-conference retreats.

20-24 The Fifth International Conference on **Enlightenment**, Santa Fe, message@bizspirit.com, <http://www.bizspirit.com/>, 505-474-0998. 19 CE credits +6.5 CE credits for pre-conference retreats.

20-24 The Fifth International Conference on **Sacred Sexuality**, Santa Fe, message@bizspirit.com, <http://www.bizspirit.com/>, 505-474-0998. 19 CE credits +6.5 CE credits for pre-conference retreats.

26-29 Brain Management®/ Subliminal Dynamics®/ Mental Photography® seminar – Learn to read as fast as you can turn the pages, with up to 100% recall. Instructor: Martina Steiger, ThD
This is a very advanced system of whole-brain learning and hemispheric balancing that super-excites the brain on all levels of consciousness simultaneously. It is **not** hypnosis, it is **not** speed-reading; it is **not** about developing an eidetic memory. It is a whole body/mind training system that can be understood and practiced by anyone regardless of age, education or IQ. Philadelphia – Thursday 5:00-9:30; Friday 5:30-9:30; Saturday & Sunday 1:00-5:30. Registration must be postmarked by January 5, 2006 for the early bird rate of \$795. After January 5, \$895. Checks payable to Martina Steiger, ThD, Mailed Daniel Benor, PO Box. 502, Medford, NJ 08055 martinasteiger@earthlink.net
www.MartinaSteiger.com.

26-29 The Amazing Meeting 2006: Science in Politics & the Politics of Science, Las Vegas, NV, 954-467-1112, <http://www.tam4.com/>

29-Feb. 4 MindBodySpirit Medicine: The Professional Training Program, Berkeley, CA, Chanelle Redman, credman@cmbm.org, <http://www.cmbm.org/>

***February 2006**

10-13 Spiritual Activism Conference, Washington, DC, 510-528-6250, joe@tikkun.org, http://www.tikkun.org/community/spiritual_activism_conference/

16-20 Grand Challenges, Great Opportunities, St. Louis, Melissa Rosenthal, mrosenth@aaas.org, <http://www.aaas.org/>

***March 2006**

14-18 Global Summit On HIV/AIDS, Traditional Medicine & Indigenous Knowledge, Accra International Conference Centre, St. Paul, MN <http://www.africa-first.com/gsaidstmik2006/default.aspx>

24-26 Goshen Conference on Religion and Science, Goshen, IN, Carl Helrich, 574-535-7302, carlsh@goshen.edu, <http://www.goshen.edu/religionscience>

***April 2006**

3-30 Attention 4th year MD and DO Students: Humanistic Elective in Activism, Alternative Medicine, and Reflective Transformation (HEART), California. Clerkship for 4th year allopathic and osteopathic medical students. First deadline for application: June 15th, 2005 (rolling admission until then and thereafter). General elective credit in Internal Medicine through University of Florida College of Medicine. Peter Klinger MSIII, heartzpace@yahoo.com, <http://www.amsa.org/humed/heart/index.cfm>

7-9 The Spirit of Mountains, Bangor, ME, <http://www.scimednet.org/>

19-23 The National Association for Poetry Therapy (NAPT) 26th Annual Conference, From our Roots to the Present: Liberating Voices through Poetry Therapy, Boston, MA, <http://poetrytherapy.org/conference.html>

29-May 4 The International Congress on Dialogue of Science and Religion: Science and Religion Defining Life and the Person, Tehran, Iran, Shiva Khalili, 0098-21-8501403-9, shivakhalili@yahoo.com

***May 2006**

5-7 Faith in the Rockies: A weekend retreat, Canmore, Alberta, Canada,

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

9 Evening Lecture with Elisabet Sahtouris, London, <http://www.scimednet.org/>

***June 2006**

3 Radical Futures on Renewable Energy, London, <http://www.scimednet.org/>

☺ 7 The Council for Healing: A Model for Integrative Healing and Growth - American Holistic Nurses Association annual meeting, Pre-Conference 4 hour workshop with other members of the Council, St. Paul, MN www.ahna.org/events/2006.html

