

# The Sands of Time

**NEWSLETTER**

of the

**WholisticHealingResearch.com**

and

**International Journal of Healing and  
Caring - On Line**

**January, 2005 Volume 5, No. 1**

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## \*\*\* WholisticHealingResearch.com website \*\*\*

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](http://www.WholisticHealingResearch.com)

*Search facility for entire WHR site* [www.WholisticHealingResearch.com#search](http://www.WholisticHealingResearch.com#search)

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### **\*\* NEW ON WHR SITE \*\***

The following is directly related to an article on self-healing on the WHR site, Benor, D.J. Self-healing: Brief psychotherapy with WHEE, a hybrid of meridian based therapies and EMDR, other approaches, <http://www.wholistichealingresearch.com/Articles/Selfheal.asp> 2000

### **RE-ENTRY PROTOCOL FOR DE-STRESSING WITH WHEE**

**For soldiers, children after divorce, released prisoners, people involved in relief programs, and others in shifting and changing environments**

**Daniel J. Benor, MD**

#### **Introduction**

New approaches to dealing with stress are enormously helpful in clearing emotional traumas. The Wholistic Hybrid of EMDR and EFT (WHEE), briefly described below, can often reduce and even eliminate stress reactions within minutes.

WHEE invites the body to participate in releasing anxieties and stresses. You simply alternate tapping on the right and left side of your body while reciting an affirmation, and the negativity melts away. You can then use the same process to install positive feelings, beliefs and awarenesses – to replace the negativity you have released. (Benor 2000)

#### **Wartime stresses**

One of the clearest situations where WHEE can be effective is in wars and their aftermaths. Troops coming home from a war often suffer severe re-entry stresses. In going to war, they are indoctrinated by the military in ways that make them more capable of killing and more able to survive in very stressful situations. Being in a war zone, where they may have to kill or be killed, these lessons are often strongly reinforced by repeated frightening challenges. For instance, terrorist activities make it impossible for troops to trust anyone, because terrorists could attack at any time in any place. Soldiers may have to choose between shooting innocent people and risking becoming the victims of suicide bombers.

Upon returning from war, soldiers carry with them the residues of considerable stresses they were unable to process and had to "stuff away" – in order to survive and function in as healthy a way as possible while in the war zone. This is a "survival mode" of functioning, because all of their psychological resources must be available for combat duties. Soldiers cannot afford to be distracted by their emotions, even when these would otherwise be overwhelming. Therefore, soldiers end up carrying a bucket full of undigested stresses, anxieties and fears.

On returning home, their buckets of buried traumas may be so full that if any further stresses come along, the buckets overflow. Some may over-react to minor challenges and explode in tears, anger or violence. Some may be unable to focus or concentrate, may have memory lapses, and may feel grossly misunderstood and unaccepted.

Others may find it difficult to fall asleep, and powerful nightmares may waken them – in replays of the terrors they had to “stuff away.” They may suffer flashbacks and periodical emotional overflows from their "buckets." (Technically, much of this may be labeled as a "Post Traumatic Stress Disorder, or PTSD.) These symptoms are much worse if the traumas involved participating in or observing the killing of enemies or comrades (Benor 2004; McNair 2002).

### **Rescue workers' stresses**

Rescue workers who witness unspeakable horrors of natural and man-made disasters may have similar stress reactions. These may occur in the process of the rescue work, as workers may be unprepared for the magnitude of the disasters they encounter, or may also occur upon return to their homes.

### **Civilian stress situations**

While we are perhaps more acutely aware of the dramatic re-entry problems of soldiers and rescue workers, others frequently suffer similar re-entry difficulties. I see this often in children and families I work with as a psychiatric psychotherapist.

Children who have been abused may have PTSD reactions of fears, sleeplessness, nightmares, and rages. Even on being moved to a safe home, they may exhibit all of the reactions that soldiers experience on re-entry to normal society.

Children who move from the home of one separated or divorced parent to the home of the other often experience repeated re-entry stresses, and may exhibit very similar behaviors for a day or more upon their return to one home, following their visits to the home of the other parent. They are often irritable, oppositional, crying and have temper outbursts.

Children who visit parents in jail often return home distressed over the visits, and experience overflows of feelings stuffed in their buckets.

