

The Sands of Time

NEWSLETTER

of the

WholisticHealingResearch.com

and

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

October, 2005 Volume 5, No. 10

SEE INSPIRING PHOTOS IN EACH NEWSLETTER

View Newsletter at

<http://www.wholistichealingresearch.com/Newsletters/Newsletters-05j.htm>

FORWARD THIS NEWSLETTER TO YOUR FRIENDS AND COLLEAGUES.

Register for this free online newsletter at www.WholisticHealingResearch.com or www.ijhc.org

REMEMBER - If you install a spam filter, you will have to enable the above address in order to receive this newsletter from www.ijhc.org.

SUPPORT THIS NEWSLETTER and the WHR/IJHC sites

MAKE YOUR Amazon.com PURCHASES THROUGH OUR LINK:

<http://www.amazon.com/exec/obidos/external-search/103-8181535-3258232?mode=books&keyword=&tag=wholisticheal-20&Go.x=12&Go.y=11>

BOOKMARK THIS LINK!

*** 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

Search facility for entire WHR site www.WholisticHealingResearch.com#search

** NEW ON WHR SITE **

Forgiveness studies

There is a substantial body of research on forgiveness. This is of enormous importance on a person-to-person level of healing, and even moreso on a societal level. Differences between peoples are chafing in our global planetary culture. These generate anxieties and fears, angers, hatreds and violence that are perpetuated in ever-growing and ever-worsening vicious circles that threaten our quality of life.

See:

Bibliography on forgiveness at

Self-healing approach involving forgiveness at

Benor, Daniel; Stumpfheldt, Dorothea von; and Benor, Ruth, EmotionalBodyProcess, Part I - Healing Through Love, International J of Healing and Caring – On line 2001, V.1 (available in free issue of IJHC)

<http://www.ijhc.org/Journal/0601articles/love-I-1.asp>

Benor, Daniel; Stumpfheldt, Dorothea von; and Benor, Ruth, EmotionalBodyProcess, Part II: Theories and Evidence on Combining Imagery, Energy Medicine, and Awareness of Non-Local Mind, International J of Healing and Caring – On line 2001, V.1 (available in subscription issue of IJHC)

<http://www.ijhc.org/Subscription/Subscription.asp>

International Journal of Healing and Caring (IJHC) On line

NO OBLIGATION - FREE COPY at www.ijhc.org

SUBSCRIBERS GO TO www.ijhc.org and log in with your user name and password

Wholistic healing, Complementary therapies, Integrative care, Spiritual Awareness and Healing, Research, Clients' experiences with therapy, Humor, poetry, imagery and the arts, Societal healing, Planetary healing, Networking
Editor - Daniel J. Benor, M.D.

Subscription rates:

\$39.95 for 1 year (3 issues, 100+ pp each);

\$69.95 for 2 years

Subscription includes access to current and all back issues of IJHC

Read on line or download Acrobat files.

CONSIDER A SUBSCRIPTION TO THE IJHC AS A HEALING GIFT

PURCHASE SINGLE COPIES OF ANY ARTICLE

from ANY ISSUE ON THE "WELCOME" PAGE FOR THAT ISSUE

e.g. OUR CURRENT ISSUE <http://ijhc.org/FreeJournal/HomePage-5-1.asp>

or FROM THE FULL LIST OF ALL IJHC ARTICLES <http://ijhc.org/Ondemand>

Rates: \$3.95 for articles 10 pp and under, \$4.95 for articles 11 pp and over

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

Perspectives from Russia on healing research

Conscious and unconscious (psychic) mental healing (MH) has been known since times immemorial [1-3]. There are vast numbers of methods of MH in various countries of the world, practiced by numerous peoples, nationalities and even small ethnic groups. It is estimated that more than 200 different kinds of folk healing methods are known at present [4]...

According to the survey data from 1970-1980, from 5 to 38% of people in western countries applied for psychic treatment, most of them women (50-78%). The patients, who were from 40 to 60 years old, requested healing for Chronic diseases - rheumatic, neurological and cardiovascular, which accounted for 50% of the cases. Improvement was attained in 31-65%; deterioration was marked in 6%, on average, and in oncological cases in 21% [5]. In recent years, complementary and alternative medicine has grown more popular with the inhabitants of Denmark (up to 18%), Belgium (38%), US (43-69%), Great Britain (60%), and France (75%) [7]. It has become even more popular in Russia, Bulgaria and Brazil, where these methods have been traditional over many generations.