☺8 (3:30:00 to 5:30:00 PM) Developing Clinical Intuition (presentation with Martina Steiger, ThD - Holism in Action: Building Integrated Health Care – American Holistic Medical Association (AHMA) Annual Clinical and Scientific Conference (June 7-10) – St. Paul, Minnesota
http://www.holisticmedicine.org/events/events_conference.shtml

***August 2006**

6 Northwest Conference on Forgiveness, Bremerton, WA, Sally Santana, sally@ifdnw.org,
<http://ifdnw.org/>

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<http://www.alternative-therapies.com/at/staticpages/static.jsp?pagename=ATEVENTS>

<http://www.townsendletter.com/conferencecalendar.htm>

***** BOOKS *****

Jeffrey Keen. *Consciousness, Intent, and the Structure of the Universe*, Victoria: Trafford/Jeffrey Keen 2005. 310 pp **US\$23.99**, C\$29.99, EUR19.50, £13.50 3 pp. Refs

Orders: <http://www.trafford.com/robots/04-2320.html>

Jeffrey Keen has an Honors degree in Physics and Mathematics from Imperial College, London University and is currently Chairman and Managing Director of Swisher Hygiene UK Ltd. While he was initially a skeptic about psychic phenomena such as dowsing, “he now accepts that science is not infallible and that there is enormous scope in investigating non-mainstream science.” He has been studying dowsing and other aspects of consciousness for 20 years.

Keen’s book is written for educated dowzers, researchers in psi, and scientists interested to know whether there are any systematic, lawful observations about dowsing. With Keen’s book, the answer is a resounding ‘Yes!’ Keen has meticulously studied dowsed impressions of various objects such as crystals and ordinary rocks, plants and humans. He reports fascinating notes on the energy fields

around single objects, paired objects, and groups of similar objects. Having explored dowsing for several decades, this reviewer was both delighted and dismayed at some of these notes.

He notes that crystals and other objects become charged with dowsable energy through being in the sun and being located over places with positive earth energies. Their energies are discharged or drained by being in a dark place, being located over places with negative earth energies, or being handled by humans.

The greater portion of the book is devoted to studies of regularly, repeatably dowsed observations of the intuitively perceived fields around various objects. With meticulous detail, Keen catalogues and classifies various dowsable fields and lines around objects, noting how they may vary under different circumstances, such as when pairs or circles of objects are present. Keen identifies seven distinct layers of energy fields around inanimate and animate objects...

Deepak Chopra. *The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence*, New York: Harmony Books 2003 302 ppPB \$14.00.

Deepak Chopra reviews the evidence that confirms we are all linked together in a web of consciousness. Going well beyond this basic fact, he weaves a marvelous thesis suggesting that there are no coincidences. Every single event is pregnant with meaning. The challenge is to open ourselves to become aware of the invitations in what appear to be coincidences – to waken to our participation in the web of ongoing creation.

When we learn to live from the level of the soul, many things happen. We become aware of the exquisite patterns and synchronous rhythms that govern all life. We understand the lifetimes of memory and experience that have molded us into the people we are today. Fearfulness and anxiety fall away as we stand in wonder observing the world as it unfolds. We notice the web of coincidence that surrounds us, and we realize that there is meaning in even the smallest events. We discover that by applying attention and intention to these coincidences, we can create specific outcomes in our lives. We connect with everyone and everything in the universe, and recognize the spirit that unites us all. We unveil the wondrousness that is hidden deep inside us and revel in our newfound glory. We consciously shape our destinies into the limitlessly creative expressions they were meant to be, and by doing so we live out our most profound dreams, moving closer to enlightenment.

This is the miracle of synchrodestiny. (p. 28-29)

The more we are in the flow of the universe, the more often and the more profoundly our inner desires and wishes can manifest into outer realities. This is not to say that our every whim will be granted to us...

Lewis Mehl-Madrona. *Coyote Wisdom: The Power of Story in Healing*, Rochester, VT: Bear & Company 2005 230 pp \$16.007 pp Notes.

Lewis Mehl-Madrona is certified in family practice, geriatrics and psychiatry, and includes Native American traditions in his practice. Healing through storytelling is the principal approach he shares in this book – of the various Native American ceremonial treatments that he uses.

