

JOURNAL
OF THE



The Journal of The Ozark Research Institute is the official publication of the OZARK RESEARCH INSTITUTE, INC. (ORI).

ORI is a non-profit, tax exempt research institute chartered by the State of Arkansas to conduct research into power of thought/power of mind, disseminate information to others, experiment with all manner of mind phenomena, and investigate and research other healing techniques.

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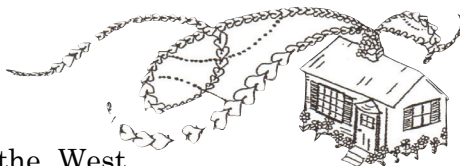
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AT HOME WITH ORI

by Gladys McCoy



We had a great time at the West Coast Dowsing Conference in California. I taught in the basic dowsing school and did a talk on, “Clearing a Path to Positive Changes in Your Life.” Both were live streamed and recorded for sale. Contact the West Coast Dowsters for more information at <http://www.dowsterswestcoast.org/>.

Then, we I played for two days in the Redwoods and ate at our favorite places in Santa Cruz, visiting with some wonderful friends and making new ones. We gave away lots of information on Ozark Research Institute, and sold all of the Focused Mind Healing books and the Affirmation books we took out there, and also some of the DVD’s. It was really a good trip. You should treat your self to a West Coast Dowsing Conference sometime.

Our Power of Thought School is coming soon. The dates are August 24- 27, 2018. We have a great line up of teachers and we hope you can make it. (This Journal will probably reach you after the school, but I wanted you to know we missed you if you weren’t there and loved seeing you if you were). Our events are like Family reunions, only better! Lots of hugs, lots of laughs, even some impromptu music sessions, and of course we all leave filled with new exciting information to help ourselves and others. Put this on your to do list, next year, in 2019 it will be held in September as usual.

It is hard to believe summer is almost gone, where does the time go?? I have always heard that the older you get the faster time flies, now I know I am getting older, but I hear the same words out of much younger people so what is going on?? Do you have an explanation? We’d love to have your opinions in writing for the next Journal. Lets be the ones to solve this mystery! Guess we could just call it another unknown but I’m

sure there is an answer.

We continue to have great updates from people who have sent in requests, miracles are happening for so many. The Tuesday Night group continues to grow and the loving caring energy continues to grow with each new being that joins us. You don't have to be here physically to share the loving healing energy, just meditate at home on Tuesday nights and direct the energy to ORI and we will use it to help others.

WE NEED YOUR HELP to recruit more members! If every member got just one person to join we could ***double our membership*** and if you recruit 5 members in a year we will give you a free membership for yourself or you could pass it on to someone else. Get the most new members and you could be the, "Ambassador of the Year", and receive free tuition to one of our events and many other gifts.

I had a lady sign three of her adult children up as members. Now they are on the healing list every week for continued good health, healing and financial blessing and she feels good about that. It's a great gift and really inexpensive health insurance at \$35 a year.

Help us Grow! Your support helps us continue the Ozark Research Institutes mission of, Serving Humanity through Education, Healing, Spiritual Awakening and Holistic Research.

Blessings and Miracles to you all,

Gladys

p.s. **Keep your calendar open** for the April 2019 Dowsing & Healing Convention. I won't know the exact date until the University of Arkansas posts their athletic schedule, but we always try for the 1st or 2nd week in April. Hope to See You There!



FROM THE EDITOR

by Lori Homstad, B.S. C.M.T.



When I moved to Arkansas, I heard of an alternative school of healing and I found myself quite miraculously at this convention in my home town of Springdale AR. I went to my first ORI Dowsing Conference to discover a fantastic tool that is a benefit for many health issues. It is positive thought and dowsing. During my first class with Gladys at the Power of Thought School, I found dowsing was difficult for me.

Gladys told me I was getting in the way of myself. I needed to breathe deeply and relax. As a massage therapist, this made me mad, to be told the very thing of which I was assisting others. After quieting my mind and letting go of my ego, which is no easy task, it finally worked and the rods moved whenever I crossed the water line of the hotel.

I still struggle with bouts of anxiety, and racing thoughts. I can't always get in for an Acupuncture RX but I do find ten minutes to get in a happy space to dowse, to talk to my inner doctor. I dowse for what I need for perfect health. It works! And it seems I always have much better results when I ... get out of my own way...



MAKING LIFELONG FRIENDS

by Bonnie O'Boyle

At the ORI conventions, we see people who we have not seen in half a year since the last convention, and it is always a joyful reunion. We sit beside each other all day and learn and grow, which creates a bond in itself, but I am not here to write about that. I am here to share with you what happens after the classes and the healing circles and the parties end. This is where the deepest friendships are forged, and where laughter is shared by all.

Sunday night I was hanging out with friends in the hotel restaurant that hosts our conventions. We were all amazed by a story told by one of our friends. The whole time she was telling this story, Sammy was sitting there wearing the red and white wig that he had worn at the costume party. When I asked why he hadn't taken the wig off, he said something about losing a bet to Vernell and having to wear it the whole way home. That night we spent a good bit of time talking about Sammy's cows. Sammy is a pretty clever guy, because he gives his cows names that start with the same letter when they are born in the same year, so he can keep up with each cow generation's birth year by the first letter of their name. He started in 2004 with the D's, but apparently, they are all dead now. In the year with E's he had a cow that had twins, but the first twin died, so only the other twin cow named Extra lived. Even though the D's are dead, Sammy does have some F's and some O's and other letters in between left. I tried to guess his cows' names, but finally gave up. The only two names he told me about (besides Extra) were Fredaline and Opal. We had a lot of laughter about his cow's names. He is a very creative guy to come up with such unique names! I texted Sammy after the convention was over to tell him to be sure to tell Fredeline and Opal "Hi." For me, but apparently, I offended Fredaline. Sammy left me a voice message that said, "O'Boyle, Bonnie. Don't you got spell check on your phone? Fredaline is spelled

with an A. She took offense. Pun intended.” That guy makes me laugh so hard!

The whole time we were visiting, I was talking about writing this article about what we were chatting about for the ORI journal. Rose was making one of her wonderful drawings, but I kept joking around as if she was taking notes for me to help me with the article. Rose was cool. She played right along, as if she were my assistant. I heard she gave Sammy that cool picture she was drawing while she pretended to take notes.

Sarah was with us that first night, too. I don’t remember any specific stories she told this year, but last year she told me a hilarious story about all the interesting things you see when you live by a popular river. I won’t go into details, but just so you know, her kids aren’t supposed to pay any attention to what’s happening on that river!