In 2001-2004 the circumstance stated above encouraged the European Union in Strasburg to investigate the EUHEAL project on distant healing (no less than 100 km) of patients with chronic weariness syndrome and chemical substances hyper-allergy. Four hundred healers from 21 European countries, each of them having three patients, took part in this triple-blind experiment, the results of which will be published soon, upon completion of the study [8,8a].

In Russia, which is a traditionally religious country, folk healers have rendered medical aid to patients for many years. These healers include in their healing arsenal a centuries-old experience in

prayer and spiritual healing, connected with the exorcism and incantation art of Eastern Slavs [9].

A list of the best professionally qualified folk healers, including the names of 275 persons, is presented in the All-Russian International Individual Register of Complementary Medicine for the years 1999-2003. Twenty of them (7.3%) claim the ability to heal at great distances [10]....

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

Dealing with Life Challenges

IMAGES FROM THE DAWN AND DUSK OF LIFE

Meredith Jordan

A discerning eye and loving heart transform life challenges into life lessons

MAKE SOME THINGS RIGHT AGAIN

When I was a child growing up in a family where things were often dreadfully wrong and no one knew how to make them right, my siblings and I had to carry some pretty adult-sized burdens at far too young an age. In little ways, large parts of our childhood were stolen in order to help my mother keep my father's impulsive decisions from capsizing our wobbly family boat in rough seas. He didn't mean to create such chaos, but he had the nature of one who grabbed for what he wanted when he wanted it, and the pieces were left for my mother and the children to pick up or put back together. One example of this phenomenon – a relatively small blip on an already chaotic family radar screen – is an era I have always spoken of, heavily punctuated with sighs, as "The Horses!" ...

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

THE HEROIC JOURNEY

Ruth, a very dear Quaker friend of many years, is slowly entering the last stage of her heroine's journey home. Now in her mid-seventies, Ruth was diagnosed six years ago with Primary Progressive Aphasia. The first signal that her brain was changing its course was that she could not retrieve some common words she had always used with ease. Working with healers in various traditions, including indigenous healers, she was able to stand her ground against these progressive losses for five years, but more recently, the changes are coming quickly, and she has been losing balance, words, and memory with advancing speed...

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

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

Variations on the theme of healing

REIKI: TOUCH OF THE SPIRIT

Christina St. Clair

Creative arts for healing

PHOTOTHERAPY

Ellen F. Turk

Wholistic News Reviews

Traditional, Complementary, Alternative, and Psycho-Social Modalities of Treatment

Larry Lachman, PsyD

Poetry and Humor are Healing

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

ONE-LINERS

Ric Masten

Book Reviews

**SUBSCRIBE NOW TO The International Journal of Healing and Caring - On line 877-HEAL-777
(877-432-5777) <http://www.ijhc.org/Subscription/Subscription.html>**

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

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

Science-and-religion school curriculum in Britain, By Jason Nielsen

”What better explains the world, science or religion, and are they really at odds? A new initiative called the Science and Religion in Schools Project hopes to make the question less confusing for students ages 11 to 19 in England. ...the project will provide multifaith curriculum resources that attempt to bridge the two subjects by focusing on questions like the meaning of religion, science and spirituality.

Martin Rogers, co-director of the Science and Religion in Schools Project and former director of the Farmington Institute in Oxford, England, said that when he taught science-and-religion courses in the classroom, he found many students were faced with a form of ‘schizophrenia’ when thinking about the issues.

‘Over and over again, I found that they were extremely confused about the relationship between their religious beliefs and their understanding of science.’ One boy wrote ‘I believe that science and not God created the world,’ said Rogers...

The Education Reform Act of 1988, which created a national curriculum in England, did not include a single curriculum for religious education, he explained. The changing immigration and demographic patterns made it impossible to create a ‘one-size-fits all’ curriculum, Rogers said. On religious issues, he continued, local examining boards were set up to determine the syllabus and how best to teach the material. Sixteen years later, a national framework is finally in place.

Rogers said, ‘Whether the syllabus is determined nationally or by local examining boards, what matters is that within the structure, there are options to choose.’ Most schoolteachers are qualified in theology and religious studies or science, but not both. ‘The science-and-religion debate does appear in our syllabuses, as an option, but many teachers are not confident enough to choose to teach it as they feel they have not got the background information,’ he said.

