

The Sands of Time

NEWSLETTER

of the

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and

**International Journal of Healing and
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January, 2006 Volume 6, No. 1

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** NEW ON WHR SITE **

Compassion Fatigue

The recent tsunami in Asia and major earthquake in Pakistan have highlighted problems long recognized in the helping professions. Caregivers have known well the potentially draining experiences of compassion fatigue - from experiences of policemen, firefighters, paramedics and other emergency and rescue personnel, through doctors, nurses, psychotherapists and counselors, and not to overlook the family members and volunteers who come forward to help in individual challenges and collective disasters

See editorial on compassion fatigue in the January, 2006 issue of IJHC, and extensive references on Compassion Fatigue at

<http://WholisticHealingResearch.com/References/CompassionFatigue.asp>

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IJHC January 2006, Volume 6, No. 1 features:

Editorial

COMPASSION FATIGUE

Daniel J Benor, MD

Caring for the caregiver

The recent tsunami in Asia and major earthquake in Pakistan have highlighted problems long recognized in the helping professions. Caregivers have known well the potentially draining experiences of compassion fatigue - from experiences of policemen, firefighters, paramedics and other emergency and rescue personnel, through doctors, nurses, psychotherapists and counselors, and not to overlook the family members and volunteers who come forward to help in individual challenges and collective disasters (Figley 1989a; 1989b; 1997; Figley and McCubbin 1983; Rosenheck and Thomson 1986).

When we hear the stories of victims of illness, misfortune and disasters it is natural to feel compassion for their hurt, loss and distress. We help by being there in times of need and grief; our presence is a reassurance that aid is available; our caring through attention, emotional support, advice and material assistance are at the very least injections of hope that repair and order will be restored, and often are much, much more.

It is a help and a healing to those who are suffering to know that their stories of pain, loss and grief are heard and acknowledged; to have the steadying presence of caring people who can help to prioritize and address the immediate needs, to identify and locate the necessary remedies, and to provide support in whatever ways are beyond the victims' capabilities.

Compassion fatigue is a risk in these situations - from the emotional impact upon caregivers who feel overwhelmed by the enormity of individual and collective pain and suffering following disasters (Huggard 2003). Technically, this problem is designated *Secondary Traumatic Stress Disorder*, which is essentially identical with Post Traumatic Stress Disorder except for the cause of the stress.

Signs of this overload include: weariness that goes beyond appropriate physical fatigue; difficulty concentrating; forgetfulness; depression; labile emotions and emotional outbursts - such as unreasonable irritability, crying or anger; feeling distant from others; difficulty falling asleep; disturbed sleep, waking during the night - with or without nightmares; physical symptoms of stress - such as headaches, backaches, stomach and bowel upsets; feeling it is difficult to get out of bed or to go to work; having a strong startle reaction with minor stimuli; obsessing over traumas or having flashbacks to these...

(Read more in IJHC January, 2006 Volume 6, No. 1)

Research

TWO SERIES OF ETHICAL CODES USED BY US REIKI PRACTITIONERS

Melinda H. Connor, PhD, AMP; Lisa Jacobs; Caitlin Connor; Sarah Rojas; Ibrahim Byraktar, BSc; Gary E Schwartz, PhD

Opening doors for standardization of ethical standards in healing

While energy medicine is beginning to develop as a professional discipline, there are no nationally

supported codes of ethics for energy medicine practitioners in the US. This lack of a set code of ethics makes it difficult for both energy medicine practitioners and clients to distinguish appropriate professionalism in the field. Within the energy medicine community, groups of Reiki practitioners are attempting to define codes of ethics that would be sufficient as ethical standards of behavior but many are lacking key elements. A data mining analysis was performed over the web (Yahoo, Google, Hotbot, and Jeeves) and written codes were found pertaining to appropriate ethical guidelines for Reiki practitioners. Similarities and differences among the different codes are discussed

(Read more in IJHC January, 2006 Volume 6, No. 1)

Dealing with Life Challenges

THE NATURE OF LIFE

Bernie Siegel, MD

Personal spiritual awakenings

When I was four years old I was home in bed with one of my frequent ear infections. I took a toy telephone I was playing with and unscrewed the dial and put all the pieces in my mouth as I had seen carpenters do with nails, which they then pulled out to use. The problem was that I aspirated the pieces and went into laryngospasm. I can still feel my chest muscles and diaphragm contracting forcefully, trying to get some air into my lungs, but nothing worked and I was unable to make any sounds to attract help. I had no sense of the time but suddenly realized I was not struggling anymore. I was now at the head of the bed watching myself dying.

