

☯ Gnosis ☯

Quarterly Newsletter of the Bioenergy Balancing Center East Bay

The World Is Your Oyster Quantum Theory Pure and Simple

You may have seen the recent movie “What the Bleep Do We Know”. If not, it’s a new independent film about reality as explained and examined through quantum theory, molecular biology and philosophy. Dry? Oh contraire, it’s as fun and juicy as life itself.

The movie shifts back and forth between explanations from various world-renowned scientists about the nature of reality to a storyline fleshing out these theories. As a “movie within a movie” it depicts the life of a photographer (Marlee Matlin) as she discovers the meaning of these principles as reflected in her day-to-day life.

To cut to the chase, what quantum theory has said all along (since its inception in the ‘50s) is “reality” is a function of the observer, in other words, we create our own reality.

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“Goddess of the Waters” by Lynne Ciccone ©1997
www.soulfularts.com

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Fall Fully Forward

Autumn, equinox, harvest, bounty – what better time to **trust** in nature, her cycles, abundance and the loving guidance of our own Creator energy? Now, why wouldn’t we? What stops us?

Well, for one, we have put a premium on “control”. Individually, culturally, globally, in the past and future, if we could just control ourselves, our impulses and our outcomes, then we’d be happy.

How’s that going?

Not only are we incapable of controlling a constant rate of change, but our attempts and frustrations in trying to do so have made us feel inept and powerless, an assessment both inaccurate and unforgiving.

Does the elm tree attempt to retain its leaves as winter approaches? Do the bees resist their slowing, drunken aviation as the summer season fades? No. Nature, in her every aspect embraces the newness inherent in every moment without judgement.

The revisiting of the cycles of the seasons provides some consistency, imprinted in the activities of all species. But we humans are not only bent on controlling what cannot be controlled, but judging ourselves deficient for being unable to do it! Ask a squirrel or a whale or your dog if this is the path of wisdom.

Imagine if you *could* control every aspect of life and your every reaction within it. Could you possibly choreograph the wonder of synchronicity? Design a moonrise or the setting of the sun?

Be conscious, witness life, blend and be grateful for the Creator force within you. Trust this moment and behold your reflection in All That Is.

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

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This World Is Your Oyster

Quantum Theory Pure and Simple

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Now that the general population is engaging with quantum theory through a film that promotes its understanding, it becomes crystal clear that the idea of creating one's own reality isn't just some New Age blame game. No foul whatsoever, this is empowerment (and always was in the realm of the original New Age thinking).

In a nutshell, everything is energy. Energy is invisible, existing as a wave, a formless, infinite array of all possibilities. Energy only precipitates into form (a.k.a. "reality" or in quantum theory "a particle") upon observation. How and where "the particle" forms depends on the focus of the observer. In other words, the observer's focus actually selects what become manifest from the realm of all possibility. If that isn't creating reality, I don't know what is.

Nothing exists outside the realm of the observer. Whatever is experienced, heard, seen and felt as "reality" is actually generated by means of the observer's "selection" based on his/her perspective. And of course one's perspective can be shifted – therefore, so can "reality".

Conscious or un- our perspective is generated by our definitions or beliefs. Change your beliefs, change your world. This is why unexamined and out-of-date beliefs are so debilitating. Unconscious beliefs generate patterns that repeat when they aren't really what you desire. As a very wise entity, Bashar, says, "Physical reality is only a mirror of your definition of it." There is, in fact, no "reality" apart from how you construct it through your beliefs.

How About the Inside?


A molecular biologist, Candace Pert, PhD. (author of Molecules of Emotion) goes on in the film to discuss exactly how our beliefs and the "things we say to ourselves" translate into cellular function.

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The hypothalamus is a master organ of the brain. Its job is to convert emotional signals into biological signals for the body to process and follow. The hypothalamus conveys emotional signals through the formation of peptides, proteins that travel through the bloodstream and lock onto receptor sites on the cell walls. The frequency and intensity of the thought/feeling/belief determines how many peptides carrying this information are formed and sent out into the body.

Now here's the rub: The cells create the number of receptor sites for these peptides, again, based on the frequency of the signal. If you are constantly telling yourself, "I'm fat" or "I'm angry" or "I'm unlovable" or "the world is a nightmare" your body is actually creating receptor sites on the cell wall for the peptides carrying that signal. This is how cells get their instructions about how to act, when to divide, what substances to generate, etc. Because your beliefs reign supreme, if impulsed to do so, the cells will actually create receptor sites for these "emotional" peptides to the detriment of receptor sites to bring in the nutritional elements the cell requires.