Prisoners released from months in jail often have re-entry anxieties. Much as they are relieved to be out of prison, they are unused to being in an unpredictable environment. They may over-react to minor stresses, such as noises, motor vehicles moving near them, or having to sort out the requirements of daily living. Being questioned about their situation is extremely stressful to many who anticipate being criticized or rejected for their past misdeeds.

People who witness the horrors of war and natural disasters may experience stress responses – simply from seeing the horrendous images on their TV screens or through other media. There are people who still shudder to this day when recalling the sights of those who perished in the Twin Towers on 9-11. They may fear that they are no longer safe in their homes, unlikely as it may be that they would ever be targets of similar disasters.

See full article at <http://heal911.com/C-6A.asp>

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### **IJHC January 2005, Volume 5, No. 1 features:**

#### **Editor's Musings**

**COMMON DENOMINATORS ACROSS HEALING MODALITIES**

**Daniel J Benor, MD**

#### **Research**

**A SHARED MEMORY CASE STUDY:  
THE MIND RESONANCE PROCESS  
AND EVIDENCE FOR NON-LOCAL CONSCIOUSNESS  
Nick Arrizza BAsC, MD**

#### **The path to Self**

**COMPLEMENTARY GIFTS**

**Carol Spence**

**HEART FAILURE – Preface**  
**Michael Greger, MD**

*A medical student chronicles his struggles to maintain a healing presence*

*To all the students who went to bed crying or woke up screaming.  
To all those who needed to leave their hearts at the door.*

I just graduated with honors from Tufts University School of Medicine, the class of 1999. I don't feel honorable, though. I have become disillusioned - disgusted even - by medical training and medicine as a whole. I want to help others dispel their illusions as well.

Medical school is four years long. The first two years are basic science lectures, more like an extension of college. The last two years, however, third year and fourth year, involve rotations through hospitals. "One of the few statements with which most physicians would agree," one doctor writes, "is that the third year, the year on the wards, is the critical year in medical education."

"In no year of their adult lives," another contends, "do students change so much as during the third year of medical school."

This is my story of third year, the worst year of my life.

For many students, who - like me - have had no prior clinical experience, third year is the first real contact with medicine, the first taste of what doctors really do, what doctors are really like. I saw medicine as a humanistic career of intimacy - helping people, sharing, caring for people. But what I found was a profession that didn't even seem to care *about* people. No one around me seemed to question what was happening to them, to the patients, to all of us. As Michelle Harrison wrote in her book *A Woman in Residence*, "I came to feel I had been fighting a war which no one else even knew existed."

The unusual format of this book is a result of its origins. It started out as excerpts from my diary, a compilation of notes I scribbled to myself in the dark - fragmented snippets, flashes of images. Disjointed and chaotic, it is a reflection of my life and mind at the time...

(Read more in *IJHC* January 2005, Volume 5, No. 1)

**Wholistic Approaches**

**INTEGRATING HEALING REIKI INTO THE NATIONAL HEALTH SERVICE (NHS) IN THE UK**

**Angie Buxton-King**

**USING MENTAL IMAGERY TO CONQUER OVEREATING**

**Robert Jager**

*Here is an innovative way to deal with overeating*

The desire to eat unnecessarily has little to do with genuine hunger. It is usually a conditioned response that is activated by a number of factors. The three main factors that set off the response are: the

presence of outside stimuli that suggest eating, the need to change unpleasant emotional states, comfort food", and genuine eating situations that get out of hand. I will discuss the outside stimuli first.

I can recall sitting in front of the television, happily engrossed in a show, when a food advertisement came on. Within a very short time I would experience a strong desire to eat something, anything. The same thing happened whenever I visited a coffee shop. I would go in intending only to have a cup of coffee. But the presence of those delicious cakes and sweets would set off the craving in me to eat food that I usually didn't need. Like most, I simply blamed the food for causing the craving and left it at that.

When the time came to do something about my ever-increasing weight I knew that it would be an absolute waste of time and energy for me to go on yet another diet or exercise program. I know from experience that these approaches require more will-power than I can muster to make them work over the long term. I suspected that if I could do something about getting rid of the desire to eat unnecessarily I would stand a much better chance of success. These are the steps I took to do this.