I found it fascinating to be free of my body and a blessing. I never stopped to think about how I could still see while I was out of my body....

(Read more in IJHC January, 2006 Volume 6, No. 1)

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

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

Prayer healing for people undergoing cardiac procedures

A multicenter, prospective study explored effects of intercessory prayer compared to music, imagery and touch (MIT) therapy to reduce preprocedural distress that might affect outcomes in 748 patients undergoing percutaneous coronary intervention in nine USA centers. No significant effects of prayer were found on primary factors of in-hospital major adverse cardiovascular events, 6-month readmission or death nor on secondary endpoints of 6-month major adverse cardiovascular events, 6 month death or readmission, or 6-month mortality. A double-layered prayer intervention was utilized, with prayers being sent by a second group to enhance the prayers sent by the primary group that prayed for the cardiac patients. Neither masked prayer nor MIT therapy significantly improved clinical outcome after elective catheterization or percutaneous coronary intervention.

Krucoff, Mitchell W. Music, imagery, touch, and prayer as adjuncts to interventional cardiac care: the Monitoring and Actualisation of Noetic Trainings (MANTRA) II randomised study. *The Lancet* 2005, 366, 211-217.

<http://www.thelancet.com/journals/lancet/article/PIIS0140673605669103/abstract>

IJHC-WHR Observations

It is unclear why this study demonstrated no effects of healing, when other studies for cardiac problems produced significant effects (see annotated review in Benor 2001, listed below). The double-tiered provision of prayer healing might have been a factor, as this would seem to indicate a doubt about the adequacy of the primary group sending effective prayer healing.

**** 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:

Reading course for enhancing wholistic healing in medical care

Wholistic healing is sorely lacking in much of medical care, where the focus is primarily on treating symptoms and diseases rather than in helping the people who have these illnesses to have better lives. Medical students often complain of the dehumanizing effects of conventional medical education; physicians in practice often express dissatisfaction with their work; and patients regularly complain of the lack of interest and attention by the medical professions in addressing their concerns when they come for treatment.

The American Holistic Medical Association (AHMA www.holisticmedicine.org) and the American Holistic Nurses Association (AHNA www.ahna.org) promote attention to Body, Mind and Spirit in medical and nursing care. The AHMA has a medical student group, the American Medical Student Association (AMSA www.amsa.org) which promotes these values and approaches in medical schools. A subgroup of AMSA promotes humanistic values (www.amsa.org/humed/), particularly self-care for the student doctor.

Much of the stress of medical and nursing school training is due to the incredible information load that students are required to absorb and retain. A considerable stress load for doctors and nurses derives from having to keep up with the professional literature.

Subliminal Dynamics is an intuitive reading method that enables reading at 2 pages per second with up to 100 percent, permanent recall after practicing the recall. A person who is trained in this method can read and absorb a 500 page professional book in half an hour. Using this method would leave students and professionals with much more time to care for people.

For descriptions of the method see www.sybdyn.com, article by Richard and Donna Welch in the January 2006 issue of IJHC.

For courses offered see www.MartinaSteiger.com

See below details of course in Philadelphia, January 2006.

**** WHOLISTIC APPROACHES ****

Fruits and vegetables prove helpful to people with pancreatic cancer

"Pancreatic cancer is one of the most devastating and rapidly fatal cancers, yet little is known about the primary cause and prevention of this disease. We conducted a population-based case-control study to investigate the association between vegetables and fruits and pancreatic cancer. Between 1995 and 1999, 532 cases and 1,701 age- and sex-matched controls completed direct interviews using a semiquantitative food-frequency questionnaire. No proxy interviews were conducted. We observed inverse associations between consumption of total and specific vegetables and fruits and the risk of pancreatic cancer. The odds ratio and 95% confidence interval for the highest versus the lowest quartile of total vegetable intake was 0.45 (0.32-0.62), trend $P < 0.0001$; and for total fruits and fruit juice was 0.72 (0.54-0.98), trend $P = 0.06$."

Items showing significant effects included onions, garlic, beans, carrots, dark leafy vegetables, corn, sweet potatoes and citrus fruit.

Chan JM; et al. Vegetable and fruit intake and pancreatic cancer in a population-based case-control study in the San Francisco bay area, *Cancer Epidemiol Biomarkers Prev.* **2005, 14(9), 2093-7**
Department of Epidemiology and Biostatistics, University of California San Francisco, 94118-1944, USA.

