

# ☞ Gnosis ☞

Quarterly Newsletter of the Bioenergy Balancing Center East Bay

## Being Grateful

### The Power of Grace

The words grateful and grace derive from the same Latin root, *gratus* meaning *pleasing, agreeable*. By expressing gratitude we invoke a state of grace. Gratitude and grace are interrelated, one begetting the other – action and outcome.

Those of simple means are often most willing to express gratitude for the bounty in their lives, and truly experience their life as abundant. At the same time, many in affluent society covet the next material item to bring them fulfillment, and yet fulfillment eludes them. Why is this?

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<http://www.jpc-artworks.com/>

Rainbow Isis (above), Tiamat (opposite) by Joanna Powell Colbert

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### Goddess Anyone?

Doth she awaken? Sure seems so to me. I've been tuning into the energy of the Goddess for a number of years, thanks to my friend Lynne - the Goddess incarnate. Now Goddess energy is surfacing more frequently, in art, in reverence for the Earth and in the size and shape of women's bodies!

Since the Venus/Sun transit (June 8) I feel the Goddess sitting on my chest, saying, "Sarah, you are listening aren't you, dear?" "Yes, Ma'am!" and why wouldn't we?

The Goddess as an energy moves beyond male/female, beyond polarities of thought/feeling, action and receptivity. The Goddess shines as the embodiment of balance, unity, integration, LOVE. Sacred power, regard for life, Spirit, consciousness – this is the energy of Goddess.

Many clients are remembering past times of the Goddess (some dating back 10,000 years). Many are surfacing major past life issues of terror and betrayal, having played a pivotal role in those times. Having witnessed the destruction of matriarchal culture, there is often fear of having power, standing out, and/or outdated beliefs of having been "betrayed by the Goddess".

All this clearing is a signal of her return, and is indeed creating space for just that. I have a feeling this time it will be a broader embodiment of love, knowing, unity, All. We have grown – now ready to birth true heart-based consciousness. Giddiupp, Girlfriend!!

*Love and blessings, Sarah*  
(Director, Bioenergy Balancing  
Center East Bay)



### ☉ ☾ About our Name...

Word: **gno-sis**

Pronunciation: 'nO-sis

Function: *noun*

Etymology: Greek *gnOsis*, knowledge, from *gignOskein* : esoteric, inner knowing of spiritual truth. An individual's wisdom and awareness - held by the ancients to be essential to the experience of personal freedom, peace and sovereignty (Gnostics)

## ***Being Grateful***

***The Power of Grace***

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The difference is not a matter of piety, purity, homes or belongings. It is that the simple act of gratitude induces a state of grace, fundamentally connecting us to Source level energy. Soul-level satisfaction stems from recognition and remembrance of this wellspring. Within and without, Spirit is synonymous with Grace.

When we focus our attention on those things for which we are grateful we honor and reinforce grace itself. Grace expands in our experience and literally alters our energetic vibration. People and events that resonate similarly are attracted, those that don't

either change or move away. Grace (and its close relative ease) are enhanced and broadened in the reality we witness and generate.

If you find yourself in a dour mood where nothing is in flow *and you'd truly like to get out of it*, remember something/anything for which you are grateful. Notice something beautiful or simply utter some form of thanks for even the most minute or mundane aspect of your existence. In doing so you generate a state of grace, align with Source and radiate a frequency for the world to match. 🌸

## **Empowering Work:**



*art by Asandra Lamb*

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### ***"Asandra Lamb: Artist and Trance Channel of your Master Guides and Teachers"***

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**Asandra Lamb** is a full-trance Channel with a focus on being a conduit for the individual's personal Master Spirit Guides and Teachers. The emphasis of her work is on the higher soul-path of the client allowing for teachings and guidance of a profound nature. A channeled session with Asandra supports the individual in connecting with their destiny path and understanding how to walk that path with greater clarity. She has been involved in this work full time for 19 years with clientele throughout the United States and Europe. You can reach Asandra by phone or by email. You can also see more of her artwork by visiting her web site.

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## What We've Discovered...

The Body's Unique View on Issues and Ailments

### Depression and Insomnia

A plague has overtaken America; at least that's what you'd presume based on the common diagnosis of depression. The diagnosis and treatment of depression with pharmaceuticals has soared in past ten years. The National Institute of Mental Health estimates that 18.8 million adults in America suffer from clinical depression.