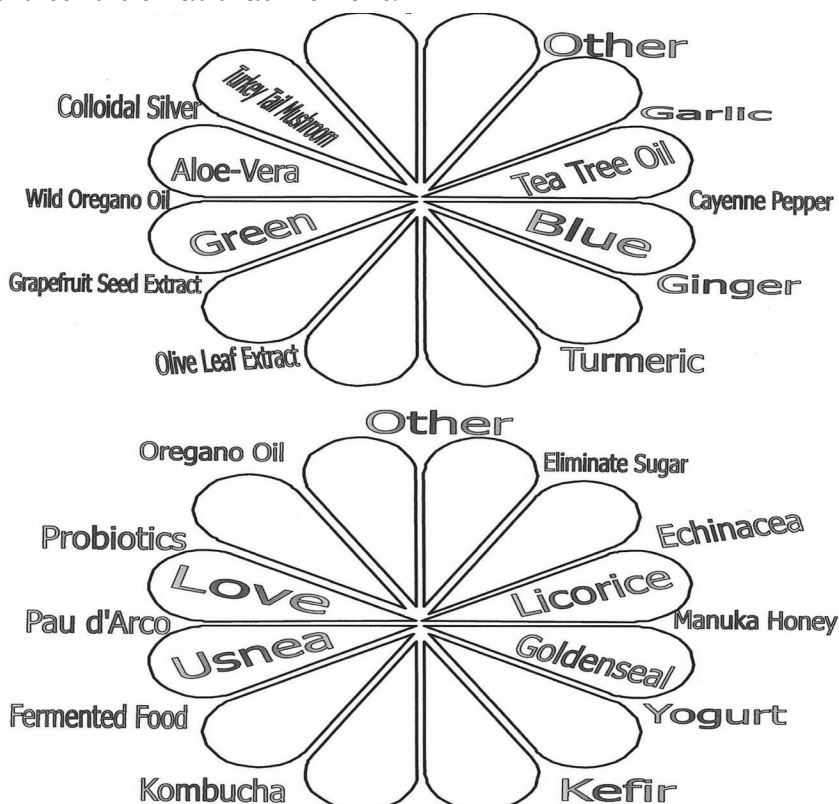
On Monday night, we had more laughter and camaraderie at the [hotel] restaurant. I ordered some mashed potatoes and they were brought to me with bacon in them. I am a pescatarian, so I had to order another dish, because they had ruined the potatoes with the bacon, as far as I was concerned. I offered the potatoes to Smilin’ Dave, which, of course, led to Sammy picking on me for offering them to Dave instead of him. Dave put his hands over the bowl of potatoes and sent energy to them, then tried to give me the potatoes back saying he changed the bacon to fish, so I could eat them. I didn’t buy it, because it originally came from a pig. Vernell just sat there with her sweet smile and giggled at us. You could feel her love for us oozing out of her, as usual.

There may have been others at the table that I have missed, and I apologize if I did. I just wanted to share these words to honor the non-class experience at ORI. How often do we get to hang out with so many like-minded people in one place? The classes and teachers give us so much at each convention, but the hidden treasure at every convention is the people who show up year after year to hang out with our Spirit Family. I want to personally thank everyone who shows up at our conventions. Thanks for the hugs, and the laughter, and most of all, thanks for being a member of this wonderful, kooky family called ORI.

BUILDING YOUR IMMUNE SYSTEM WITH NATURAL ANTIBIOTICS

by Sue Trumpheller

Below is a dowsing chart designed to allow you to pendulum dowsing information about which natural antibiotic would be most beneficial in addressing a specified health condition for an individual. Formulate your health question, go to the chart with your pendulum, and quickly identify which natural antibiotic would be the most effective for that person and condition at that moment.



Sue Trumpheller www.dowsingcoach.com suetrump@att.net

Master Dowser, Sue Trumpheller has been using a pendulum since the mid 60's. She has helped thousands to learn to dowsing and shares her wisdom in a series of books. You may download a PDF version of the chart at TucsonDowsers.net. For more information on dowsing visit Sue's website at: DowsingCoach.com and ChiEnergyProducts.com



HEALING THROUGH AWARENESS – WHERE TO BEGIN?

by Diane Trumble

I have been a Natural Holistic Nutritionist for over 12 years, and while I have seen the wonderful results and believe in the amazing healing properties of special, natural, holistic diets, I have learned there is a lot more that comes into play when trying to make successful and permanent changes to health.

I would like to suggest to you to consider starting your day by broadening your focus and becoming more aware of what your body, mind and spirit together need to thrive... to be healthy, and live a vibrant, joyous purposeful life. Consider for a moment that your awareness helps to determine your path and your journey.

Most of us know that initial resolutions made with good intentions, consciously at the beginning of the year, often get lost as we let subconscious patterns take over. We begin to focus on the outside world more, and familiar, repetitive patterns appear without any effort on our part... they are easy and have been with us for a lifetime and even though they may not be to our benefit, we know them well and they don't require us to think or make an effort to make changes... which takes up precious time.

In order to find the answers to create and sustain vibrant good health, it's important to take the time to look 'beyond diets, nutritional models and daily fitness programs' and focus on being mindful day-to-day and tune into what patterns... what thoughts, feelings, emotions and intentions repeat which could be contributing to keeping you in the same place with the same concerns and health issues. How you visualize the outcome is equally important to the changes you make... positive thought... positive results. Remember while food

provides energy and so does exercise, so do our thoughts provide, every second, a form of energy which can either transform us or undermine us.

Where to begin?

Make yourself the center of your attention. Start by dedicating 5 minutes of your very precious time each day to being in place of absolute stillness and peace. Allow for nothing or no one from the 'outside world' to interrupt. Relax, breathe, close your eyes and quiet your mind... just for 5 minutes. Become aware of your other senses... smell the air around you; listen to what noises fill the empty spaces; feel your body and what it is telling you in the beginning and as it relaxes... be aware of what thoughts come into your mind... acknowledge them and then let them go.



Baby steps... this is the beginning of the rest of your life.

Diane Trumble is a passionate Registered Holistic Nutritionist, Certified GAPS Practitioner, Certified Eating Psychology Coach and Alternative Healthcare Practitioner trained in Reiki, Therapeutic Touch and Homeopathy. For the past 15 years she has helped clients find their own unique way to heal through making lifestyle changes and by following specialized dietary protocols such as GAPS and The Specific Carbohydrate Diet. In her business, Going Beyond Nutrition she guides individuals on how to take the next step beyond body/nutrition... by looking at ways on how to incorporate mind and spirit components that can address the true source of their health issues.