The Science and Religion in Schools Project is funded by grant of about \$750,000 from the Templeton Foundation, which also publishes *Science & Theology News*. Since its inception in April 2002, the project has gone through three major stages: The first, from April 2002 through March 2003, focused on creating materials for students ages 11 to 16. Last year, the second stage created a curriculum for students ages 16 to 18. During its development, the curriculum was tested in more than 50 schools throughout the United Kingdom. Starting next month, the final stage will include handing out curricular material at conferences and publishing it in trade journals...”

http://www.stnews.org/articles.php?issue_id=200504&category=news&article_id=190

IJHC-WHR Observations

The separation of Church and State is a healthy one, protecting minority religions against the imposition of religious teachings by the majority. However, the total avoidance of discussion of spiritual matters in school is a great loss to the students and to our nation. There is enormous wisdom in religious and spiritual teachings.

The danger is that bigotry and hatred can be included as part of some religious teachings. It is far easier to draw a line excluding all discussion of religion rather than be faced with challenging issues of where lines should be drawn that are short of that absolute criterion which we have chosen in the US.

There would be marvelous lessons in consensus decisions that could be a part of the decision-making process if there were discussions of the religions of the world permitted in the classrooms of children of all ages.

The source of this article, *Science and Theology News*, is an excellent resource for information and discussions in these areas.

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

The IJHC/WHR Newsletter features 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:

LESSONS FROM CAM/BIOENERGY MEDICINE/ HEALING – RELATING TO THE 100,000 PEOPLE KILLED ANNUALLY BY MEDICATIONS PROPERLY PRESCRIBED

One cannot assume that all people are created equal when it comes to differences between cultural and racial groups and their reactions to treatments. This has been well established in the realms of psychosocial interventions. It may also be true in some instances for medications.

One cannot assume that all people are created equal even within a given social and racial group. Genetically, there is actually more diversity between individuals within the classically-identified racial groups than there is between these groups.

CAM/Bioenergy Medicine/ Healing therapies address each person as an individual. Treatments are

I have seen no analyses of the more than 100,000 people who die annually in the US alone from medications properly prescribed. Were these people in some ways different from the average? From the average of the limited numbers of people assayed by the drug companies in their medication trials?

This is a call and a challenge to the medical profession and the drug companies to take the step of accountability and invest in studying the hundreds of thousands of people they continue to kill annually – however unintentionally.

(See the article that sparked this suggestion below, under “Human Ecology”)

**** WHOLISTIC APPROACHES ****

Study shows stress may lessen risk of breast cancer

In an 18 year followup study in Denmark, 6689 women were studied. Those with higher self-reported intensity and frequency of stress had a lower first time incidence of primary breast cancer. This was particularly pronounced in women receiving hormone therapy.

Source: *Nielsen, Naja Rod et al. Self reported stress and risk of breast cancer: prospective cohort study, British Medical Journal 2005;331:548*

http://bmj.bmjournals.com/cgi/content/abstract/331/7516/548?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&author1=Naja+Nielsen&andorexactfulltext=and&searchid=1126533921572_8150&stored_search=&FIRSTINDEX=0&sortspec=relevance&resourcetype=1

IJHC-WHR Observations:

This is a surprising finding. It has generally been assumed that stress is a contributor to the development of cancer. This suggests that there may be different kinds of stress and different reactions to stress which explain these apparently contradictory results.

Hugging premature babies

“One in 10 babies born in Britain is premature - many are so tiny that it can be some time before their parents are able to take them out of their incubators and cuddle them.

A new design by an art graduate hopes to change this by creating the "humanising incubator".

Instead of parents being able to get access to their newborn only through the portholes of an incubator, Sally Halls' design would allow parents to pick up their baby and get important bonding sessions with it in the early stages.

'It brings them out of the incubator and back into the parent's arms, whilst still maintaining all medical need,' said Ms Halls...

Neonatal experts say the design is still in the very early stages, but say they are interested in principle."