(Read more in IJHC January 2005, Volume 5, No. 1)

### **Variations on the theme of healing**

#### **THREE HEART BALANCING FOR TREATMENT OF CANCER** **Jaentra Green Gardener**

#### **INTUITION AND HEALING** **An interview with Francesca McCartney**

### **Wholistic News Reviews**

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

#### **Poetry**

#### **Humor**

#### **Books**

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(877-432-5777) <http://www.ijhc.org/Subscription/Subscription.html>**

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

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

**Survey of Physicians' Views on Miracles**

A national survey of 1,087 physicians was conducted by HCD Research and the Louis Finkelstein Institute for Religious and Social Studies in December 2004 to determine physicians' views of faith, prayer, and miracles. Click on a question number to view the survey results:

<http://www.jtsa.edu/research/finkelstein/surveys/physicians.shtml>

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

The IJHC/WHR Newsletter will feature monthly suggestions for future research in healing.

**READERS ARE INVITED TO SUBMIT SUGGESTIONS FOR TOPICS TO STUDY**

If your topic is chosen, you will receive free access to the IJHC for a month, including the current issue and all back issues.

Suggestion for this month:

**DNA is being linked to psychic abilities, self-healing and spiritual healing**

A Russian book (translated into German) summarizes Russian research showing that DNA can be programmed by words and various electromagnetic frequencies (especially in the range of audible sound). DNA sequences have patterns that precisely match the syntax of spoken languages. This may explain the presence of what until now has been termed "junk DNA." This also may provide another mechanism for storing memories. DNA may also provide "wormholes," which are quantum connections to distant locations, thereby explaining psychic phenomena such as telepathy and distant healing.

The full article can be viewed - in English - on the Kontext website

[http://www.fosar-bludorf.com/index\\_eng.htm](http://www.fosar-bludorf.com/index_eng.htm)

All information is from the book "Vernetzte Intelligenz" von Grazyna Fosar und Franz Bludorf, ISBN 3930243237, summarized and commented by Baerbel. The book is unfortunately only available in German so far. You can reach the authors here:

Kontext - Forum for Border Science

<http://www.fosar-bludorf.com>

**IJHC/WHR Observations:**

These findings, if verified, are revolutionary. While they appear to be so far out on the leading edge as to raise many questions, they are in line with the theories of quantum physics. Replication of this research are eagerly awaited.

See the following reference for a thorough, though technical, discussion on this subject. (This will be reviewed in the next IJHC)

Satinover, Jeffrey. *The Quantum Brain: The Search for Freedom and the Next Generation of Man*, New York: John Wiley & Sons 2001.

See extensive lists and discussions of healing research design at

<http://www.wholistichealingresearch.com/Research/RschTop.asp>

Daniel Benor, MD, is available for consultation on setting up studies for evaluations and treatments of health challenges.

## **\*\* WHOLISTIC APPROACHES \*\***

### **Did animals have quake warning?**

Do wild animals have a sixth sense?

Wildlife officials in Sri Lanka have reported that, despite the loss of human life in the Asian disaster, there have been no recorded animal deaths.

[http://news.bbc.co.uk/1/hi/world/south\\_asia/4136485.stm](http://news.bbc.co.uk/1/hi/world/south_asia/4136485.stm)

### **IJHC/WHR Observations:**

Animals have greater access to their intuition than most people. In traditional societies they also often have clearer access to their intuition than in industrial societies. Some of the native tribes in the path of the tsunami also knew to go to higher ground for safety before the wave arrived.

See discussions of intuition:

Intuitive assessments: an overview

<http://wholisticHealingResearch.com/Articles/IntuitAssessOverv.asp>

Daniel J. Benor, MD, Intuition (editorial), *International J of Healing and Caring* 2001, 2(2), 1-11.

<http://www.ijhc.org/FreeJournal/Homepage-2-2.asp> (brief summary and ordering link)

### **Boys 'cured' with gene therapy**

“Four UK children born with a condition robbing them of their natural defenses against infection have had successful gene therapy treatment, doctors say.

Gene therapy adds to the body, via a leukaemia virus, a fully functioning version of the mutated gene that causes severe combined immunodeficiency...

Without treatment, children with SCID are forced to live in protective "bubbles" to shield them from potentially fatal infections.

The majority of patients can be treated with a bone marrow or stem cell transplant from a donor...