Visit: GoingBeyondNutrition.com

Reprinted from: <https://goingbeyondnutrition.com/healing-through-awareness-where-to-begin/>



AKASHIC FIELD THERAPYSM-AN INTEGRAL METHOD OR SOUL CLEARING

by CJ Martes

The Akashic Field is the energy storage hologram for our soul as it acquires human experiences. Every thought, word, deed and action is recorded or imprinted on this energy field. The Akashic Field is very similar to an invisible super computer holding vast amounts of information about YOU. This field is continuously written and rewritten every day. As a soul is trying to acquire various learning experiences, those situations and experiences are imprinted to it for access later by an individual's subconscious.

This is not a new concept throughout history. Many ancient cultures have reported the existence of the Akashic Records or "Book of Life". Akasha is a Sanskrit word meaning "sky", "space" or "aether". The Akashic Records are therefore said to be a collection of wisdom that is stored in the aether. The Akashic Records are said to have existed since the beginning of the planet. Just as we have various specialty libraries (e.g.,



medical, law), there are said to exist various Akashic Records (e.g., human, animal, plant, mineral, etc). Most writings refer to the Akashic Records in the area of human experience. Quantum scientists are now recognizing that the Akasha as recorded by the ancients is really an energy field that connects all living things.

Akashic Field Therapy or AFT is an integral method of soul clearing that accesses specific information from an individual's Akashic Field. AFT brings conscious awareness the patterns that are blocking a person's full expression of their authentic spiritual self.

The practitioner identifies through the AFT process any negative programs and patterns that are subconsciously affecting an individual and blocking their growth.

The area of our consciousness that directly accesses the Akashic Field is the subconscious mind. Through the powerful techniques an AFT practitioner uses, the negative patterns are not only identified but removed from the Akashic field. This process liberates a tremendous amount of energy that was being used previously to store negative patterns. Stored negative patterns contribute to the accumulation of a person's own "baggage" and over time create a "drag factor" making it difficult to initiate new growth.

When we look at our lives, we all have areas of our life that we find frustrating or that are not completely the way we'd like them. In many cases we want to make a change but cannot figure out why we repeat behaviors over and over again, even when we consciously want them to stop.

AFT addresses these real life issues by providing an effective method of identifying a person's negative patterns that are stored and then liberating them. Through this technique of identification, the real issues are brought out into the open so a person can be consciously aware of what they have been

carrying. By knowing what the issues really are and freeing the energy stored in the Akashic Field, a person can then move more easily into patterns of growth and change. Clearing these identified patterns through a directed energy technique and clearing request can help introduce a better quality of life for the person receiving therapy.

The Many Benefits of AFT

Accessing information stored in the Akashic Field helps us bring our limiting programs and patterns to a greater awareness in our life now. By accessing this stored information, we can release anything that we have created that has become a block to our present growth into a unified self realization of our oneness with God/Spirit/Source.

Working with AFT as a personal growth and development tool, we gain a greater understanding of our addictive patterns, why we choose the relationships we do, what our habitual responses are and reveals the learning experiences or the reasons why we have chosen and created certain life experiences. This greater self awareness effectively promotes greater initiation of self growth and positive action in our lives.

Through the course of working with this technique - clients have reported the following benefits:

- increased level of consciousness
- increased awareness of self, by bringing to awareness subconscious patterns that hold you back
- increased and clearer spiritual energy by releasing negative patterns
- elimination of the “drag factor” (those experiences and traumas that “hold you back” or keep you stuck in one place in your growth opportunity)
- allow greater opportunities for growth and personal transformation
- better ability to cope with life situations by having a clearer

insight about what is happening

- better, more positive perception of self, others and life situations
- better quality of life with less fear of situational outcomes
- decreased anxiety, depression and hopelessness about life due to a lack of self-awareness
- overall increase in happiness, feelings of well-being reflected on those around you
- increased sense of oneness with the collective or global community
- increased sense of responsibility to assist in creating a better world

Healing the energy of the Akashic Field allows us the freedom to choose Grace in all things; therefore, overriding any illusion we have created that causes us to believe we are separate from God/Spirit/Source.

*A powerful spiritual teacher, medical intuitive, life coach and innovative thinker, CJ Martes is known internationally for her ability to help people achieve more and get greater joy in their life. As the founder of Akashic Field Therapy™ (AFT), she unites penetrating scientific insight and ancient knowledge to help individuals resolve traumas. She has spent the past 25 years touching the lives of thousands of people in over 50 different countries. Visit her website: **www.cjmartes.com***

Live quietly in the moment and see
the beauty of all before you. The
future will take care of itself.

~ Yogananda



5 THINGS YOUR CELLS KNOW ABOUT THRIVING PHYSICALLY AND SPIRITUALLY

by Sondra Barrett, PhD

When we tend to think about our cells, if we think about them at all, we may see them as invisible hidden parts of us. Yet consider that the trillions of cells that make up your body, that are you, in fact, at the physical level, know a lot about survival.

I have been studying human cells for decades, as a medical scientist, cancer researcher and teaching about the bridge between science and spirit, with our cells as the guide. My book *Secrets of Your Cells: Discovering Your Body's Inner Intelligence* (Sounds True) expands on these ideas. My journey through a life-threatening illness, severe back pain, a stroke and liver cancer scare added to my experience in making the information real and practical. So I invite you to explore, and even experience, a few secrets your cells know about healing.

Create Sanctuary

In the beginning of life, molecules had to come together to create a place in which life could begin. Without molecules merging, there would be no life. Same, too, for us. Our cells come together, merge to create each of us. And we, as physically realized humans typically come together and create communities - families, friends, churches, temples. Each can be a sanctuary, a safe place that holds a bit of the sacredness of our lives. Take some time to consider how you create sanctuary, for belonging and sharing the highs and lows, the gifts of life. What your molecules do, to nurture that sacred spark of life, we also do. Know that you are a sanctuary of trillions of cells. Create an altar or place in your heart as a reminder.

Build Community

No cell survives alone. In the developing brain, neurons that fail to connect with other neurons die. In the Petri dish, a single cell living alone will program itself to die. We know from scientific research that people who lack social connections fail to thrive and even die younger than their more socially active neighbors. People with few connections get colds more frequently. When 2 or more are gathered together, our cells and we thrive.

Recognize the important connections in your life. What is the most meaningful community to which you belong? Name two friends you can call upon when you are feeling lonely. Share yourself today; invite someone for a walk or dinner. Who do you need to let know you love them?