Antidepressants in many cases are a godsend, allowing people some relief from the devastating symptoms that accompany low levels of serotonin and dopamine, critical neurotransmitters that provide upbeat, alert and focused thinking. If you have errors or low production of serotonin and dopamine, this is considered clinical depression.

As you many know, depression is often accompanied by insomnia. This is because, physiologically the body makes melatonin (which induces sleeping) from serotonin. If you don't have enough serotonin your melatonin will also be negatively impacted.

In Bioenergy Balancing we have consistently seen that low serotonin levels are often generated by a milk allergy. A milk allergy is generally a negative association with milk stemming from a disconnection from or unresolved issues with Mother or motherhood. Toxins can also affect serotonin production or, in fluoride toxicity, can cover up the serotonin's ability to work effectively in the body.

Biochemically, serotonin is made from the amino acid tryptophan. Tryptophan is found in milk (as well as turkey and other foods). If the body will not absorb tryptophan adequately, it will create insufficient amounts of serotonin and melatonin. If a milk allergy is indeed the issue, we clear the incidents, decisions and beliefs that caused the negative association to milk (Mom). By clearing the source of the issue, the body will return to a neutral reaction to milk and tryptophan, allowing the normal production of serotonin and melatonin.

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*“We have consistently seen that low serotonin levels are often generated by a milk allergy... stemming from a disconnection from or unresolved issues with Mother...”*

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### EASY FIXES: LIMITING YOUR EXPOSURE TO XENOESTROGENS

Xenoestrogens are artificial substances that mimic the affect of estrogens in the body. Xenoestrogens are generally derived from plastics or petroleum products. They are far different from phytoestrogens (like soy) which come from plants.

Xenoestrogens are rampant in our plastic based food industry. Given that estrogens generally stimulate proliferation of tissue, you sure don't want toxic xenoestrogens stimulating cell division and growth.

A common source of exposure to xenoestrogens is bottled water in clear plastic bottles. It is best to avoid clear plastic bottles due to the leaching of the plastic into the water that occurs. Even without sunlight or heat this still happens. Common complaints from xenoestrogen exposure are headaches and migraines. Fertility and reproduction can also be impacted.

Quick fix? Get yourself a nice glass bottle and fill it from your clean water source.

Water from translucent plastic containers is less apt to be affected by leaching (though you still need to keep these containers out of the sun and heat). So you can fill your portable glass bottle from your gallon jug of water.

Remember, reverse osmosis water filters are the only ones, to date, that remove fluoride, so either get yourself an R/O system (with a significant amount of waste water, unfortunately) or purchase R/O water in gallon jugs (Arrowhead, Crystal Geysler, etc.) or in larger bottles from machines outside of Whole Foods and other retailers.

Your body will thank you and so will Mother Nature.

## MSG: Obesity and Cognitive Loss

Monosodium glutamate (MSG) is a food additive that was introduced in the United States in the late 1940's. Since that time MSG has become widely used as a flavor enhancer and is found in a majority of processed foods.

Glutamic acid in its naturally occurring state is bound to other amino acids in a long-chain. In this form it is non-toxic to the body. Free glutamic acid (aka MSG), however, is manufactured through a process of microbial or bacterial fermentation wherein bio-engineered bacterial strains excrete the free glutamic acid into the medium in which they grow. The free glutamic acid is then extracted from the medium and crystallized into monosodium salt.

Wouldn't it be nice if MSG just enhanced flavor? Unfortunately, it does far more than that. In the late 1960's, MSG was found to cause brain lesions, neuro/endocrine disorders, retinal degeneration and gross obesity in laboratory mice. In fact, many scientific researchers now use MSG for the express purpose of creating obese lab animals when an obese population is what their research requires!

In humans MSG has been implicated in obesity as well as other physical and psychological disorders ranging from skin rash, asthma and migraines to tachycardia, cognitive loss, hyperactivity, learning disorders, stroke, epilepsy, schizophrenia, anxiety, depression, and degenerative disorders such as ALS, Parkinson's disease, and Alzheimer's disease.

**In the U.S. there are no regulations requiring labeling of MSG in foods.** Consequently, consumers are hard pressed to know how much, or how little, processed free glutamic acid (MSG) a food item contains. Since MSG does not need to be mentioned on labels of products that contain it, sometimes it's mentioned, sometimes it isn't and sometimes it euphemistically referred to as "natural flavorings", "spices", "partially hydrogenated oil", or (literally) twenty other terms.