But it can be difficult to find a suitable donor who is a close enough match and the child may be too sick to have this treatment, which involves chemotherapy. “

<http://news.bbc.co.uk/1/hi/health/4101411.stm>

### **C-reactive protein associated with emotions**

Greater anger and severity of depressive symptoms, separately and in combination with hostility, were significantly associated with elevations in CRP in apparently healthy men and women. These associations were independent of potential confounding factors.

Edward C. Suarez, PhD. C-reactive protein is associated with psychological risk factors of cardiovascular disease in apparently healthy adults [suare001@mc.duke.edu](mailto:suare001@mc.duke.edu)

### **IJHC/WHR Observations:**

C-reactive protein is an indicator of acute illness.

## **\*\* COMPLEMENTARY THERAPIES \*\***

### **CAM use remains steady between 1997 and 2002**

One in three U.S. adults (72 million) used at least one form of CAM at both points of survey.

However, there were changes in the choice of CAM therapies used.

“The largest change was a 50 percent jump in the use of herbal supplements, growing over the five years from 12.1 percent of adults reporting usage in 1997 to 18.6 percent -- or 38 million adults -- in 2002. The practice of yoga increased 40 percent over the same period, growing from 3.7 percent in

1997 to 5.1 percent - over 10 million adults - in 2002.

Use of CAM therapies such as acupuncture, biofeedback, energy healing, and hypnosis remained essentially unchanged between 1997 and 2002, while the use of homeopathy, high-dose vitamins, chiropractic, and massage therapy declined slightly...

The ways in which several CAM therapies are used also appear to have changed. For example, only 5 percent of people who used herbs saw a practitioner of herbal medicine in 2002, compared to 15 percent in 1997. 'Such changes are important considering that other research has shown that 60 to 70 percent of patients who use CAM therapies do not disclose it to their physician,' says lead author Dr. Tindle. 'This is especially critical as more becomes known about the adverse effects associated with individual dietary supplements as well as their interactions with prescription drugs.'

January/February issue of the medical journal *Alternative Therapies in Health and Medicine*.

Summary from [http://www.eurekalert.org/pub\\_releases/2005-01/hms-ca010605.php](http://www.eurekalert.org/pub_releases/2005-01/hms-ca010605.php)

### **Heart Rate Variability (HRV) biofeedback can help you relax and can reduce cardiovascular risks**

Your HRV (the beat-to-beat change in heart rate) reflects your autonomic nervous system activity. HRV has been studied extensively and can be helpful in dealing with heart arrhythmias. It can also help you identify how your emotional states influence your tension levels and can help you build your mind-body connectedness.

[http://www.holisticprimarycare.net/app/2\\_7.jsp;jsessionid=D0D6AB64B387C919780AA29F5824F4D5](http://www.holisticprimarycare.net/app/2_7.jsp;jsessionid=D0D6AB64B387C919780AA29F5824F4D5)

### **IJHC/WHR Observations**

Biofeedback is a vastly under-utilized self-healing method. This is one of the clearest summarizing articles I've seen on HRV.

### **Magnetic bracelets reduce pain from osteoarthritis of the hip and knee**

194 men and women aged 45-80 years with osteoarthritis of the hip or knee were studied. Mean difference between magnet and placebo groups were significant (1.3 points, 95% confidence interval 0.05 to 2.55).

Tim Harlow, Colin Greaves, Adrian White, Liz Brown, Anna Hart, Edzard Ernst, Randomised controlled trial of magnetic bracelets for relieving pain in osteoarthritis of the hip and knee, *British Medical J*, 2004, 329, 1450-1454

[http://bmj.bmjournals.com/cgi/content/abstract/329/7480/1450?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=magnet+bracelet&andorexactfulltext=and&searchid=1103418923289\\_9020&stored\\_search=&FIRSTINDEX=0&sortspec=relevance&resourcetype=1](http://bmj.bmjournals.com/cgi/content/abstract/329/7480/1450?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=magnet+bracelet&andorexactfulltext=and&searchid=1103418923289_9020&stored_search=&FIRSTINDEX=0&sortspec=relevance&resourcetype=1)

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.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) \*\***

### **Compassion for farm animals**

The Animal Compassion Foundation will provide education and research services to assist and inspire ranchers and meat producers around the world to achieve a higher standard of farm animal quality of life. "By creating the Foundation, Whole Foods Market is pioneering an entirely new way for people to relate to farm animals - with the animals' welfare becoming the most important goal."