<http://www.medscape.com/medline/abstract/16172215?queryText=pancreatic%20cancer%20vegetable>

IJHC-WHR Observations:

For decades, Wholistic practitioners have been recommending fresh fruits and vegetables for people with cancer. It is helpful to have research evidence confirming their benefits.

Improving health by walking on cobblestone mats

A randomized controlled study in Eugene, Oregon shows benefits of walking on a cobblestone mat compared with regular walking, for 60 minutes 3 x / week for 16 consecutive weeks in 108 adults age 60-92. There were improvements in physical function and blood pressure, balance (functional reach, static standing), physical performance (chair stands, 50-foot walk, Up and Go). Secondary endpoint measures were Short Form-12 physical and mental health scores and perceptions of health-related benefits from exercise. At the 16-week posttest, differences between the two exercise groups were found for balance measures ($P=.01$), chair stands ($P<.001$), 50-foot walk ($P=.01$), and blood pressure ($P=.01$) but not for the Up and Go test ($P=.14$). Although significant within-group changes were observed in both groups for the secondary outcome measures, there were no differences between intervention groups. Additional benefits of this walking program included improved health-related quality of life. This new physical activity may provide a therapeutic and health-enhancing exercise alternative for older adults.

Source: Li F; Fisher KJ; Harmer P. Improving physical function and blood pressure in older adults through cobblestone mat walking: a randomized trial, *J American Geriatric Society* **2005, 53(8), 1305-12**

IJHC-WHR Observations

This simple exercise may be a generic reflexology treatment, with random stimulation of acupressure points on the feet.

The laboratory quickly sold out 1,000 mats which it had made in China

Secondary trauma in family members from primary illness in a child

The authors point out the "need for interventions across the course of pediatric illness and injury that target patients, families, and/or healthcare teams."

Kazak, Anne E. An integrative model of pediatric medical traumatic stress

Journal of Pediatric Psychology, doi:10.1093/jpepsy/jsj054

<http://jpepsy.oxfordjournals.org/cgi/content/abstract/jsj054v1>

IJHC-WHR Observations:

Serious illnesses and their treatments are often traumatic to families and to caregivers dealing with the primary and secondary problems. See more about Compassion Fatigue in the IJHC editorial January, 2006.

**** COMPLEMENTARY THERAPIES ****

Yoga is more effective than conventional exercise for low back pain

In a 12 week study, yoga was significantly more effective than aerobic, strengthening, and stretching exercise.

Sherman, Karen J. et al. Back pain: a randomized, controlled trial, *Annals of Internal Medicine* 2005, 143, 849-856.

IJHC-WHR Observations:

It is helpful to have confirmation that yoga exercises are effective for back pain. It is also good to see that conventional medical journals are more accepting of CAM articles.

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) ****

Tsunami: Mangroves saved lives

Researchers say healthy mangrove forests absorbed the impact of the tidal waves and helped to save lives in the 2004 tsunami disaster.

"The World Conservation Union (IUCN) compared the death toll from two villages in Sri Lanka that were hit by the devastating giant waves.

Two people died in the settlement with dense mangrove and scrub forest, while up to 6,000 people died in the village without similar vegetation.

<http://news.bbc.co.uk/1/hi/sci/tech/4547032.stm>

IJHC-WHR Observations:

The lessons of the tsunami are relevant to many other ecological situations. Nature has many ways of protecting the environment. Humans tend to focus on a narrow spectrum of issues when altering the

environment - as in clearing forests through logging, leaving the land drastically altered.

Consultations with intuitives, particularly with people in traditional societies who have unbroken cultural traditions of relationships with the land, the waters and the atmosphere could help to harmonize our relationships with the environment. Developing our own intuitive and spiritual awarenesses could serve likewise to bring us into closer relationships with nature.

**** TECHNOLOGY ****

Blogs offer taste of war in Iraq

Soldiers' blogs are opening up a new window on warfare

The war in Vietnam is often referred to as the first war on television, and the wars in Afghanistan and now in Iraq will be known as the first wars to be blogged.

A new generation of soldier bloggers in the US, known as milbloggers, are both fighting in the field and writing about their experiences.

It is opening up a new window on modern warfare and is creating a new genre of war-time writing.

However, some of these pioneering frontline bloggers fear that the golden age of milblogging has already passed as military officials begin to clamp down on the unfettered online writing.