So when you say, "I'm fat", not only is it unkind and unloving, but it's actually telling the body to create exactly that reality – more and plumper fat cells.

Inside and "outside" (in reality it's all inside) you are God in your universe. If you don't like what you're seeing, get conscious of the beliefs you hold and release those that a) belong to someone else, b) are outdated or c) you don't prefer. Then, put in a new belief. From your vast imagination create something current and empowering; a belief with which your Soul as Creator-self can align. Be bold, it's your world! 

What We've Discovered...

The Body's Unique View on Issues and Ailments

Heart Disease and Wheat Allergy

A little known connection exists between wheat allergy and coronary heart disease. Both of these conditions are prevalent in American culture and interestingly, they are often related. With Bioenergy Balancing, all types of allergies can be resolved, including wheat. This allows us to assist you in dodging one of the leading contributors to heart disease, namely high homocysteine levels.

Through Bioenergy Balancing we have found that a wheat (or meat) allergy tends to cause an error in the body's processing of proteins. This processing error can generate excessive amounts of homocysteine, an amino acid that researchers and cutting-edge cardiologists are beginning to view as a much greater contributor to heart disease than cholesterol.

Researchers are seeing that high homocysteine levels (over 7 micromoles/liter of blood) tend to induce the original injury to the interior of the artery wall which the body then attempts to patch by generating plaques which lead to arterial blockage. High homocysteine also accelerates the oxidation of fats that accumulate beneath the damaged area and promotes abnormal accumulation of blood components in the area (i.e. makes cholesterol sticky).

We have found that a wheat (or meat) allergy compromises a major pathway for protein digestion in the body, the methionine cascade. If this metabolic cascade malfunctions it can cause the body to generate too much homocysteine. Homocysteine is an amino acid that is meant to be a transient metabolite, which is quickly converted to cystathionine, the next step in the cascade. In the presence of a wheat (meat) allergy, homocysteine levels tend to build up rather than proceed to the next step in the cascade.

As mentioned in previous articles in Gnosis, allergies are generally caused by a negative association with a particular food or substance. The negative association occurs when a person

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OTHER HEART DISEASE RISK FACTORS: MAKING SENSE OF TEST RESULTS & SUPPLEMENTS THAT CAN HELP

Should your doctor indicate that you are at risk for heart disease, here are a few blood tests you may want to request, what the test results mean, and some nutritional and dietary ways* to reduce risk.

Homocysteine

Risk: causes injury to interior walls of arteries, makes cholesterol sticky.

Test Results: 5-15 $\mu\text{m/L}$ (micromoles per liter of blood) is considered within range by the American Heart Association, however under 7 $\mu\text{m/L}$ is considered optimum.

Nutritional: Folic acid (1,000-5,000 mcg daily; Vitamin B-6 (as pyridoxal-5'-phosphate 25-50 mg daily); Vit. B-12 (2,000 mcg daily, sublingual)

Dietary: Load up on green leafies

C-Reactive Protein (CRP)

Risk: promotes inflammation. Current theory holds that heart disease is initiated by an inflammatory disorder of the blood vessels.

Test Results: Low risk – 1mg/L; average 1-3mg/L, above 3 warrants CRP lowering strategy.

Nutritional: Vitamin E (d-alpha tocopherol: 400-800 IU daily); Fish Oil (3 grams daily); Vitamin C (3,000 mg daily), herb turmeric (600 mg three times daily).

Dietary: Avoid refined carbohydrates, lean toward fish and brightly colored veggies.

Fibrinogen

Risk: elevated levels promote excessive clotting

Nutritional: Nattokinase (2 caps daily) - do not take if taking blood thinners; Vitamin B-6 (as pyridoxal-5'-phosphate 25-50 mg daily)

Triglycerides

Risk: indicate excessive fat in the blood. High ratio of triglycerides to HDL ("good cholesterol") has been associated with significant increased risk of heart attack.

Test Results: Under 150mg/dL (milligrams per deciliter) is considered normal. Best under 100mg/dL.

Nutritional: Fish oil (3 grams daily) or serine (300 mg daily) and Vitamin C (3,000 mg daily).

Dietary: Avoid refined carbohydrates.

Blood Glucose

Risk: increases insulin production, a hormone that can increase CRP levels.

Test Results: normal fasting glucose is considered 60-99mg/dL. Optimum range is 60-80 mg/dL.

Nutritional: Alpha-lipoic acid (100-300 mg daily); chromium picolinate (400-1000mg daily); cinnamon (1/4 to 1 tsp. daily)

*Test result info and some nutritional suggestions courtesy of Alternative Medicine Magazine, Oct. 2004 "Heart Disease Gets Personal", by Jack Challem.