<http://news.bbc.co.uk/1/hi/health/4748273.stm>

*** * COMPLEMENTARY THERAPIES * ***

Olive oil contains a natural pain killer

"Newly pressed extra-virgin olive oil contains oleocanthal--a compound whose pungency induces a strong stinging sensation in the throat, not unlike that caused by solutions of the non-steroidal anti-inflammatory drug ibuprofen... this similar perception seems to be an indicator of a shared pharmacological activity, with oleocanthal acting as a natural anti-inflammatory compound that has a potency and profile strikingly similar to that of ibuprofen... Although structurally dissimilar, both these molecules inhibit the same... enzymes..."

Beauchamp, GK et al. Phytochemistry: ibuprofen-like activity in extra-virgin olive oil. *Nature*. 2005 Sep 1;437(7055):45-6.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?holding=npg&cmd=Retrieve&db=PubMed&list_uids=16136122&dopt=Abstract

IJHC-WHR Observations:

It would be a blessing to have a natural product with pain killing properties, considering the serious side effects of many of the pharmaceutical pain killers.

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) * ***

Smart grids, grid computing, and the new world of energy – By Jamais Cascio

Moving to a post-fossil energy infrastructure is no small task. Leave aside the politics of the problem for a moment, and look at the logistics: replacing coal, oil and gas-fired power plants with cleaner, renewable technologies isn't simply a matter of unplugging one and plugging in the other. Renewable sources often requires wide spaces to generate useful amounts of power, and need to be situated in areas most conducive to their generation needs (sunny regions for solar, windy for turbines, the ocean for wave, etc.). Moreover, there is great value in adding in small, local generation (often referred to as micro-generation) to the mix, from wind micro-power, micro-hydro and rooftop solar panels to more exotic technologies like Stirling Engines, plug-in hybrids, and potential future developments like photovoltaic curtains.

Such a model of diverse, widespread sources of power generation is typically called ‘distributed energy,’ and it has some definite advantages over the current, largely centralized infrastructure. Distributed power can be more robust against accident or attack on the power grid: knocking down a 5 megawatt wind turbine would be bad, but not nearly as disastrous as abruptly taking a 1,000 megawatt coal power plant off the grid. Distributed power also allows greater resource flexibility: the more varied the resources used to generate electricity, the less likely are disruptions resulting from limited availability of one of them. This latter is particularly important due to the variable nature of wind and solar. Output from a given wind or solar farm will rise and fall with local conditions, but the overall availability of electricity from multiple locations and resources can still be consistent.

But distributed energy is currently more costly than centralized power. Some of that cost comes from managing the complexity of variable power generation, changing usage patterns, and a multiplicity of sources. Distributed energy resources will have to be managed more like a computer network, complete with abundant routers and switches. The success of distributed energy is ultimately dependent upon the increasing availability of computer-enabled power networks, or ‘smart grids.’ And smart grids for distributed power, in turn, will increasingly rely upon the availability of distributed computing.

It’s likely that smart grids are coming, even without an aggressive shift to renewable energy. On top of dealing with variable, dispersed inputs, smart grids allow more efficient routing of power, with fewer idle or wasted generators; smart grids would, in principle, allow an overall lower level of generation to support continued levels of use (or, more hopefully, a growing level of use of in turn more efficient buildings and devices). Smart grids are, in the end, a fundamental part of building post-oil, bright green communities...”

<http://www.worldchanging.com/archives/002152.html>

IJHC-WHR Observations

It is urgent that we decrease our dependence on oil and natural gas. Smart grids, which incorporate small local sources into the supply grid, can make significant contributions in this regard. They can also help to decrease the likelihood of overloads on the system.

Women born in Spring may have an earlier menopause than women born in Autumn

A study of close to 3,000 women showed that those born in March reached menopause by 48, compared to women born in October, whose average age was 50.

“...the present data seem to suggest that environmental factors linked to seasons are capable of interfering with the timing of a woman’s ovarian exhaustion by an action exerted in the prenatal period.”

While the study controlled for weight and other factors, there may have still been selection biases because subjects were women who had been referred to menopause clinics in Italy.