Recycle Energy

Every day your cells use about 3 pounds of molecular energy. Where does all that come from? Cells have developed ways to recycle their spent energy provided they have a bit of food, nutrients, and oxygen and that you are not all stressed out. You can help them by cultivating practices that allow you to relax and breathe deeply. When you are tense and stressed, your cells become very inefficient in producing energy, they will make ten times less energy than cells that are more at ease. Each time you take a brisk walk or sit and meditate, pray, you support your cells in regenerating their energy stores by releasing tension and breathing in delicious oxygen.

When energy is depleted, cells can't repair themselves, protect you from danger, or support a healthy attitude. Breathe deeply and your cells will reward you. Breathe in nature and all will be rewarded.

Remember Gratitude

Our cells learn together and create tracks of information between many regions of your brain and body. The senses help

them anchor and strengthen an experience, be it positive or negative. The more times we remember a positive experience, like gratitude, the more cells are encoding the memory.

Recall a time you felt deeply grateful; remember the smells, sights, touch, sounds, and maybe even taste associated with that experience. Every time you embody gratitude with your senses, even if it seems like its 'only' in your mind, you're helping your cells remember. They create an ever-ready state of gratitude for you to hold sacred. Use your senses to help your cells and you learn new habits.

Speak the Truth

Our cells can respond only to what you think is the truth. When you pretend to be truthful and know that you are holding back the real truth, your cells respond with stress. They know you are holding back or thinking a lie.

While training people who conducted lie detector tests about the physiology, University of Texas professor James Pennebaker was asked why a criminal responded with relaxation after confessing to the crime. Going back to his college students, he wanted to find out. So he had two groups—one which wrote about what they did that day while the other group wrote their thoughts and feelings about something they'd never told someone, a secret, a lie, a shame. Each group did this exercise for 15 minutes for 4 days. Those who had confessed in writing, in the long run, had fewer health problems and less stress. No one else had to even see what he or she wrote for the benefits. The simple act of disclosing the story helped them let go of the stressful hiding. Pennebaker's interpretation: with confession we are letting go of the held-in secret; the hiding the lie or secret is stressful. Our cells know the truth and hold you to it.

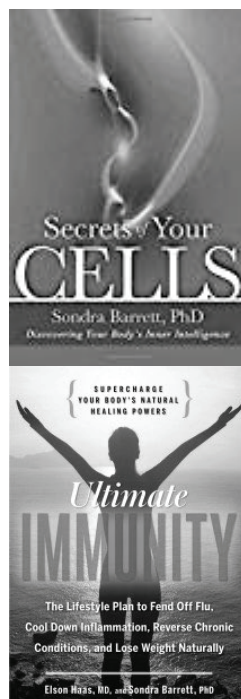
Taking this simple strategy to people with chronic diseases asthma or rheumatoid arthritis, those who wrote about what

was secretly the most stressful to them improved their lung function or lessened their joint pain. These health benefits for this 4 day exercise (total time about 1 hour) lasted 6 months.

We are blessed with these trillions of wisdom keepers who keep us alive and the more we learn from them, the more we may fall in love with our self and be grateful for the gifts of life.

To explore more, a 6-session online course Secrets of Your Cells is available at my Cell Wisdom School and you can connect with me on my website or Facebook page.

Sondra Barrett, PhD biochemist, author, photographer and educator who combines science and spirituality to aid us in being healthy mentally, physically and spiritually. She is a student of qigong, shamanism and expressive arts. She offers presentation, online courses, mentoring for health professionals, and individual coaching. Visit her website: <http://sondrabarrett.com>



When we breathe deep cells drink in oxygen
When we tighten up, they contract
When we lighten up, our cells rejuvenate
When we sing, our cells vibrate
When we dance, they rejoice
When we laugh, they stretch
When we think, trillions of receptors listen
When we listen, cells speak their wisdom
When we move to the rhythm of waves, they resonate
When we open our hearts, our cells bathe in love
from "Secrets of Cells" by Sondra Barrett



THOUGHT FORMS

by *Marge Hefty*

When I am dowsing, I concentrate on a picture in my mind's eye of what I am looking for (a pair of car keys or an underground stream of potable water, etc.). So, where is your "mental screen" or mind's eye? Just close your eyes, and recall someone in your family, or a friend. You are using your mental screen. Mine seems to be just above my nose and in front of my eyes. Others have said theirs is just inside their forehead.

When we picture an idea or dream, this is called a "thought form". We all do this whether we realize it or not — like building something with our hands, or gardening. Planning a meal or our day's work are other examples.

It has been calculated that each one of us have over 60,000 thoughts per day. And it only takes one-seventh of a second for a thought we have to travel around the world and back to us — WOW!! During that short space of time, look at all it passes thru: billion and billions of other thought forms. If we are lucky, there are a lot of loving thoughts out there, but the opposite is truer.

Examine your own thoughts — to "test the waters" — and you will find that the voice in your head is talking about negative things more than putting out loving vibrations. No wonder, when we worry about an event that may or may not happen, that our fears keep multiplying until we have a full-blown panic attack. The thoughts keep picking up more negativity and our imagination takes over and runs wild. It is an undeniable fact that a person who sits home and fears being robbed day after day will draw a burglar walking down the street to their door. So, we need to learn to sing and dance while doing routine duties. When we do our grocery shopping, go ahead and bless the cereal boxes as we pass by! It certainly won't hurt anyone and you will be pleasantly surprised at the effect on your own personal outlook.

Marge Hefty has studied and used dowsing for over 40 years. A founder and past president of the Tucson dowsing chapter, she has presented workshops on dowsing across the US and in Israel. [Previously published in the ORI Journal Volume 11, No 2.]



HOW MEDITATION & MIND/BODY PRACTICES HELP MANAGE CHRONIC ILLNESS

by Linda Hall

Most of us reach for a pill, take a vitamin supplement or visit the doctor for a prescription if we get a headache, catch a common cold or contract an infection. But what happens if there isn't a quick fix? What do you do if you find yourself with a chronic illness like Chronic Fatigue Syndrome/M.E., or Fibromyalgia, where there isn't a straightforward remedy or diagnosis?

After you've seen specialists, embarked on recommended protocols and cleared your work schedule, remember, there are some important things you can do to make your situation more manageable and support your long term recovery.

Stress Makes Everything Worse

Perhaps the first and most important thing to recognize is that stress makes everything worse. It not only exacerbates symptoms and hinders recovery, but undermines the emotional and mental resilience needed to cope with a debilitating condition. Crucially, it makes it harder to maintain the all important belief that things will change for the better.