## ***"MSG can be detoxified with NAC (n-acetyl cysteine)..."***

MSG can be found in commercial foods such as: canned soups, salad dressings, processed meats, frozen entrees, crackers, breads, and very often in "low fat" and "fat free" foods to compensate for flavor lost when fat is reduced or eliminated. It can be found in cosmetics, pharmaceuticals, and dietary supplements. It is found in infant formula. It is found in vaccines and in hospitals where it is served in jello, chicken soup, and even some IV solutions.

I find myself wondering why toxic food additives (MSG, aspartame) and known toxins such as fluoride (a by-product of aluminum manufacturing, originally used as rat poison) and mercury (used in dental fillings and as a preservative in many vaccines for children and adults alike) are even allowed into our water and consumable goods. Where are the FDA, EPA and other "watchdog" agencies?

Unfortunately they are in bed with industry, not only ignoring the scientific research that plainly shows the poisonous nature of these substances, but often providing the very arguments and studies to the public in defense of these toxic substances.

Without sounding conspiratorial, I find it interesting that the first proponents of water fluoridation and introduction of toxins into the food supply were in fact, Hitler and Stalin. They found this to be a compelling wartime strategy (which Hitler used it in the camps). If you can significantly impair the brain function of a given population they will be easily conquered and controlled, lacking the wherewithal to think straight, organize or resist.

I am not a fear monger – that's the last thing I'm about. I do not believe or support the notion that "everything gives you cancer" because it doesn't. I simply know a toxin when I see one. The body does not lie.

So, hallelujah for detoxifiers! MSG and aspartame can be detoxified with NAC (n-acetyl cysteine). Fluoride can be eliminated by DMAE, and there are some excellent homeopathic remedies that detoxify heavy metals. Call if you need more info.

For more information: <http://www.truthinlabeling.org/>; [Excitotoxins: The Taste That Kills, Russell Blaylock, M.D.](#); [In Bad Taste: The MSG Syndrome, George Schwartz, M.D.](#)

***Each issue of Gnosis will include other 'everyday' toxins, their health affects and effective protocols for detoxification.***

## *Depression and Insomnia*

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We then check dopamine. Sometimes dopamine is being produced, but inaccurately. The body cannot regulate inaccurate dopamine because the molecule goes unrecognized by the body. This causes the inaccurate dopamine to be overproduced creating the experience of racing thoughts, anxiety and lack of focus.

Alternately, if the dopamine is being made accurately but in insufficient quantities, lethargy and even physical clumsiness can result, because dopamine is also the neurotransmitter used in the brain's cerebellum to allow fluid movement and coordination.

Again, technically speaking, accurate dopamine can only be produced from the amino acid tyrosine (also needed for proper thyroid function). Tyrosine requires two nutrients: Vitamin B-6 (in its phosphorylated form – pyridoxine-5'-phosphate) and folic acid (in its hydroxylated form, tetrahydrofolate). If either of these elements is being blocked, again due to a negative association, dopamine will not be made properly.

What to do? Clear the negative association. Often B-6 issues have to do with pre-natal incidents of not feeling welcomed, or with something difficult that happened when the client was 6-years old (literally, not wanting to “be six”). Some other negative association with the number six can also be the problem, not wanting to be part of a group or family of six people, for instance.

Folic acid problems often stem from issues of anger at men – Dad, brother, even men in general. Again, we release the incidents and beliefs through the body's meridians and the body will recover its ability to use the folic.

Once the B-6 and folic acid are available, the body can make tyrosine, thereby allowing the production of l-dopa and then dopamine.

With dopamine and serotonin available and accurate, the depression, insomnia and lack of focus generally begin to clear within 7-10 days.

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***“With dopamine and serotonin available and accurate, the depression, insomnia and lack of focus generally begin to clear within 7-10 days.”***

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We never recommend that clients discontinue their medications without working directly with their doctor/psychiatrist. We suggest that they pay close attention to their bodies and moods, if they see significant improvement then consult their doctor about reducing their dosage, if that is their desire.

Some people are really eager to eliminate medications from their life. An important and critical caution: ***Never*** discontinue anti-depressant medications cold turkey or without a physician. Doing so can cause serious relapse of depression, sometimes worse than the original symptoms. This is because your body has come to rely on the drug to up-regulate the neurotransmitters and has minimized its own organic production of them.

Depression, ADHD/hyperactivity, insomnia – they are not a life sentence. Mom and Dad issues can and often do have a long-term impact. In healing residual issues we accelerate our growth and consciousness. It's all part of our ongoing development into the Human/Spirit that we each truly are.