Source: Cagnacci, Angelo et al. Season of birth influences the timing of menopause, *Human Reproduction* 2005 Aug;20(8):2190-3. Epub 2005 May 12.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=15890738&doctype=Citation

Also discussed in: <http://news.bbc.co.uk/1/hi/health/4536187.stm>

IJHC-WHR Observations:

Relationships of dates of birth to health deserve further study. Birth dates and other factors have been alleged for many centuries in astrology to have influences over our lives. Fascinating research on this subject is reviewed in *Healing Research, Volume 2, Consciousness, Bioenergy and Healing*, and in *How Can I Heal What Hurts?* (details below, under Books)

**** TECHNOLOGY ****

Qualrus™ - The Intelligent Qualitative Analysis Program

<http://qualrus.com>

<http://ideaworks.com/qualrus.shtml>

“Qualrus is a qualitative analysis software program that uses an array of intelligent computational strategies to assist with coding, and qualitative data analysis. It is designed from ground up to establish new standards for qualitative analysis software. Qualrus stresses flexibility of research methodology and does not force an particular research style on the researcher. It can be used for the full range of qualitative research approaches, including grounded theory in which concepts emerge from the data, cultural analysis, interpretive methods, domain analysis, semiotics, life histories, deconstruction, bracketing, experiential analysis, and narratives.”

IJHC-WHR Observations:

It is a blessing to have computerized programs to help with the tedium of qualitative analysis.

**** HUMAN ECOLOGY ****

Patients' diversity is often discounted

By Shankar Vedantam

When UCLA researchers reviewed the best available studies of psychiatric drugs for depression, bipolar disorder, schizophrenia and attention deficit disorder, they found that the trials had involved 9,327 patients over the years. When the team looked to see how many patients were Native Americans, the answer was . . .

Zero.

"I don't know of a single trial in the last 10 to 15 years that has been published regarding the efficacy of a pharmacological agent in treating a serious mental disorder in American Indians," said Spero Manson, a psychiatrist who heads the American Indian and Alaska Native Programs at the University of Colorado Health Sciences Center in Aurora. "It is stunning."

Native Americans are not the only group for whom psychiatrists write prescriptions with fingers crossed, the researchers at the University of California at Los Angeles found as they reviewed the data for a U.S. surgeon general's report: Of 3,980 patients in antidepressant studies, only two were Hispanic. Of 2,865 schizophrenia patients, three were Asian. Among 825 patients in bipolar disorder or manic depression studies, there were no Hispanics or Asians. Blacks were better represented, but even their numbers in any one study were too small to tell doctors anything meaningful.

In all, just 8 percent of the patients studied were minorities...

<http://www.washingtonpost.com/wp->

[dyn/content/article/2005/06/25/AR2005062500982.html?referrer=emailarticlepg](http://www.washingtonpost.com/wp-dyn/content/article/2005/06/25/AR2005062500982.html?referrer=emailarticlepg)

IJHC-WHR Observations:

One cannot assume that all people are created equal when it comes to differences between cultural and racial groups and their reactions to treatments. This has been well established in the realms of psychosocial interventions. It may also be true in some instances for medications.

One cannot assume that all people are created equal even within a given social and racial group. Genetically, there is actually more diversity between individuals within the classically-identified racial groups than there is between these groups.

I have seen no analyses of the more than 100,000 people who die annually from medications properly prescribed. Were these people in some ways different from the average? From the average of the limited numbers of people assayed by the drug companies in their medication trials?

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

NEW – RECENT EVENTS HIGHLIGHTS

***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 , epu@epu.ac.at

6-9 Building Bridges of Integration for Traditional Chinese Medicine: True Healing -- True Health, East Rutherford, NJ, <http://www.tcmconference.org/>

6-13 Art, Science and the Sacred, Pari, Italy, maryhflanagan@yahoo.com, <http://www.paricenter.com/>

7-9 The Icelandic Dialogues: Healing The Healers, Reykjavik, Iceland, mastkids@maine.rr.com

7-9 International Complementary and Natural Healthcare Conference and Expo, Los Angeles, <http://www.camexpo.com/>, info@camexpo.com

14-16 The Performance of Creativity and the Creativity of Performance, Tarrytown, NY, Melissa Meyer, 212-941-8906, ptw@eastsideinstitute.org, <http://www.performingtheworld.org>

☺ **15-16** International Panic Attacks Conference, Philadelphia – Daniel J. Benor, MD - Self-healing for anxiety and panic disorders: WHEE (Wholistic Hybrid of EMDR and EFT) – Lecture and Experiential workshop <http://anxiety-panic.com/conference>, panic3@gedr.com