Chronic illness presents stress on a round-the-clock basis. There's the emotional and psychological stress caused by being ill in the first place and the physiological stress illness loads on the body. Then there's the everyday stress of anxiety and 'negative thinking' patterns, along with environmental, relationship and personal circumstance stressors. There's the sense of isolation that can come from your mobility being limited, especially if you've become housebound, and the loneliness and frustration caused by those closest to you simply not understanding what you are going through. On top of

everything, the change chronic illness wreaks across every area of your life imposes yet more stress.

Compromising The Nervous System

Conditions like Chronic Fatigue/M.E. and Fibromyalgia compromise the body's Nervous System, leaving it highly susceptible to any form of stress. Everyday stimuli such as light, noise, interaction with other people and even thinking can lead to overwhelm and exhaustion. The bottom line is that no matter how much money you spend on specialists, supplements and treatments, unless the stress load on the body is managed, recovery will be an uphill battle. I, myself was ill with Chronic Fatigue/M.E. for almost a decade and it wasn't until I approached my condition from a more integral perspective that I began to improve. This included learning ways to manage stress better so my body could get on with the business of repairing itself, and making some fundamental changes about how I chose to live my life. A combination of specialist nutrition programs, psychology processes and daily meditation and mind/body practices led to my eventual recovery.

For the past eight years I've been working with patients at a leading UK clinic that specializes in Chronic Fatigue/M.E., Fibromyalgia and related conditions. I teach them how to manage their symptoms and support their own recovery process through meditation and mind/body awareness practices. The results have been overwhelmingly positive, showing improvements in general outlook, symptom management and well-being. Patients notice they generally feel calmer, less tired, wired and anxious and find it possible to take a step back from things. By learning to monitor their state through mindfulness they can turn off 'worry brain', let go of negative thinking patterns and go more at their own pace. Headaches may reduce in frequency and sleep patterns improve. In time, many find they experience less sensory

overwhelm and that their energy level and zest for life increases. Patients report feeling more positive about life and optimistic about their recovery. Most are able to develop deeper self-compassion and self-wisdom, learning to listen to their body's needs and do things on their own terms and trust that recovery will come in its own time.

A Holistic Approach

The beauty of using meditation and mind/body awareness practice with chronic illness is that it offers a holistic approach to health and well-being. It supports the whole person rather than just target the symptoms. Scientific research in the field of Psycho-Neuro-Immunology shows a direct link between immune function and psychological processes. Chronic stress suppresses the immune system and generally makes life miserable. Relaxation and well-being, on the other hand, puts the body in its optimum state for healing as the primary role of the relaxation response in the autonomic nervous system is to restore the body to equilibrium so it can replenish and renew itself. When stress triggers the body's 'fight or flight' mechanisms this natural healing state is blocked. Stress management, therefore, plays a vital role in the recovery process, yet is sometimes undervalued or even overlooked.

Working On Several Levels At Once

Meditation offers a broad range of tried and tested techniques for managing stress. Its rich blend of practice and philosophy act as powerful antidotes to the psychological and physiological stress of chronic illness. As well as calming the mind and body, it provides a non-invasive means of working with unhelpful thinking and behavior patterns and nurtures healthier levels of self-belief and self-esteem. All of this supports the body's natural healing processes. The healing that meditation facilitates goes even deeper. It can gently address unresolved issues of grief or trauma and lighten the load these impose on the body, helping to dissolve the blocks they present in the

recovery process.

The true gift of meditation and mind/body awareness is that it operates on several levels at once, bringing about positive shifts in physical, mental, emotional and spiritual states. At the same time as easing symptoms of anxiety and physical discomfort, it provides a gentle means for self-development.

These naturally therapeutic practices help to restore a sense of autonomy that is often lost during chronic illness. Learning to self-moderate symptoms, moods and mental and physical states through simple daily practice enables a person to regain a sense of control when everything has felt out of their control. To engage with the process of self-development is empowering, especially when the physical process of recovery is slow. And, because these practices involve the mind and the body working together, they create new neural pathways for desired physical and emotional states, and are capable of retraining thinking and behavior patterns. Some people may notice, for instance, that their body has learned to relax for the first time in many years. Others notice they are able to reassure and comfort themselves rather than feel a victim of their condition.

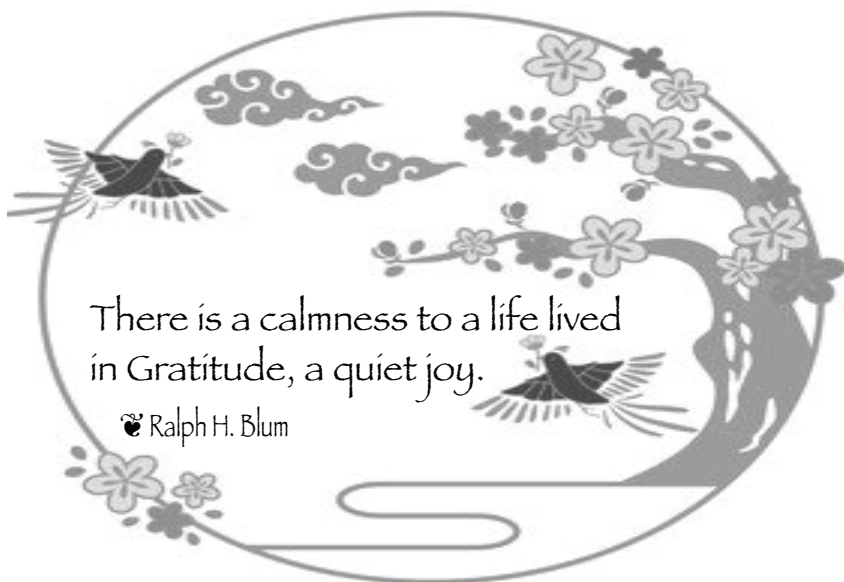
Incorporating Practices Into Everyday Life

My approach to working with chronic illness is to show how meditation and simple mind/body awareness practices can be used spontaneously in everyday living for a few minutes at a time throughout the day, not just in longer, ‘planned’ sessions. This brings the relevance of these practices alive and spreads their benefits, helping to sustain a more general sense of equilibrium. In time the skills can become second nature.

Just as a combination of specialist treatments and approaches can offer the most comprehensive support for chronic illness and is more likely to take the individual into account, the same is true of meditation. In my experience, there’s no single approach that covers everything. As a

meditation teacher and personal development coach, I draw from an eclectic mix of meditative traditions, including mindfulness, grounding, positive thinking, visualization, gratitude and compassion, alongside mind-body awareness. I find they all work well together, complement each other and often overlap. I've developed a twelve week program, Conscious Process to provide support for people with chronic illness through gentle coaching, guided meditation and daily awareness practice. It aims to give people the understanding and tools to manage their symptoms more effectively on a day-to-day basis and underpin their long term recovery process.