Mehl-Madrona's storytelling is rich with the wisdom of his Cherokee grandmother. He seems to have stories available for every possible circumstance and occasion. These tales provide insights into a

person's hidden fears and hurts that often underlie and contribute to or even cause the development of many physical and psychological problems. The stories also suggest a variety of solutions and inspire hope that change is possible.

Through these stories, he helps people discover the inner healing resources that can transform their lives, including their illnesses. He reports dramatic successes – often with people who have struggled for many years with their health issues – including anorexia, lupus (a chronic form of arthritis), victimization through emotional and physical abuse, panic disorder, and more...

GREAT HOLIDAY GIFTS

Ric Masten, Words & One-Liners, Take 2

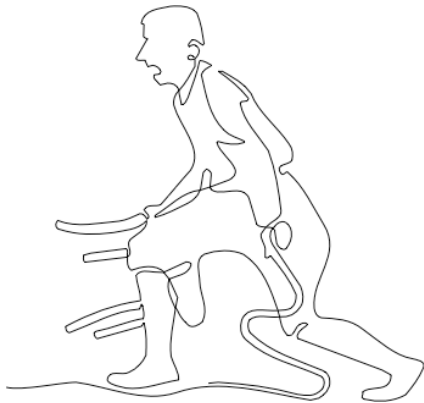
Carmel, CA: Sun-Ink Presentation 2005. 207 pp \$30

I like this, the second book by Ric Masten, even better than the first. What makes it more appealing to me are the arrangements of poems into groups, such as *Personals*, *I should have slept on it*, and *Words for survival*. I find it tastier to have a medley of poems about family relationships, writing and medical issues – rather than isolated poems in a salad.

Here is one of my favorites:

(See more in *IJHC* January 2006)

THE LION TAMER ENTERS THE THESAURUS AND ESCAPES WITH HIS LIFE



I don't like to write!

words are nasty
uncooperative animals
stubborn unruly beasts
and I despise every minute
I put in with whip and chair
attempting to make them behave

sure, I take a bow
when I have them all lined up
in an impressive row
my vulnerable ego
having somehow escaped
critical analysis without
being clawed or bitten
but I don't like to write

I like having written

+++

Thomas Pakenham. *Meetings with Remarkable Trees*, New York: Random House 1998. 192 pp 60 specimens HB \$24.95 7 1/2 x 9 in.

Thomas Pakenham. *Remarkable Trees of the World*, W. W. Norton 2002. 192pp \$49.95 HB 10" x 11" pages

These are portraits, not just pictures, each book documenting the impressive presence of sixty venerable trees from around the world. Pakenham groups them by their histories: Natives, Travelers,

Shrines, Fantasies and Survivors. Each is a testimony to the majesty of Nature's creativity, diversity and adaptability. Pakenham shares the unique history of each of these outstanding personalities, in the context of its species and its struggles for survival – ever threatened by man's over-cutting and under-husbandry of these irreplaceable resources.

Inspirational!



Lotus

Mirtala. *Cosmic Visions*, Xlibris 2005 52 pp \$26.65 retail, \$19.99 if ordered directly from publisher Orders@Xlibris.com

This is a stunning collection of photos of Mirtala's art, superimposed on NASA photos of earth and of galaxies in outer space. This one is one of my favorites.

Matted 8.5 x 11 photo prints are also available for \$35 (plus shipping) from Mirtala mirtala@earthlink.net.

See also articles by Mirtala: ART: LOVE IN SEARCH OF FORM
An Interview with Mirtala, IJHC Volume 2, No. 3
HEALING THROUGH ART, IJHC Volume 3, No. 1



Terri Cohlene, Illustrations Dough Keith. *Something Special*, Bellevue, WA: Illumination Arts 2005. \$15.95 Suitable for ages 3-5.

Whimsical description of many variations on the theme of a 'something special' that is only revealed on the last page... A kiss.

(See more in IJHC September, 2005, Volume 5, No. 3)

NEW!