The first milblogs appeared in late 2002, according to Matt, the author of the popular BlackFive blog.

Greyhawk, an active duty serviceman currently stationed in Germany and the anonymous writer behind the Mudville Gazette blog, coined the term milblog and started making contacts with other servicemen and women who blogged.

Many blog to keep their families and friends apprised of their life in a war zone, others do it as an exercise of reflection, and others are just great writers looking for an outlet for their thoughts and feelings

<http://news.bbc.co.uk/1/hi/technology/4555590.stm>

See also: A Brief History of Milblogs (Mudville Gazette)

<http://www.mudvillegazette.com/archives/003805.html>

IJHC-WHR Observations

Windows into warzones are opened by milblogs. These can provide a current, real picture of soldiers' experiences at the front lines. Military and political censors are bound to be unhappy with this. Anyone contemplating a military career should be reading these.

**** HUMAN ECOLOGY ****

First people's peace summit: International call for departments of peace in governments throughout the world.

"It's not a matter of simply getting another Department of Government. You're speaking of an entire philosophical revolution." **Walter Cronkite, former CBS TV News Anchorman**

Following a two-day summit at the Houses of Parliament, the first People's Peace Summit launched an international initiative for the creation of Departments of Peace in governments throughout the world. The Declaration was presented to a packed public meeting in the Grand Committee Room and hosted by John McDonnell MP.

There is a rapidly growing international movement to establish Departments or Ministries of Peace

everywhere. The idea is to support the emergence of a culture of peace, where non-violence would become one of the organising principles of society...

http://www.positivenews.org.uk/artman/publish/article_37.shtml

Senators Clinton, Lieberman and Bayh introduce Federal legislation to protect children from inappropriate video games

This bill put teeth in the enforcement of video game ratings, helping parents protect their children from inappropriate content such as violent and sexually explicit video games. They were joined in making the announcement by April DeLaney, Director of the Washington Office for Common Sense Media; Norman Rosenberg, President and CEO of Parents Action for Children and Dr. Michael Rich, Director of the Center on Media and Child Health at Children's Hospital in Boston and Assistant Professor of Pediatrics at Harvard Medical School, in a show of support for the legislation.

This bill would fine retailers who sell M-rated games to minors. The Family Entertainment Protection Act, prohibits any business from selling or renting a Mature, Adults-Only, or Ratings Pending game to a person who is younger than seventeen. On-site store managers would be subject to a fine of \$1,000 or 100 hours of community service for the first offense; \$5,000 or 500 hours of community service for each subsequent offense. The bill also requires an annual, independent analysis of game ratings and requires the Federal Trade Commission (FTC) to conduct an investigation to determine whether hidden content like in Grand Theft Auto: San Andreas is a pervasive problem and take appropriate action. In addition, the bill will help ensure that consumers have a mechanism to file complaints with the FTC and that the FTC will report these complaints to Congress. Finally, the bill authorizes the FTC to conduct an annual, random audit of retailers to monitor enforcement and report the findings to Congress.

Illinois, Michigan and California have all passed state laws to prohibit the sale of violent video games to minors. The Californian law that made it illegal to sell or rent violent or sexually explicit games to children has been blocked by a US federal judge.

IJHC-WHR Observations

Video games are like baby sitters for many children. This is especially tempting for parents of children with ADHD because video games are one of the few quiet activities which will hold their attention for longer periods of time. Overuse of games or TV can dull a child's absorption capacity.

Violence and sexual materials in videos and video games can be traumatizing to children. Parental guidance and supervision is highly advised. See the Entertainment Software Rating Board (ESRB) <http://www.esrb.org/> for recommendations.

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

***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/>

☺ **18 WHEE (Wholistic Hybrid derived from EMDR and EFT)** telephone seminar 8:00 pm EST - 1 hour - Limited to 10 people - \$50 - Daniel J. Benor, MD - Learn a method of self-healing that helps release psychological and physical pains, enhances confidence and sports performance, can relieve allergies. Very rapidly effective, rather like a vacuum cleaner that allows you to clear away old junk that you carry around with you from hurtful experiences. Also relieves physical pains, including migraines, and helps with allergies <http://www.wholistichealingresearch.com/Articles/Selfheal.asp>
See also: WHEE for trauma and re-entry problems <http://www.heal911.com/C-6a.asp>