Originally an artist and craftsman, Linda Hall's experience spans over twenty years in the complementary healthcare field: including bodywork, counseling, subtle energy healing, clinical hypnotherapy, coaching, N.L.P (Neuro-Linguistic Programming) and E.F.T. (Emotional Freedom Technique). She is founder of Resourcefulness Meditation, a soft sensory-based form of meditation she developed during her recovery from a long and challenging chronic illness. Visit her website at: www.LindaHallMeditation.com





SCIENCE, SPIRITUALITY AND QI HEALING AT A DISTANCE

**by Brother/Doctor Bernard Seif, SMC,
Edd, DNM**

The Buddha tells us that there is no self, only the Void. My self, however, often speaks louder than the Buddha. This is due to my training, but fortunately I always knew that there was something more—even when I had almost forgotten.

When someone mentions an unusual medical or psychological treatment and / or healing experience, my mind immediately craves hard data—good data—drawn from double-blinded, well-controlled studies on a large representative sample. This attitude is the result of the blood, sweat, and tears that fashioned me into a clinical psychologist. About half of my graduate work was in the area of research design, statistics, and data analysis. The dissertation requirements at Lehigh University (largely an engineering school associated with the once flourishing Bethlehem Steel Corporation) mandate the doctoral candidate to design and carry out an extensive empirical experiment. Mine was in the area of religious values, racial prejudice, and their impacts upon the psychotherapeutic process (Seif, 1981b). I thought that I would never want to hear about that topic again but the research I did has served me well over my years of clinical practice.

After my psychology education I was fortunate enough to receive additional training in naturopathic medicine, specialize in Chinese medicine, and become a Doctor of Naturopathic Medicine in addition to being a Clinical Psychologist. Once again, my well-programmed mind gravitated toward solid research studies within the natural medicine and Chinese medicine literature. This has made me very selective in terms of the nutraceuticals and herbal medicines I recommend or

keep in stock in my office pharmacy for patients. Since there are so many products on the market, infomercials, and general hype about natural cures, I will always be grateful for my scientific and selective mind in that regard. My patients take comfort in this as well.

Thus, the scientific method became my greatest strength—and my greatest block to continuing growth and clinical effectiveness. The strength of science obviously lies in its ability to delineate rather clearly the parameters for treatment and diagnosis. The down side of this is that one can begin to disregard completely any treatment that does not have a multitude of studies to support its use.

Sadly, many people who could be helped by Chinese medicine, for example, do not avail themselves of this form of treatment because of a prejudice to that which they do not understand or that which appears unscientific. Perhaps even sadder than that, many highly educated people read and dismiss the scientific literature concerning treatments such as medical qigong and other complimentary and alternative therapies even when the data clearly supports their effectiveness. [Some] scientists can be blind and prejudiced as easily as anyone else, perhaps even more so.

I have been a Catholic Christian monk for all of my adult life and a qigong practitioner for most of my monastic life. The Asian medicine and spirituality aspects of my journey were inspired by people like Thomas Merton (Stone, Hart, Laughlin, & Chakravarty, 1973) and Brother David Steindl-Rast (Aitken & Steindl-Rast, 1996). Merton was a Trappist monk who embodied the values of East and West while remaining true to his original Christian roots. He was accidentally electrocuted in Bangkok after giving a presentation on East-West dialogue. This was the only significant trip he made from his cloistered monastery during his years as a monk. Brother David is a Benedictine monk and viewed by many as a contemporary

Thomas Merton. He spends about half of each year in seclusion and the other half giving workshops and retreats related to East-West dialogue.

Returning to my own experience, underneath my scientific programming something never stopped nagging at me. That something was kept alive by meditation and qigong. Some have tried to quantify qi (Lu, 1997) and I continue to delight in that, but qi is beyond quantification. In meditation and entering into the Void, I discover qi and myself. Meditation also frees me of the rigors of science when that gets in the way. The following case history serves as an example.

One fall day I decided to visit a natural medicine clinic about an hour away from our monastery. While they offer Western allopathic medicine there as well, the focus is largely on natural methods of healing and health maintenance. Fascinating machines from Europe, which emit light, sound, and electrical impulses, fill the treatment rooms. People from all over the world go there in hope of a restoration of health. Many of my patients had referred to the clinic over the years of my practice so I thought it a good idea to see what was going on there.

The clinic director was very welcoming and gave me a tour. After some time chatting, I was left to myself in their large library on the second floor of an old but well-kept building. I purchased a few books written by their founder. The woman who worked in the library helped me with my purchase and then asked me if I had a treatment to suggest for her for her cousin in Chile. I asked what was wrong with him and she told me that he had tumors throughout his body and was just sent home to his wife and children to die. After standard of care treatment there was nothing left to do.

The scientific side of me whispered that, given his history, the cousin would die very shortly. The intuitive side, nurtured by meditation and qigong, whispered even more quietly to me.

I do not hear voices but often receive an inner sense of things and understood that prayer and a liquid herbal formula [was] needed. Science almost drowned out intuition and I was also afraid of giving the lovely

woman with whom I was speaking any false hope. I have long since learned to trust my intuition and risk what others might think of me. I told her about the need for prayer and explained that [the herbal remedy] was made from Japanese mushrooms and that the purpose of this oral treatment was for anti-angiogenesis—the elimination of blood vessels to the tumors. The woman thanked me in flawless English with a hint of Spanish in her accent.

Upon leaving the clinic, and for days thereafter, the scientific side of me said that the man was dead. The spiritual side of me lived on in hope. I have treated numerous cancer patients, many do very well, and some others do not. This case was different. The call to prayer was different—stronger and more Eastern. I did three brief sessions of distant qi transmission (Kit, 1993) as my prayer form, again, something I have done in the past.

One explanation of the process of transmitting qi at a distance follows and I ask the reader's pardon for the non-inclusive language in which this quotation is written.

“As chi is a universal medium that connects all things, a Chi Kung master can use it to transmit this Chi-impulses to another person a great distance away”

“As to how we transmit chi impulses along the medium, the chi that a master transmits to a distant recipient is different from the chi he transmits to someone in front of him. When the recipient is in front of him, the chi transmitted is physical: it comes from the master's chi and travels through his palms, fingers or any part of his body directly into the recipient...”

“If the recipient is very far away, it is not feasible to send physical chi directly. The master has to transform his chi into shen or mind-power, then transmit this shen to the distant recipient....