-John Mackey, Whole Foods Market CEO, chairman and co-founder

[www.animalcompassionfoundation.org](http://www.animalcompassionfoundation.org)

### **Nations Ranked As Protectors of the Environment**

By Felicity Barringer The New York Times Monday 24 January 2005

“WASHINGTON - Countries from Northern and Central Europe and South America dominated the top spots in the 2005 index of environmental sustainability, which ranks nations on their success at such tasks as maintaining or improving air and water quality, maximizing biodiversity and cooperating with other countries on environmental problems.

Finland, Norway and Uruguay held the top three spots in the ranking, prepared by researchers at Yale and Columbia Universities. The United States ranked 45th of the 146 countries studied, behind such countries as Japan, Botswana and the tiny Himalayan kingdom of Bhutan, and most of Western Europe.

The lowest-ranking country was North Korea. Among those near the bottom were Haiti, Taiwan, Iraq and Kuwait.

The index is the second produced in collaboration with the World Economic Forum, which meets in Davos, Switzerland, this week. The first complete index, in 2002, produced outrage and soul-searching in lower-ranking countries like Belgium and South Korea, said Daniel C. Esty, the director of the Yale Center for Environmental Law and Policy and an author of the report.

The report is based on 75 measures, including the rate at which children die from respiratory diseases, fertility rates, water quality, overfishing, emission of heat-trapping gases and the export of sodium dioxide, a crucial component of acid rain....”

[http://www.truthout.org/docs\\_05/012605X.shtml](http://www.truthout.org/docs_05/012605X.shtml)

### **IJHC/WHR Observations**

It is shameful that the US places so low on this list. This means that the US is polluting more than one third of the other countries in the world.

WHAT CAN YOU DO TO HELP IMPROVE THIS?

## **\*\* TECHNOLOGY \*\***

### **Brain chip reads mind by tapping straight into neurons.**

Controlling objects with thought is becoming a reality.

A pill-sized brain chip has allowed a quadriplegic man to check e-mail and play computer games using his thoughts. The device can tap into a hundred neurons at a time, and is the most sophisticated such implant tested in humans so far.

Many paralysed people control computers with their eyes or tongue. But muscle function limits these techniques, and they require a lot of training. For over a decade researchers have been trying to find a way to tap directly into thoughts.

In June 2004, surgeons implanted a device containing 100 electrodes into the motor cortex of a 24-year-old quadriplegic. The device, called the BrainGate, was developed by the company Cyberkinetics, based in Foxborough, Massachusetts. Each electrode taps into a neuron in the patient's brain.

<http://www.cyberkineticsinc.com/braingate.htm>

From: <http://www.nature.com/news/2004/041011/full/041011-9.html>

### **German Textile Research Institute develops intelligent clothing**

Researchers at the Textile Research Institute Thuringia-Vogtland (TITV/Greiz) have developed a special belt incorporating intelligent textiles that can monitor breathing and send out a signal if any irregularities occur.

By using sensors, which are integrated into romper suits, babies can be supervised at all times in order to avoid sudden cot death

Will exhibit at: TCL15 - Atlanta, GA, USA

<http://www.ictcl.com/agenda>

### **Technology preserves Italy's art and gives visitors better views**

Deterioration of Da Vinci's 500 years old Last Supper is severely limiting visitors to the Church of Santa Maria Delle Grazie, despite the best technical efforts to preserve the fresco walls, eliminate corrosive pollutants in the air, etc

“Visitors can now explore the Scrovegni Chapel with 3-D software... Controlled with a key pad and mouse, the software allows visitors to navigate wherever they want to in the chapel, and zoom in to get a closer look than they can on the real thing.

You can jump up into the rafters to get a bird's-eye view, and you can also see how the chapel might have looked to Giotto when he first planned its layout 700 years ago...”

[http://news.bbc.co.uk/1/hi/programmes/click\\_online/4154219.stm](http://news.bbc.co.uk/1/hi/programmes/click_online/4154219.stm)

See also: **Technology for preserving Aboriginal art**

<http://news.bbc.co.uk/1/hi/technology/2557951.stm>

### **IJHC/WHR Observations:**

Check what percent of donations is used for administrative costs by the organization you choose, and what percent actually gets to the people who need it. The Red Cross actually comes out very poorly by this measure.

