



# Gnosis

Newsletter of the Bioenergy Balancing Center East Bay

## Resonance

### Attracting Your Dreams

Through the feelings we hold, from moment-to-moment, we are each telegraphing our own energetic patterns out into the world, and they are continually returned to us as like frequency – a perfect reflection. Yes, on this plane there is a bit of a time delay, but through the principles of physics that govern electromagnetic frequency (which includes your biofield) we are all sending out vibrational messages and are in turn, drawing back to ourselves like vibrations.

Much like tuning forks, which are tuned to emit a certain frequency, we (often unconsciously) ‘sound’ a particular frequency via our feelings. Given that we’ve grown up in a world that is focused on what is wrong, we are often feeling worry or fear rather than love and joy. It may seem that the ‘outside world’ is driving our concern, but it’s merely a reflected reality of our 24/7 feeling state.

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### Cycles of Remembering

It’s summertime once again! The season of heat, color, growth and vibrancy – full on. In harmony with nature, the plants and animals around us, we’re alive and invigorated, desiring more activity and a lighter fare, as we embrace the season of the sun in our dance on Mother Earth.

Having come through Spring we’ve completed the process of shaking off the slumber of our long winter’s journey, tending the insights just sprouting from the fertile internal cycle of long nights and a deep, in-breath of consciousness. By June, we’ve readily planted those plumped-up seeds so they may take root, blossom and grow on ‘til the harvest.

Life’s all in the noticing. Where have I been? What am I opening to now? What do I love? What shall I foster? It’s worth it to take a moment to reflect. This way we align our genuine intentions with a potent Earth energy, capturing her momentum, in concert with her thoughtful planning.

For along with our plant and animal brethren, we too are precisely considered and are nurtured on our way – by the Earth and by the loving guidance of All That Is. We only need to Remember, to Be, and to consciously Intend. Then we take our place, powerfully and in balance, with a vast creative process.

When we honor and notice the ascending spiral of our own cycles and the cycles all around us, we allow our spirit to be coaxed, again, into it’s perfect spot, flawlessly aligned with the natural harmony of All else.

*Love and blessings to you. Sarah*

### “Green Hills”

by Wendy Westerbeke.

View more of this artist’s work at [wendywesterbeke.com](http://wendywesterbeke.com)



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## **Resonance**

### **Attracting Your Dreams**

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When you shift the source of the feeling from reaction to the world, to creation of your feeling state, the world changes. Our training, to either put up with what we see (feeling: resignation) or do something to fix it (feeling: struggle, resistance, fear, worry) creates an attractor field that brings us more of the same, low frequency “reality”.

Lynn Grabhorn, author of [Excuse Me, Your Life is Waiting](#), makes a clear case for the power of resonance. With our focus continually on what we don't want in life, we spend much of our time *feeling* bad about the things that are not yet resolved or achieved from our perspective. This ‘feeling bad’, be it fear, sadness, anger, or even mild concern flows out into the world as low level frequency. Through the universal law of attraction, like attracts like, and before you know it – traffic's stuck, you're running late, you forgot your wallet, the baby's crying, the car's overheating and on and on and on. Not only does resonance attract it's own frequency, it also attracts other similar frequencies. Heck, if we got back exactly what we put out, immediately, we might actually get that our feelings are generating our reality. But with the 3-D time delay and the fact that we attract an array of similar low frequencies, it easy to miss this fact.

This is why loving yourself, being joyful and feeling good *for no reason* is a strategy that simply works. The vibration you exude into the ethers is that of love and happiness. Returned to sender.

So instead of dropping all of the “outrageous”, “selfish” things you've wanted, start up a list, a BIG list of all those ‘impossible dreams’. Go wild. The idea is to dream big, not only for your own wonderful outcomes, but how about for the world, too? Just brainstorm and get as many out on paper as you can.

Step two, see if any of your wants are really ‘don't wants’ in disguise. If they are, change the phrasing into a want. How can you tell? The focus of the goal or statement is on a “don't want” if it makes you feel burdened or contracted.

For instance, “I want to lose weight”. What's the focus on? Losing weight. And how do I feel about losing weight?

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Struggle, deprivation, delayed gratification. Ugh. Now looking slim and healthy and feeling great, that prospect makes me FEEL good.

Ms. Grabhorn sites research that has shown that holding a vibration (positive or negative) for just 16 seconds causes an attractor field to be generated. As she puts it “What we have focused on, and how we have vibrated about it, is what we have gotten... from birth.”