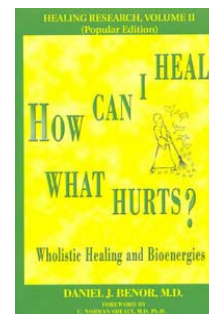
HEALING RESEARCH Volume II - *Popular Edition*

How Can I Heal What Hurts? Wholistic Healing and Bioenergies
By **Daniel J. Benor, MD**

Wholistic Healing Publications, Medford, NJ 2004

\$34.95, free shipping and handling in US

Foreword by Norman Shealy, MD, PhD



Learn how your body and mind work together in health and illness, and how you can use new and ancient wholistic mind-body techniques to heal your physical and psychological problems.

- Explore techniques you can use for self-healing of physical and psychological problems
- Learn about biological energy medicine from Acupuncture to Yoga.
- Discover the roles of the energy body.
- Interactions of biological energies with environmental energies.
- Research in unconventional energies and their relevance to healing
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- 642 pp, including references, endnotes, glossary, index – Paperback 6 x 9 inches
“Book of the Year” award
The Scientific and Medical Network, UK

Healing Research, Volume II - *Professional Edition*

Consciousness, Bioenergy and Healing:

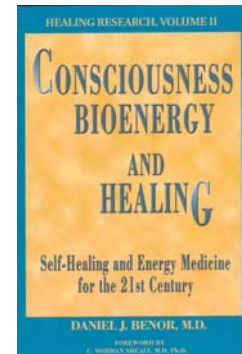
Self-Healing and Energy Medicine for the 21st Century

By Daniel J. Benor, M.D.

Foreword by C. Norman Shealy, MD, PhD

PAPERBACK, CD-ROM, and eBook

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This book will dramatically broaden and deepen your understanding of health, illness and healing.

Consciousness: We have far greater potential for healing ourselves and each other than we generally appreciate. Dr. Benor, a holistic psychiatrist, explains how mind-body and body-mind interactions can cause illness or promote health through wholistic interactions of body, emotions, mind, relationships (with other people and the environment) and spirit. An enormous body of research, clinical examples and a variety of theories explain healing through complementary/ alternative medicine (CAM), including meditation, visualization, acupuncture, osteopathy and many more modalities, with clear and concise explanations of each of these healing modalities.

Bioenergy: Newtonian medicine has been slow to absorb the lessons of quantum physics: The body can be addressed not only as matter, but also as energy. Subtle biological energies are used by many CAM therapies – some moving through the hands of the therapist, others through specialized interventions explained by Dr. Benor. Acupuncture addresses energies in acupuncture points, along meridians running from head to toes, and in *chakras* – the body’s energy regulating centers. Homeopathy and flower essences introduce energies and information through the water that is their vehicle for treatment. Does all this sound strange? Dr. Benor has gathered an amazing body of research in this book to confirm the healing potentials of these subtle bioenergy therapies – explaining some of the roles of our energy body.

Biological energies interact with environmental energies. Dr. Benor reviews a wealth of research on unconventional energies and considers their relevance to spiritual healing – following on Volume I of Healing Research, which reviews 191 controlled studies of healing, demonstrating it is a highly effective treatment.

Healing: Dr. Benor explains how we can create health or illness through body-mind interactions, wholistic CAM and bioenergy medicine interventions. He reviews and discusses impressive research supporting claims that CAM and bioenergy therapies are potent and effective treatments.

More about this book and on-line orders at

<http://www.wholistichealingresearch.com/Store/Booknew.asp#v2>

Reviews at <http://www.wholistichealingresearch.com/Books/BookRevV2Pro.asp>

Paperback \$39.95 (15% author’s discount and free shipping in US = \$33.95)

CD-ROM \$24.95 (contains extra 75 pp. of CAM resources)

(10% author’s discount and free shipping = \$21.00)

eBook \$19.95

Benor, Daniel J, Healing Research: Volume I, (Popular edition)
Spiritual Healing: Scientific Validation of a Healing Revolution
Southfield, MI: Vision Publications, 2001.

Healers describe their work, research in parapsychology as a context for understanding healing, brief summaries of randomized controlled studies, pilot studies.