Heart Disease and Wheat Allergy

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experiences a difficult emotional event simultaneous to exposure to a particular food or substance. The body then associates the food/substance with the trauma, and reacts to all subsequent exposures. The two aspects of the original experience (i.e. the food/substance and the trauma) have become coupled.

In Bioenergy Balancing we de-couple the food/substance from the trauma by identifying and releasing the trauma from the body, energetically. Once the trauma is complete and in the past, the body can return to a neutral response to the substance or food and the metabolic error, too is cleared. Accordingly, when a wheat/meat allergy is resolved the body no longer generates excessive amounts of homocysteine, thereby reducing a significant risk factor in coronary heart disease.

In our culture, a wheat allergy generally stems from issues about Dad (the “bread winner”, the one who “brings home the dough”). It may seem outlandish, but the body is notorious for making very literal interpretations of such idioms. Given the prevalence of Dad issues in our culture, you can see why wheat allergy (and heart disease) are similarly high incident.

So, if you have a known wheat allergy or have been told that you have an elevated risk for heart disease, you may want to consider scheduling a Bioenergy Balancing appointment to address the mind/body connection. The body consistently indicates that resolving the wheat/meat allergy assists in reducing homocysteine levels and hey, you’ll be able to eat wheat again, symptom-free.


Other Risk Factors

Throughout the past few decades, cholesterol has been singled out as the primary culprit behind arterial plaques and clogging. Even today many doctors view arterial blockages as an accumulation of cholesterol, fat and plaque without investigating the underlying cause of this abnormal occurrence. Many cardiologists continue to recommend a low-

“In our culture, a wheat allergy generally stems from issues about Dad (the ‘bread winner’, the one who ‘brings home the dough’).”

fat diet and prescribe statin (cholesterol lowering) drugs and baby aspirin (to prevent blood platelet aggregation) but fail to heed the thousands of studies that indicate other, perhaps more significant risk factors in heart disease that also need to be addressed. If you, or someone you know take statin drugs to lower cholesterol, it’s important to take 100-200 mg of coQ10 daily as statins deplete the body’s innate supply of this vital substance.

Other factors have been isolated which seem to have a great impact on heart health in addition to cholesterol levels alone. High levels of these substances in the blood can substantially increase risk of heart disease, specifically atherosclerosis. These factors include homocysteine (causes injury to arterial wall and creates sticky cholesterol), C-reactive protein (CRP) (promotes inflammation), fibrinogen (promotes excessive clotting), triglycerides (fat in the blood) and glucose (increases insulin production, a hormone that can increase CRP levels). **See sidebar on Page 3: “Other Heart Disease Risk Factors: Making Sense of Test Results and Supplements that Can Help”.**

Again, Bioenergy Balancing can address the physical/emotional/spiritual and nutritional aspects of heart issues. Elevated cholesterol, triglycerides, blood glucose? Your body will allow you to discover *and release* the incidents, beliefs, nutritional blockages and/or toxic exposures that may underlie your symptoms. Non-invasive, powerful, results oriented – we’re here to help. 

“If you ...take statin drugs to lower cholesterol, it’s important to take 100-200 mg of coQ10 daily as statins deplete the body’s innate supply...”

Sources: Life Extension Magazine, Nov.2004; Alternative Medicine Magazine, Oct. 2004.

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".



"Aloha Flowers" by
Lynne Ciccone ©2004
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Free and Loving Consciousness

Maheshtar through Sarah McCroskey

Good day, dear ones. It is with enthusiasm and great gladness that I address you all. For you are the ones who are generating great journeys of awakening for many spirit beings far from this planet and galaxy you call home. This is not to say that your courage and loving presence do not affect those of the human domain – it is just that the impact, dear ones, is far, far greater than you can imagine at this time.

Your have been sent (and of course, have chosen) in this incarnation to be the pioneers of consciousness, not merely human consciousness, but universal consciousness as well. With your sensory capability and your deep ability to feel and experience, you light a path for all beings to the realm of love, acceptance and appreciation. For there are few, if any, other creatures who can be moved to tears by love, joy and truth. Your emotional capacity, even for the less comfortable emotions of fear and sadness, far surpasses what is currently possible in other realms. This may seem trivial, but I promise you, dear ones, it is not.

The human capacity to feel and experience emotion is, quite literally, clearing energies and frequencies that have become stuck, slow moving or in some cases impenetrable. Do you see the vastness of the impact you have? Of course, you may say to yourselves, "Ah, we are mere humans with our silly emotional responses to everything. Why, we should be detached and rational" or in contrast, "always meeting the world with an open heart and loving response". This case of the shoulds, like someone with a bad cold, is best sent to bed with cup of tea and a good video. (Laughs) Your capacity to feel, to experience YOUR life on planet Earth at this time is what's to be done. That's the job, that the task for lightworkers such as yourselves. That is what it is to be truly enlightened.