19-22 The Complex Patient: Biology, Relationships and Healing, Scarborough, Maine, 877-821-4488, conference@truenorthhealthcenter.org, <http://truenorthhealthcenter.org>. 20 AMA Cat. 1 CMEs, 24 ANA Nursing CEUs and up to 25.25 AAFP credits

20-22 The Biological and Spiritual Development of the Child, Portland, Oregon, 781-455-0259, info@cathmed.org, <http://www.cathmed.org/>

21-26 The Power of Mindfulness: A Transformative Retreat for Leaders and Innovators in Business and Non-Profit Organizations, Phoenicia, NY, http://www.umassmed.edu/cfm/pm_retreat.cfm

21-31 Third Annual Pediatric Integrative Medicine Conference, New York Academy of Medicine, New York City, 17.5 hours of AMA PRA category 1 credit, Victoria.gonzales@innerdoorway.com, 760- 633-3910 ext. 25

23-29 Professional Training Program in MindBodySpirit Medicine, San Francisco, Chanelle Redman, credman@cmbm.org, <http://cmbm.org/>

28-30 National Conference for Health Freedom Advocates, Minneapolis, MN, 651-688-6515, jerrijohn@aol.com, <http://www.nationalhealthfreedom.org/>

28-30 Crop Circle Conference, Vermont,
<http://www.sacredbritain.com/cropeircleconference/index.html>

***November**

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

4-6 Congregations, Denominations and Research on Religion: Promoting Cooperation, Rochester, NY 607-871-2216, mixkm@alfred.edu, <http://las.alfred.edu/~soc/SSSR/index.html>

8-10 Mind and Life XIII: Investigating the Mind 2005, The Science and Clinical Applications of Meditation, Washington, DC, <http://www.investigatingthemind.org/>

10-12 Energy Psychology and the Soul Connection - Seventh Annual Energy Psychology Conference in Toronto, Canada - Toronto Marriott Eaton Centre, with pre- and post-conference workshops
www.TorontoEPC.com

18-21 Eighth World Congress on Qigong and the 8th American Qigong Conference, San Francisco, <http://www.eastwestqi.com/>, eastwestqi@aol.com

***December**

10 Physicians for a National Health Program (PNHP) - Annual Meeting and Dinner – Philadelphia. Also pre-conference Leadership Training - Registration: www.pnhp.org/anmeetingform.pdf Flier for the leadership training: www.pnhp.org/litiform.pdf - Fax 312-782-6007 e-mail to matt@pnhp.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

***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. 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 to Daniel Benor, PO Box. 502, Medford, NJ 08055 martinasteiger@earthlink.net www.MartinaSteiger.com.

***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>

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

List your events - see Classified ad details below

For a more complete listing of upcoming conferences, see:

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

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

*** * * BOOKS * * ***

C. Stephen Byrum, Ph.D. & Leland Kaiser, Ph.D., *Spirit for Greatness: Spiritual Dimensions of Organizations and Their Leadership*. Littleton, MA: Tapestry Press 2004. 651 pp \$25.

How can strong people become stronger? How can good organizations achieve excellence? C. Stephen Byrum, Ph.D., organizational and leadership consultant, and Leland Kaiser, Ph.D., healthcare futurist, share their guidelines in *Spirit for Greatness*. The book is organized around Memorial Hermann's core values of Vision, Ethics, Trust, and Spirituality, which are universally applicable to other organizations. These principles are gleaned from the Memorial Hermann Healthcare System's 'Spiritual Leadership Institute,' initiated in 1997.

The authors begin with the premise that ethical conduct, defined as right action even when no one is watching, is essential for transformational leadership. Adhering to this principle, it is imperative for organizations to encourage the spiritual growth and moral tone of all staff members, while preserving their religious autonomy, in order to implement the vision of such powerful leadership.

Byrum illustrates this point with the story of a married supervisor who, despite professing 'Bible belt' religious traditions, openly carried on an extramarital affair with a female co-worker. His actions not only led to gossip but undermined the productivity and quality of the whole work environment. Other workers believed if the boss could ignore the rules they could also. Their loss of respect for him translated into reduced work performance and overall poor morale.

Conversely, organizations built on mutual confidence, respect, and trust are strong. These foster authentic listening which leads to genuine consensus, but only when rooted in true integrity and accountability. A strong organization fosters what the authors call a good place, which compensates, potentiates, facilitates, provides opportunities, and rewards those who work there.