Getting current by releasing the vestiges or old experiences, traumas and outdated beliefs is the job in life. With Bioenergy Balancing we are honored to assist you with tools to process the past so you can be complete – continually becoming more present, free and vital NOW. 

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# Conversations with Spirit

*Soul-level connection and wisdom are always available - all you need do is ask. But ask you must, for Spirit only interacts when invited, otherwise they patiently watch and wait, respecting the bounds of the "free will" zone in which we live. Powerful and expansive questions are most fruitful, such as "why do I exist".*

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**Is self-criticism a product of the ego? This seems to be the deepest wound with always another layer of healing required.**

Yes, the human habit of self-criticism and doubt is notoriously a difficult one. It is an invention of the ego and is one of most powerful ways that the ego maintains a sense of separation from the whole Self. With separation in place, finding and knowing oneself, as one with Source, is difficult, even unlikely, if one cannot escape the bounds of the ego.

Now the ego has gotten some bad press. There is no ill intent in ego, merely limitation. The ego's purpose and construct is survival. Ego made it appearance first in your realm when consciousness chose form as a means of self-expression. Source energy as a platform for unbounded creativity and consciousness constructed a plane of time/space constraints in which to materialize. Within manifest reality distinctions became paramount as another means of creativity, "Well, how about this?" and "What about that?" It was all a great game of invention – and, in fact, still is. The boundless creativity generated distinction upon distinction. Individuality and succinct human entities were part of that development.

As individual representations of the species "human being" formed, so formed the ego. The ego principle was put in place as a way to maintain the distinction. No clumping allowed. Groups and cultures would have to develop by working around the ego, appeasing it, showing each individual ego the worth of group involvement. As stated, the ego's first priority is survival. If group life or cooperation amongst individuals enhanced survival, well the ego was pleased. If not, the ego competed for survival and will do so with little provocation – as you witness all too frequently on the Earth plane.

With the evolution of human consciousness that is taking shape right now, individuals, such as yourself, are struggling with the premise and reality of the ego construct. Having remembered the wonder and grace available by knowing oneself as an integral facet of God/Goddess/All That Is,



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the ego and its commitment to "a separate reality" feels in opposition to the loving wholeness of Self/Source.

What to do? Just exactly what you are doing. Heal it, heal it more, heal it further, continue to allow the concept of self as distinction to rise up and be healed. What you now know is that this is a false reality, interesting and creative as an original proposition and experiment in creation creating, but now a little out of bounds.

Thankfully conditions and cycles are completing which allow this process to come into better balance, by the spiritual evolution of humanity.

The self criticism and self doubt are falling away as the ego distinction, separation, polarity and fear based reality (a direct manifestation of identity as ego) of 3<sup>rd</sup> dimensional living shifts to soul based awareness and *creation from that perspective*. You, my friend are just beginning to behold the wonder, miracles and love that become manifest when the soul level knowing of self is again recalled.

Continue to recall, re-envision and remember the love we in Spirit and your Source hold for you. This love is unconditional, without expectation of performance/merit/deserving; only loving you as you for you. You are consciousness transforming daily, interdimensionally. Our preference is that you live in knowledge of yourself as Human/Spirit and in joy. But even that, dear one, is not required. Source loves you absolutely no matter what. And we as aspects of Source provide encouragement and love as you fulfill your dream – to manifest Heaven on Earth.

*- Blessings and love, Astará*

7/1/04



## UPCOMING EVENTS

<b>August 10</b> Tuesday, 7:30 – 9:30 p.m.	<b>Bioenergy Balancing:</b> Introduction and Demonstrations	<b>Mandana                  Community                  Recovery Center</b> 3989 Howe @ 40th in Oakland
<b>Autumn                  Workshop</b> Saturday, Oct. 16 10 am – 4 pm	<b>How to Clear Energy:</b> Using the Pendulum and Working with the Body	<b>Space is limited.</b> Please call early to reserve your place. <b>(510) 231-2425</b>
<b>Seeing Beyond</b> w/Bonnie Coleen Sept. 7, Oct. 12 and Nov. 9 at 8-9 a.m.	<b>Discussion of                  Bioenergy Balancing</b> and on-air clearings	<b>Radio Station                  KEST- AM 1450</b>

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For detailed information on Bioenergy Balancing please visit our website at [www.biointegration.com](http://www.biointegration.com)