For what is enlightenment? Enlightenment is a process of becoming evermore light. "Well how does that happen?" you may ask. It is through experiencing one's feeling and truly living each moment consciously with all the content that is present now.

This content indeed includes every thought, every feeling, every triggered response, every regret, every dread, every desire, every physical, mental, emotional experience as well as each moment of communion with Spirit and so forth. All of it. All That Is.

Can you understand? For it is very deep, yet very simple. By being present to the experience of being human, be it humming to yourself, watching a bird in flight, doing the dishes or making love, being present to the experience of being human is bringing consciousness to life.

"How odd," you might say, "I thought all this emotional baggage and mundane activity was something to be done with, to clear up and be rid of?" Well, yes, unreleased emotional content and karma are best to be moved through the energetic system of the human being, but how is this done? Through experience. Have you ever noticed that joyful moments of laughter and love are never looked on as troublesome or viewed as baggage? That is because these moments do not get stuck energetically in the human body/mind system. Why is this? Because those moment of joy and laughter are embraced and experienced fully at the time they are occurring. I'll say that again. Those moments are experienced fully at the time they are occurring. That is why these moments of joy seem so elusive, it is because they are experienced – and disappear.

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This same principle, of course, applies to the “negative” emotions. They too disappear when they are experienced fully. But somehow these emotions are more frequently avoided, shut down or pushed aside. Why? Because the current collective thinking most dominant on the Earth plane today has deemed these emotions unsuitable, difficult and negative. This, dear ones, is merely a value judgment. Have you never felt exquisite grief? The authenticity of deep melancholy, which can accompany the death of a loved one? Are these not rich and true moments that profoundly inform your character and imprint life?

Disease and mortality, dear ones, are the price the human body pays for going along with the AGREED UPON REALITY called “Some emotions are good and some are bad”. Feel some, avoid others. In fact, do whatever you can to transmute all emotion into “the good ones” employing mood altering substances, overeating, soulless sexual activity and TV (desperate needs beget desperate measures). (Laughs) It is not that these activities are bad – once again, the judgement is simply irrelevant – it is that they require unconsciousness to function as an avoidance technique. Do you see? If you would consciously drink and eat and love and even watch TV it would still be clearing the space. It’s when you do these activities without being present that they further clutter the energetics of your physical body, the Earth, and everything beyond. Your energy affects All That Is. Perhaps it is better said, Your Energy Is All That Is.

Yes, clearing out the backlog, regrets and other emotional content from the past (this life and others) is deeply beneficial. There are modalities that allow deep clearing of energy blockages that can otherwise compromise mind/body health. But do not forget,

dear ones, these emotions became blockages because they were NOT EXPERIENCED at the time of the event. Now clearly, given the nature of events that can and do occur on the Earth plane, there are times in life when experiencing one’s emotions is paramount to death. In fact the ability to push these experiences aside, **to become unconscious** is the most appropriate and beneficial tactic. These are the matters of the healers, the guides, and the body workers, who can safely release these blockages from your energy system. But be clear, these traumas which required an override, are fundamentally different than being sad when you’re sad, filled with rage, when that is so, and fearful at the times when you, indeed, are fearful. Once again, if you feel these emotions at the time of their occurrence – i.e. can be present to them, they will, my friends, DISAPPEAR. You don’t even have to like them at the time they show up. You can think they’re inappropriate or childish or shameful or feel guilty about them, **BUT FEEL THEM ALL.**

Things clear up. You become current. You clear energy that has been stuck through the ages, and lighten the load for a multitude of sentient beings whose lives you can now only dream about. These beings honor you. They are awestruck by your natural gift, to feel all ranges of emotion. Don’t squander your experience. As unbelievable as it may seem, it has far reaching affects beyond space and time. Your authentic experience is affecting and opening delights and dimensions of All That Is. You.

Many blessings and may grace be with you. So be it. Maheshtar.

UPCOMING EVENTS		
Seeing Beyond w/Bonnie Coleen Nov. 9 at 8-9 a.m.	Discussion of Bioenergy Balancing and on-air clearings	Radio Station KEST- AM 1450

Bioenergy Balancing does not constitute treatment nor is it medical or diagnostic in nature. It is not a substitute for qualified medical, therapeutic, or chiropractic care although it works in a complementary fashion with any or all of these disciplines.



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