Reviewed by Rev. Cay Randall-May, Ph.D.

Author of "The Intuitive Career" (2005, CayMay Press)

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

Matthew Smith. *The Soul Knows: A Path of Listening*. Bowen Isle, BC, Canada: Matthew Smith 2004. 141 pp US\$15.80, Can\$19.99, EUR13.00, £9.01 <http://www.trafford.com/robots/04-0962.html>
matthew64@shaw.ca

This book deserves acknowledgment as a true gem in the literature on personal spiritual awareness and spiritual development. Matthew Smith's writing is somewhere between Robert Pirsig's *Zen and the Art of Motorcycle Maintenance* (but several steps more likely to touch your heart), and Stephen Levine's books, such as *Who Dies*.

Smith presents brief vignettes from his own life and his encounters with others on their paths of exploring the meanings of existence – consciously or unconsciously. "Of the many gifts of the soul, the one gift that has occupied my interest these past twenty years of inquiry has been the gift of *soul meaning*: the soul's interpretation of each person, experience or event as it fits into the overall landscape of one's soul path." (p. ix) He follows each with discussions of the lessons he learned – cognitively, emotionally, and connecting with body and spirit. He rounds out each one with the 'soul journal' message he received during and following the lessons.

Smith's style is riveting in its poetic imagery, open explorations of inner psychological life challenges, and spiritual insights that surface from experiences with other people, and with his own shadow.

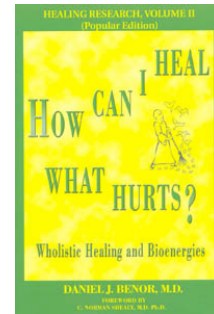
(See more in *IJHC* September, 2005, Volume 5, No. 3)

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
- Written by a physician who is also an energy medicine practitioner and researcher.
- 642 pp, including references, endnotes, glossary, index – Paperback 6 x 9 inches

Healing Research, Volume II - *Professional Edition*

'Book of the Year' award

The Scientific and Medical Network, UK

Consciousness, Bioenergy and Healing:

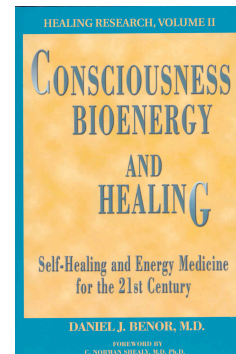
Self-Healing and Energy Medicine for the 21st Century

By Daniel J. Benor, M.D.

Foreword by C. Norman Shealy, MD, PhD

PAPERBACK, CD-ROM, and eBook

Order from author for 15% discount, no shipping charges in US



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, 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

<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>

BOOKMARK THIS LINK!

SUPPORT THE IJHC/WHR SITES!

Think of ordering "ANY BOOKS " - Think of the IJHC/WHR sites

Subscribe through our link

<http://www.amazon.com/exec/obidos/external-search/103-8181535-3258232?mode=books&keyword=&tag=wholisticheal-20&Go.x=12&Go.y=11>

*** * * WEBSITES * * ***

Titan landing

Earth and Saturn's moon Titan show striking similarities

Many processes that occur on Earth also take place on this moon, say scientists participating in the US-European Cassini-Huygens mission.

Wind, rain and volcanism and tectonic activity all seem to play a role in shaping Titan's surface...

One scientist even sees a way that life could survive on the freezing world.

http://news.bbc.co.uk/1/hi/in_pictures/4194941.stm

<http://news.bbc.co.uk/1/hi/sci/tech/4229110.stm>

*** * * HUMOR * * ***

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

\$10 posting fee for 1-3 issues (3 months)

\$15 for 6 issues (6 months)

\$20 for 12 issues (12 months)

DB@WholisticHealingResearch.com

***** VIEW NEWSLETTER ARCHIVES *****

<http://www.wholistichealingresearch.com/Newsletters/Newsletters-05j.asp>

To be removed from this list go to www.WholisticHealingResearch.com/#unsubscribe and enter your details to unsubscribe

SUBSCRIBE NOW TO The International Journal of Healing and Caring - On line 877-HEAL-777 (877-432-5777) <http://www.ijhc.org/Subscription/Subscription.html>

***** SUPPORT THE IJHC/WHR SITES *****

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>