## **\*\* HUMAN ECOLOGY\*\***

### **Tsunami help**

[http://www.usatoday.com/news/world/2004-12-27-help-orgs\\_x.htm](http://www.usatoday.com/news/world/2004-12-27-help-orgs_x.htm)

## **\*\*\* EVENTS \*\*\***

☺ = presentation by Daniel J Benor, MD

### **\*February**

**5** HIV/AIDS Workshop for Medical and Religious Professionals, Chicago, Antje Jackelén, 773-256-0670, [zcrs@lstc.edu](mailto:zcrs@lstc.edu), [www.lstc.edu](http://www.lstc.edu)

**5-7** Women's Empowerment Institute (WEI) seminar, Washington, D.C. Apply by November 15.  
<http://www.amsa.org/adv/wei.cfm>

**11-12** Basics and Perspectives of Russian Spirituality, Rustov-on Don, Russia, 7-812-326-86-03, [office@srph.spb.ru](mailto:office@srph.spb.ru), <http://srph.ru/en/specrs.html>

**12-13** Complementary and Alternative Healthcare Conference and Expo – NY, NY. Speakers include Woodson C. Merrell, Dean Ornish, James S. Gordon, Frank Lipman, and Robert A.F. Thurman.  
[www.camexpo.com](http://www.camexpo.com)

**17-21** The Nexus: Where Science Meets Society, Washington, D.C., 202-326-6450,  
[aaasmeeting@aaas.org](mailto:aaasmeeting@aaas.org), [www.aaas.org/meetings](http://www.aaas.org/meetings)

**18-20** 4th Annual Applied Neurobiology Energy Medicine 2005: How to Create a Healthy Home, Bellevue, WA, The Institute of Neurobiology, 425-637-9339, <http://www.neuraltherapy.com/>

**18-20** Sustainable Living Festival, East Melbourne, Victoria, Australia, (03) 9412 7888,  
[info@festival.slf.org.au](mailto:info@festival.slf.org.au), <http://www.sustainablelivingfestival.org.au>

**20-23** Engaging the Power and Creativity of Compassion, West Bend, WI, [islusa@aol.com](mailto:islusa@aol.com),  
[www.spiritleader.org](http://www.spiritleader.org)

**24** K. J. Lee Fellowship Lecture: Tibetan Mind Science Meets Modern Neuroscience, New York, Columbia University Medical Center, New York State Psychiatric Institute, 1st Floor Auditorium, 212-342-0102, [jm653@columbia.edu](mailto:jm653@columbia.edu), <http://www.rosenthal.hs.columbia.edu/>

**\*\*25-27** International Conference On Environmental, Cultural, Economic And Social Sustainability, East-West Center, Hawaii

**27-May 22** Study Peace And Conflict Resolution – European University Center for Peace Studies (EPU), Stadtschlaining, Austria - Spring term 2005: 27 Feb.-22 May (Apply by 15 Sept. 2004) Fall term 2005: 2 October - 21 December (Apply by 15 March 2005) [www.aspr.ac.at](http://www.aspr.ac.at) [epu@epu.ac.at](mailto:epu@epu.ac.at)

### **\*March**

**6-9** Nutrition and Health Conference: State of the Science and Clinical Applications, Tucson, AZ, Arizona, <http://integrativemedicine.arizona.edu/nutrition/2005/>

**8-10** The Annual Fay Lecture Series in Analytical Psychology on “Ethics of Therapy & Analysis,” College Station, TX, David Rosen, 979-845-2530, [ahr@psyc.tamu.edu](mailto:ahr@psyc.tamu.edu),  
<http://psychology.tamu.edu/Faculty/Rosen/index.html>

**10-12** Spirituality and Addiction: Scientific, Clinical & Theological Perspectives, Terre Haute, IN, Tom Johnson, [pytjohn@isugw.indstate.edu](mailto:pytjohn@isugw.indstate.edu),  
[www.indstate.edu/psych/cshrs/addictions%20Conference.htm](http://www.indstate.edu/psych/cshrs/addictions%20Conference.htm)

**13-19** CancerGuides Professional Training Program, Center for Mind-Body Medicine, Berkeley, CA. Call Vickie Green at 202-966-7338 ext. 229. [www.cmbm.org/cancerguides](http://www.cmbm.org/cancerguides)