“Mind-power is transmitted into the form of impulses. The master's impulses strike one end of the chi-medium, and are transmitted by the medium to the other end. When the impulses reach the recipient at the

other end, he receives the impulses as chi. But this chi is not the same as the chi that comes physically from the master, although it is similar—in the same way that the voice you hear over the telephone is not actually the caller’s voice, although they are similar.”

“Hence, distant chi transmission requires the attainment of two higher levels of Chi Kung training: transforming chi into shen and merging the mind with the cosmos.” (Kit, pp. 127-129).

Winter passed and Spring began. I did not think much more about the man in Chile. Then one day I received a call from his cousin who worked at the clinic. She told me that she was sorry that she had not been in touch sooner due to the harsh and busy winter. She wanted me to know that she had indeed sent her cousin [the herbal remedy] and prayed for him and that he was completely well. His tumors stopped growing, he was back with his wife and children, and was also back to work.

The clinic worker and her husband came to visit, brought me flowers and a card, and took my picture to send to Chile. My distant healing patient could not speak English, nor I Spanish, but qi was a universal healing language we shared between us.

I continue to wonder about the outcome of that case if I had let the scientific method confine me, rather than help me. I delight in writing case histories such as this one. There is no control group or statistical analysis, yet a life was transformed. Some may attribute the dramatic recovery of this gentleman to other factors and that does not bother me. What I celebrate is his newly found wholeness, no matter what the source.

Ken Cohen (1997), one of the most lucid and compelling writers in the field of qigong devotes an appendix called “Double-Blind or Double Standard?” in his landmark book on qigong. Here are some excerpts.

“The demand that qigong prove a high degree of efficacy (nearly 100 percent for some critics) in double-blind experiments masks a double standard. Many allopathic interventions have failed to meet these same

rigorous standards. In 1978, the Congressional Office of Technology Assessment found that 80-90 percent of medical interventions practices by physicians are not scientifically proven. In 1991, the editor of the British Medical Journal reached a similar conclusion, observing that “only about 15 percent of medical interventions are supported by solid scientific evidence.... That is because only 1 percent of the articles in medical journals are scientifically sound and partly because many treatments have never been assessed at all....

“Although it may be difficult to apply the double-blind protocol to qigong research, there are nevertheless many aspects of scientific methodology that can and should be applied. It would be wise to consider the advice of Ed Gracely, Ph.D., of the Medical College of Pennsylvania and Hahnemann University School of Medicine, ‘What ‘replicability’ does entail, in my view, is that once the type and magnitude of effect for a treatment have been identified and the major sources of variation determined, it should be possible to design studies with an appropriate sample size and methodology such as to produce relatively consistent results.’” (pp. 344-346)

The longer I study and practice, the less I know. I have loved the concept of shen for all the years of my qigong practice and study. Anytime the idea of shen is mentioned in something I am reading or at a lecture my ears perk up. I have no scientific way to verify that I somehow transmuted qi into shen and sent it to the patient I had never even met. I do not know if I somehow entered the Void of the Buddha. Other than the research on [the herbal remedy], I have no idea as its effectiveness in this particular case. This I do know. A man has been reunited with his family.

Finally, I recommend this to all medical practitioners of both East and West and every specialty. Avail yourselves of the fruits of the scientific method but do not let that stop you from taking a risk and listening to your intuition. This, to my mind, is the stuff of qigong healers from thousands of years ago down to the present day. What an honor to be part of such a lineage and a bridge between East and West.

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Brother / Doctor Bernard Seif, SMC, EdD, DNM is a Christian monk in the Roman Catholic and Salesian traditions and Clinical Psychologist, Board Certified in Behavioral Medicine. He is also a Doctor of Natural Medicine specializing in Chinese Medicine with sub-specialties in Medical Qigong and Chinese medicinal herbs. Brother Bernard is certified as a Senior Clinical Qigong Practitioner and a Senior Qigong Teacher by the National Qigong Association and is a Lifetime Professional member of that organization, past Ethics Chair, has served on the NQA Board of Directors, and is a member of the World Academic Society of Medical Qigong. Brother Bernard is a Life Member of the American Psychological Association and the American Society of Clinical Hypnosis through which he is an Approved Consultant and certified in clinical hypnosis. He enjoys writing monastic mystery books, has studied in both the United States and Asia, and gives workshops and retreats in the United States and abroad. Visit his website at: <http://www.gentlestrength.org>



8 KEY LESSONS FOR LIVING A SIMPLE LIFE

by Leo Babauta

For the last dozen years, I've been living a (relatively) simple life. At times, the complexity of my life grows, and I renew my commitment to living simply.

Living a simple life is about paring back, so that you have space to breath. It's about doing with less, because you realize that having more and doing more doesn't lead to happiness. It's about finding joys in the simple things, and being content with solitude, quiet, contemplation and savoring the moment.

I've learned some key lessons for living a simple life, and I thought I'd share a few with you.

1. **We create our own struggles.** All the stress, all the frustrations and disappointments, all the busyness and rushing... we create these with attachments in our heads. By letting go, we can relax and live more simply.
2. **Become mindful of attachments that lead to clutter and complexity.** For example, if you are attached to sentimental items, you won't be able to let go of clutter. If you are attached to living a certain way, you will not be able to let go of a lot of stuff. If you are attached to doing a lot of activities and messaging everyone, your life will be complex.
3. **Distraction, busyness and constant switching are mental habits.** We don't need any of these habits, but they build up over the years because they comfort us. We can live more simply by letting go of these mental habits. What would life be like without constant switching, distraction and busyness?

4. **Single-task by putting your life in full-screen mode.** Imagine that everything you do — a work task, answering an email or message, washing a dish, reading an article — goes into full-screen mode, so that you don't do or look at anything else. You just inhabit that task fully, and are fully present as you do it. What would your life be like? In my experience, it's much less stressful when you work and live this way. Things get your full attention, and you do them much better. And you can even savor them.
5. **Create space between things.** Add padding to everything. Do half of what you imagine you can do. We tend to cram as much as possible into our days. And this becomes stressful, because we always underestimate how long things will take, and we forget about maintenance tasks like putting on clothes and brushing teeth and preparing meals. We never feel like we have enough time because we try to do too much. But what would it be like if we did less? What would it be like if we padded how long things took, so that we have the space to actually do them well, with full attention? What would it be like if we took a few minutes' pause between tasks, to savor the accomplishment of the last task, to savor the space between things, to savor being alive?
6. **Find joy in a few simple things.** For me, those include writing, reading/learning, walking and doing other active things, eating simple food, meditating, spending quality time with people I care about. Most of that doesn't cost anything or require any possessions (especially if you use the library for books!). I'm not saying I have zero possessions, nor that I only do these few things. But to the extent that I remember the simple things I love doing, my life suddenly becomes simpler. When I remember, I can let go of everything else my mind has fixated on, and just find the simple joy of doing simple activities.