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/

☺ **15 WHEE (Wholistic Hybrid derived from EMDR and EFT)** telephone seminar 8:00 pm EST - 1 hour - Limited to 10 people - \$50 - Daniel J. Benor, MD - Learn a method of self-healing that helps release psychological and physical pains, enhances confidence and sports performance, can relieve

allergies. Very rapidly effective, rather like a vacuum cleaner that allows you to clear away old junk that you carry around with you from hurtful experiences. Also relieves physical pains, including migraines, and helps with allergies. <http://www.wholistichealingresearch.com/Articles/Selfheal.asp>
See also: WHEE for trauma and re-entry problems <http://www.heal911.com/C-6a.asp>

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>

21-24 Understanding **Trauma and Adaptation**: Managing the neural, myofascial and psychological issues, University of Westminster, London, UK, <http://www.JBMTconference.elsevier.com>

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 to 5:30 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

***July 2006**

28-30 Seminar on **Sahasia: Origins of Violence**, Emotional Armoring and Patriarchy, Orgone Biophysical Research Lab (OBRL), Ashland, Oregon, <http://www.orgonelab.org/events>

***August 2006**

5-6 The Orgone **Energy Accumulator**: Construction, Experimental Use, Orgone Physics, Orgone Biophysical Research Lab (OBRL), Ashland, Oregon, <http://www.orgonelab.org/events>

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

12-13 Seminar on Drought, Desert and Atmospheric **Bio-Energetics** , OBRL,Ashland, Oregon,
<http://www.orgonelab.org/events>

***October 2006**

11-14 True North Annual Conference, **Relationship: A Powerful Catalyst for Change**, Maine, Conference coordinator: 207-781-4488, <http://www.truenorthhealthcenter.org/>

***Summer 2007**

TBD Conference on **New Research in Orgonomy**, sponsored by Orgone Biophysical Research Lab (OBRL) in Ashland, Oregon. See 2005 abstract at <http://www.orgonelab.org/Abstracts2005.pdf>

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 *****

JC Hugh MacKimmie. *Presence of Angels: A Healer's Life*, Eureka, MT: Knowing Heart Publishing 2005. 477 pp \$19.95

James MacKimmie is a chiropractor who discovered his healing gifts spontaneously many decades ago. He has a keen eye for details, an awesome gift of pattern recognition, a wonderful wealth of experience in healing, a great sense of humor (laughing at himself as well as at the memory to recall ways in which healing has helped in his practice - or not. His view is that we are spirits incarnated for lessons; that illness is a message about disharmony in our lives; and that healing cuts through resistances to bring into awareness that which is asking to be heard, in order to restore balance and harmony.

The goal of the healing that flows through me is soul growth. The ego personality is made up of wishes, wants and desires, all clamoring for fulfillment. But that is not why we are here. We are born into this physical body for soul growth and to balance the great book of life. It is my belief that we all carry our own healing with us as we walk our path through life. My purpose is to facilitate that healing to the extent allowed within each person's karmic pattern to awaken people to the higher aspects of life. For once touched by the Creator's love, you, and the world as you know it, are forever changed. Your eyes see differently, your heart opens, and your horizons expand beyond all comprehension. Life simply begins living itself through you. God is ... You are ... (p. xiii-xiv)

With great warmth, humility, openness and wit, MacKimmie shares his path of learning the ways of being a healer...

(See more in IJHC January, 2006 Volume 6, Number 1)

Paul Hawken. *The Ecology of Commerce: A Declaration of Sustainability*, NY: HarperCollins 1993.

Our planet is threatened on the one side by pressures of overpopulation and on the other side by pressures of nearly exhausted natural resources and pollution that are threatening to make our world uninhabitable. Paul Hawken does a masterful job of explaining the problems we face and suggesting creative solutions to these problems.

Hawken points out that our pursuit of material gain has grown to be such an accepted goal and one that has been so successful for the industrial nations of the world, that it is difficult for most people to realize that the western standard of living cannot be sustained much longer. Writing in 1993, he observes that in North America we have used up 97 percent of the original forests and are consuming more wood and wood products than we can produce domestically. Our farmers and ranchers pump out an excess of 20 billion gallons of water daily from underground reservoirs than can be replaced through rainfall.

Whatever possibilities business once represented, whatever dreams and glories corporate success once offered, the time has come to acknowledge that business as we know it is over. Over because it failed in one critical and thoughtless way: It did not honor the myriad forms of life that secure and connect its own breath and skin and heart to the breath and skin and heart of our earth. (p. 6)

Limits of sustainability have been reached and in most of the world have been exceeded...
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