**17-19** Our Brains and Us: Neuroethics, Responsibility and the Self, Cambridge, MA,  
[www.aaas.org/spp.dser](http://www.aaas.org/spp.dser)

**26- April 22** HEART 2005 - 4th-year elective clerkship American Medical Student Association (AMSA) student-run, student-designed, entirely student-focused, fully-accredited - Ben Lomond Quaker Center near Santa Cruz, CA [www.quakercenter.org](http://www.quakercenter.org) Info, applications <http://www.amsa.org/humed/heart/index.cfm>

**30-April 2** Conference: Science, Ideology and Religion, St. Petersburg, Russia, Greg Sandstrom, +7 (812) 326-8603, [sirconference@mail.ru](mailto:sirconference@mail.ru), <http://www.srph.ru>

#### **\*April**

**1-3** Mystics and Scientists 28 – *Healing the Split: An Alchemy of Transformation*. Winchester. [www.scimednet.org](http://www.scimednet.org) [info@scimednet.org](mailto:info@scimednet.org)

**14-17** Whole Person Health Summit 2005, Washington, D.C., Meredith Weber (814) 865-2610, [maw9@psu.edu](mailto:maw9@psu.edu)

**17-19** Our Brains and Us: Neuroethics, responsibility and the Self, Cambridge, MA. [www.aaas.org/spp/dser/](http://www.aaas.org/spp/dser/)

**22-27** 7<sup>th</sup> International Conference on Science and Consciousness – Santa Fe, NM – [www.bizspirit.com](http://www.bizspirit.com) [message@bizspirit.com](mailto:message@bizspirit.com)

**27-May 1** Upledger Institute and Foundation's Beyond the Dura research conference, Jupiter Beach, FL. Educational Services 1-800-233-5880 or 561-622-4334 <http://www.upledger.com/news/btd05.htm>

#### **\*May ☺**

11-14 Holism and Family Health – American Holistic Medical Association (AHMA) - Annual Clinical and Scientific Conference – Sheraton Society Hill, Philadelphia, PA <http://www.holisticmedicine.org> [info@holisticmedicine.org](mailto:info@holisticmedicine.org)

13 Daniel J. Benor, MD - Experiential workshop - Holistic Harmony: Balancing Yin and Yang in Self and Patients - Friday 10:00:00 AM to 12:00:00

#### **\*June**

**4-8** Science and Religion: Global Perspectives, Philadelphia, 215-789-2200, [info@metanexus.net](mailto:info@metanexus.net), [www.metanexus.net](http://www.metanexus.net)

**8- 11** The Body of Life: Body Psychotherapy in the Real World - Issues of Attachment, Sexuality and Health - Fourth conference, USA Body Psychotherapy Outreach, Tucson, Arizona - <http://www.usabp.org>

**19-25** Food as Medicine Professional Training Program, Center for Mind-Body Medicine, Berkeley, CA. [www.cmbm.org/foodasmedicine](http://www.cmbm.org/foodasmedicine)

**26-July 2** Mind and Life Summer Research Institute, New York, Garrison Institute, Patricia Jennings, [tishj@itsa.ucsf.edu](mailto:tishj@itsa.ucsf.edu), <http://www.mindandlife.org/ml.summer.institute.html>

## \*July

**6-11** Consciousness and Healing: Essentials Shifts for Personal, Social and Global Transformation, Alexandria, VA, Rose Welch, 707-779-8238, [RoseWelch@noetic.org](mailto:RoseWelch@noetic.org), [www.noetic.org](http://www.noetic.org)

**7-14** 21st Annual Flower Essence Society (FES) Practitioner Training and Certification Program, Granlibakken Conference Center. Lake Tahoe, California. Continuing education credits in nursing. <http://www.flowersociety.org/intensive.htm#continuing>

**30-August 6** Varieties of Spiritual Transformation: Scientific and Religious Perspectives, Isle of Shoals, NH, Karl Peters, 860-653-3754, [kpeters909@aol.com](mailto:kpeters909@aol.com), [www.iras.org](http://www.iras.org)

## \*August

**5-8** Alternative Energy Resources, Conservation and the Environment, Grantham, PA, Donald Munro, 978-356-5656, [asa@asa3.org](mailto:asa@asa3.org), [www.asa3.org](http://www.asa3.org)