Benor, Daniel J, Healing Research: Volume I, (Professional Supplement)
Spiritual Healing: Scientific Validation of a Healing Revolution, Southfield, MI: Vision Publications, 2001.

Only the studies -- described in much greater detail, including statistical information.
 Summary: Out of 191 controlled studies of healing, 124 show significant effects--on humans, animals, plants, bacteria, yeasts, cells in vitro, enzymes and DNA show significant effects. Selecting out the more rigorous studies, 25 show effects at $p < .01$ and another 12 at $p < .02 - .05$.

Books - description, orders (directly from author or via a link to Amazon that gives the author a modest return)

<http://www.wholistichealingresearch.com/Books/Series.htm>

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***** WEBSITES *****

Delightful animated recommendations for healthy foods

<http://www.storewars.org/flash/index.html>

Amazingly beautiful microscope photos

<http://education.denniskunkel.com/>

***** HUMOR *****

The 10 worst jobs in science

“Pain, tedium, danger, disgust and humiliation are all part of the average workday for the (often proud, more often smelly) members of *Popular Science's* third annual honor roll of the Worst Jobs in Science. This year's winners ... or perhaps losers ... include:

- * **Orangutan-Pee Collector** -- analyzing fertility through estrogen and progesterone levels, and weight gain or loss through ketone measurements
- * **NASA Ballerina** -- dancing to test a supersensitive robot
- * **Do-Gooder** -- volunteers sign up with the Earthwatch institute to go to some of the most inhospitable places on the planet

- * **Semen Washer** -- spinning sperm samples in a centrifuge to separate the plasma from the motile cells
- * **Volcanologist** -- going into active volcanoes is one of the most dangerous jobs science has to offer
- * **Nuclear-Weapons Scientist** -- having all your work classified means endless hassles and little credit
- * **Extremophile Excavator** -- to harvest microbes that thrive in bizarre (and smelly) environments, you first have to go there
- * **Kansas Biology Teacher** -- dealing with the Intelligent Design battle on the front lines
- * **Manure Inspector** -- analyzing fertilizer is an important job, but the smell doesn't leave when you go home
- * **Human Lab Rat** -- risking your life and health for science, the pesticide industry, and a little bit of cash”

<http://www.popsci.com/popsci/science/806ffb24a5f27010vgnvcm1000004eebcddrdrd.html>

IJHC-WHR Observations

Science often is not the glamorous occupation you might imagine!

This helps to put research in spiritual awareness and healing in perspective. While not a bad job in the above terms, it often involves severe peer censure; working long hours because the research is unfunded and has to be done on one's own time and at one's own expense; and then facing the challenges of publication biases against these topics.

This is where the International Journal of Healing and Caring also makes its contribution.

Donations towards publication of the IJHC, this Newsletter, and for maintenance and updating of the Wholistic Healing Research site are appreciated!

There is a serious dearth of humor about healers! Please help us correct this deficit.

***** CLASSIFIED *****

Events - Services – Products

- **Life Energy Healing School.** Two years each with four five-day intensives, opportunity to give service in Mongolia upon graduation. Life Energy Training^a is a step-by-step educational program specializing in holistic heart-centered healing methods. Using Traditional Mongolian Medicine as a model, the program focuses on the student's personal growth and transformation.

www.lifenergyheal.com sas@lifenergyheal.com

Disclaimer:

The IJHC/WHR Newsletter has in no way evaluated the advertisers or even organizers listed above, and assumes no responsibility for these presentations

***** CLASSIFIED LISTINGS *****

List your events

Up to 6 lines, 80 characters per line, 10-point Times New Roman

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\$15 for 6 issues (6 months)

\$20 for 12 issues (12 months)

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Your donation of \$5 (more will be gratefully accepted!) will go towards expanding the resources available on the site, to update sections of the site as new studies and progress in healing are published, and towards secretarial support so that Dr. Benor can devote more time to developing and expanding the content of the site.

You may also support this site by purchasing at Amazon.com through our link, above, or bookmark this web address: <http://www.amazon.com/exec/obidos/external-search/103-8181535-3258232?mode=books&keyword=&tag=wholisticheal-20&Go.x=6&Go.y=11>