7. **Get clear about what you want, and say no to more things.** We are rarely very clear on what we want. When we see someone post a photo of something cool, we might all of a sudden get fixed on doing that too, and suddenly the course of our lives veer off in a new direction. Same thing if we read about something cool, or watch a video of a new destination or hobby. When someone invites us to something cool, we instantly want to say yes, because our minds love saying yes to everything, to all the shiny new toys. What if we became crystal clear on what we wanted in life? If we knew what we wanted to create, how we wanted to live... we could say yes to these things, and no to everything else. Saying no to more things would simplify our lives.
8. **Practice doing nothing, exquisitely.** How often do we actually do nothing? OK, technically we're always "doing something," but you know what I mean — just sit there and do nothing. No need to plan, no need to read, no need to watch something, no need to do a chore or eat while you do nothing. Just don't do anything. Don't accomplish anything, don't take care of anything. What happens is you will start to notice your brain's habit of wanting to get something done — it will almost itch to do something. This exposes our mental habits, which is a good thing. However, keep doing nothing. Just sit for awhile, resisting the urge to do something. After some practice, you can get good at doing nothing. And this leads to the mental habit of contentment, gratitude without complaining.

Of course, these are not the only lessons you'll need for living a simple life. But the best ones are the ones you discover yourself. Try these and see what happens — I think you'll find out something beautiful about yourself, and about life.

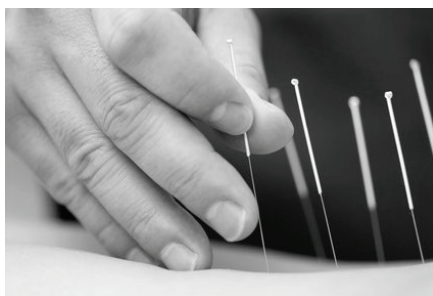
The best kind of simplicity is that which exposes the raw beauty, joy and heartbreak of life as it is.

MY EXPERIENCE WITH ACUPUNCTURE

Lori Homstad, B.S. C.M.T

Acupuncture is an age-old healing practice of traditional Chinese medicine used to relieve pain and other conditions. Acupuncture releases the flow of the body's vital energy or "chi" by stimulating points along 14 energy pathways. The needles cause the body to release endorphins -- natural painkillers -- boost blood flow and change brain activity. Some say they feel energized or relaxed after the treatment.

Acupuncture and firm pressure at the pericardium (P6) acupuncture point on the wrist can reduce the symptoms of nausea and vomiting, even after the intake of major cancer drug treatments. One of my favorite uses of Acupuncture



is for fertility treatment. One of my massage clients had difficulty getting pregnant so I told her to avoid caffeine and alcohol and gave her acupressure treatments using all the fertility points. It worked by the way! Thanks to the help of well known celebrities for giving credit to acupuncture -- used along with infertility treatments -- to help them get pregnant, it is more popular. My best friend also used acupuncture and a natural diet with yoga to conceive.

In the State of Arkansas, graduation from a four-year academic program in acupuncture and Oriental medicine is available or there are programs that meets the ACAOM standards. I have never had luck with local Chiropractors providing treatments and enjoy those with a D.O.M. who focus solely on Acupuncture treatments for the best results.

I have used Acupuncture since I trained at Pacific College of Oriental Medicine in San Diego, where I lived for 20 years. I didn't complete my studies to be an Acupuncturist and got my Massage Therapy Certificate instead. My most favorite success story using acupuncture was my first time. I was a student

and we had to get a treatment at the school clinic. I had difficulty thinking of an ailment, as I was healthy, and the one thing that was a bothersome female issue, I decided to write down on my intake sheet.

I must have turned a few shades of red when much to my surprise the Doctor of Oriental Medicine (D.O.M.) who called my name and said he would be treating me, was so handsome and blond and a young man. I was so embarrassed! I followed him into the doctor office and he very professionally went over the intake questionnaire. He then told me this was a very common symptom that is easily treated with the needles and herbal medicine. He checked my pulse, and examined my tongue. He asked about my diet and well being. The 20 minute acupuncture treatment with me fully clothed was over before I knew it and was not painful at all. There was a brief sensation of an electrical shock with each needle that was inserted on the lobe of my ears. There was soft music playing and heat lamps on to make me relaxed. He wrote out a prescription and because I was a student, there was no charge.

Finding the “pharmacy” was another adventure. Looking back on the location and type of store I went to for the Oriental Medicine was a bit like walking down Diagon Alley in the Harry Potter world. It was like I was looking for a healer at St. Mungo’s Hospital for Magical Maladies and Injuries. If you ever get a chance to visit a Oriental Medicine Store, I strongly recommend it just for the smells you will encounter. The aromas of the liniments remind me of my Grandpa’s Shed. If you ever have a sore muscle or stuffy nose, you must try Woodlock Oil or Tiger liniment which provides penetrating pain relief. Also White Flower Embrocation Medicated Oil (Hoe Hin Pak Fah Yeow) 20ml eases travel and motion sickness, alleviates itching from insect and mosquito bites, and provides relief from the stuffed-up feeling.

So when I looked over at the medicine that was provided to me, it was quite unusual to have to take eight of these tiny round, black pills three times a day. After a couple of days, I was absolutely amazed to discover there was no longer an issue at all. In fact it was quite the opposite. I was absolutely amazed and stunned and hooked on acupuncture, from then on.

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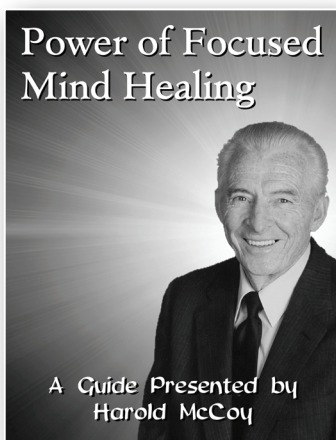
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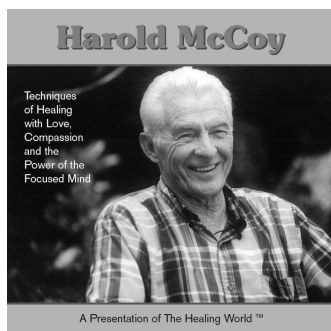
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