**12-15** 11th International Holistic Health Conference - Australasian Integrative Medicine Association - Twin Waters Resort on Australia's Sunshine Coast [www.aima.net.au](http://www.aima.net.au) [aima@bigpond.com](mailto:aima@bigpond.com)

☺ **16** Post-conference workshop – Clear Intent: Wholistic spiritual awareness and healing – Daniel J Benor, MD and Martina Steiger, ThD

Dates tbd *Conference on Orgonomy*. New research findings in the field of social and orgone-biophysical orgonomy, Call for papers. Speakers include Richard Blasband, James DeMeo, Tom DiFerdinando, and others. OBRL Greensprings Center, Ashland, OR. Submit presentation ideas to Dr. James DeMeo, <http://www.orgonelab.org/Conference2005.htm> [info@orgonelab.org](mailto:info@orgonelab.org)

## \*October

**2 - December 21** Study Peace And Conflict Resolution – European University Center for Peace Studies (EPU), Stadtschlaining, Austria - Fall term 2005: 2 October - 21 December (Apply by 15 March 2005) [www.aspr.ac.at](http://www.aspr.ac.at) , [epu@epu.ac.at](mailto:epu@epu.ac.at)

## \*November

**3-6** Society for the Scientific Study of Religion Annual Meeting, Rochester, NY, Karn Mix, 607-871-2216, [mixlm@alfred.edu](mailto:mixlm@alfred.edu), <http://las.alfred.edu/~soc/SSSR/index.html>

## \*April 2006

**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](mailto:shivakhalili@yahoo.com)

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

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

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**\*\*\* BOOKS \*\*\***

**Malidoma Patrice Somé. *Ritual: Power, Healing, and Community***, New York: Penguin/Arkana 1997, Swan Raven & Company 1993. 103pp \$12.95

Malidoma Patrice Somé, author of *Of Water and the Spirit*, describes a broad spectrum of ways in which rituals can be helpful. His perspective is that of a shaman trained in the West African Dagara cultural tradition, now living and teaching in the US. He eloquently shares his experiences of powerful shamanic healing practices.

For Somé, rituals are potent interventions on many levels. At the social level they are forms for expression of religious beliefs, or communal celebrations. Rituals affirm our connection with our community. A healing ritual may draw together relatives from the immediate and extended family, as well as from the community at large.

Where ritual is absent, the young ones are restless or violent, there are no real elders, and the grown-ups are bewildered. The future is dim. (p. 12)

Industrial society has lost much of its awareness of rituals.

(Read more in IJHC January 2005, Volume 5, No. 1)

**Robert Jager, *The HungerMaster: Weight Management Program*** (Second edition), Sandy Bay, Tasmania, Australia 2000. 70 pp.

Robert Jager has created a simple, straightforward approach to managing excessive appetite and eating. It includes relaxation, cognitive sorting out of your cravings, and imagery exercises that enable you to withdraw your investment in the cravings.

Jager's experience of working with others, as well as himself, is that changing the cognitive response to outside stimuli and inner thoughts and images of food will bring about changes in eating patterns and habits. He does not recommend working on underlying stressors that may lead to psychological addictions such as comfort eating.

[www.hungermaster.com](http://www.hungermaster.com) [rob@hungermaster.com](mailto:rob@hungermaster.com) (See article by Robert Jager in this issue of IJHC)

**Healing Research, Volume II - Consciousness, Bioenergy and Healing:**

**Self-Healing and Energy Medicine for the 21st Century**

**Daniel J. Benor, M.D.**

Foreword by C. Norman Shealy, MD, PhD

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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 holistic 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, holistic 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

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eBook \$19.95

SEE ALSO

**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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**Motion** (brief visual experience of water in several of its manifestations – on the Metanexus website, interesting in itself in discussing aspects of religion and philosophy.

[http://www.metanexus.net/metanexus\\_online/art\\_project/art\\_project.asp](http://www.metanexus.net/metanexus_online/art_project/art_project.asp)

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[www.lifenergyheal.com](http://www.lifenergyheal.com)    [sas@lifenergyheal.com](mailto:sas@lifenergyheal.com)

- **Circle of Life Facilitator / Coach Training**

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[www.Circleoflife.net](http://www.Circleoflife.net) For more info: email Rebecca at [rmclean@west.net](mailto:rmclean@west.net)

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