So now that you've got your outrageous list of desires, spend some time with each item. Relish the *feelings* of having what you want. What would that feel like? Get into it; hold those good feelings, making them bigger and stronger. Finally, send your intention to have that experience be real in your life. Claim it through your intention and your feeling. Visualizing is also great, but the most important aspect is FEELING it. Feeling is what literally creates the electro-magnetic field that is the attractor.

I recently recommended to a friend of mine that loving herself and doing things that made her feel good was the best strategy for anyone looking to be at peace. “After all,” I said, “joy begets joy begets joy begets joy.” She e-mailed back, almost flabbergasted, saying, “You mean struggle never begets joy?” No, it never does.

It's all creation through resonance. How do you feel? And more obviously, what's your feedback looking like?

Imagination, a well-kept secret for millennia (“it's *just* your imagination”) is one of humanity's most creative and powerful gifts. Coupled with feeling, imagination generates reality. Add in the dimension of intention and consciously tune-in to the synchronicities that begin to crop up. Give it some time and some practice.

“Come on, get happy”, let's see what results from that.



## A HEALTHY SOLUTION TO YOUR PET'S FLEA & TICK PROBLEMS

Have you ever noticed how your dog or cat FREAKS when you try to apply flea & tick control products? For good reason! Even the most alternative-minded of veterinarians (who love our pets, too) often throw up their hands and begrudgingly recommend Frontline™ and/or Advantage™ as the least bad, most effective means of flea and tick control for your pets. Please read on and re-consider!! There are non-toxic options that support the long term health of your animal companions (see the alternative products to the right).

### An Unwitting Discovery

While searching the Internet investigating the least toxic alternatives for termite abatement at his parents' home, my husband (a chemist, by trade) came across some startling information about a two highly toxic chemicals that are used by exterminators. The substances, imidacloprid (imi-DAC-lo-prid) and Fipronil (FIP-ron-il) also happen to be the active ingredient in Advantage™ and Frontline™ respectively.

According to researchers at the Northwest Coalition for Alternatives to Pesticides (NCAP) [www.pesticide.org](http://www.pesticide.org) these chemicals are toxic to insects, pets and humans alike as follows \*:

**Imidacloprid:** Active ingredient in Advantage™. Acts on nervous system. Symptoms of exposure include apathy, labored breathing, coordination problems, weight loss, and convulsions. Long-term exposure result in reduced ability to gain weight and thyroid lesions. Reproduction: exposure to pregnant lab animals resulted in more frequent miscarriages and smaller offspring. Acutely toxic to some bird populations. Toxins persist for as long as one year after treatment. Some metabolites (i.e. breakdown products) of imidacloprid are more toxic than the substance itself. Shrimp and crustaceans are killed by concentrations of less than 60 ppb – parts per billion.

**Fipronil:** Active ingredient in Frontline™. Symptoms to exposure include headache, nausea, dizziness, weakness and sometimes eye irritation/injury. In pets symptoms include irritation, lethargy, poor coordination and convulsions. In lab animals, exposure caused aggressive behavior, damaged kidneys and “drastic alterations in thyroid function”. Frontline™, specifically caused changes in sex hormones. The U.S. EPA classifies fipronil as a carcinogen, which caused benign and malignant thyroid tumors. One of fipronil's breakdown products is 10 times more toxic than the substance itself. People can be exposed to toxic affects from a pet's flea treatment as fipronil persists on pets for at least 56 days. Minute amounts (as low as 5 ppt – parts per trillion) have caused adverse affects.



### Have We Met?

“I'm Sarah's new feline pal, Fatoush. Sarah and I were introduced in November and have been together ever since. I look forward to meeting you at the Balancing Center East Bay. And, by the way, if you have a cat allergy, Sarah will clear it, first thing !”

### Products That Are Safe and Effective

Flea and tick repellents that are made from neem oil are safe and effective for pets. Neem is natural oil derived from the seeds of the neem tree, which is native to India. It has been used for millennia for medicinal, cosmetic, and pesticidal purposes. It works well for plants and animals.

A product I like is called Spotted Dog™, All Natural Flea & Tick Repellent found in health food stores (I haven't found it online yet). It contains neem oil, lemongrass, catnip, citronella, patchouli and other essential oils as well as grape seed extract. The smell is pungent but pleasant. You apply it to the back of the neck as you would other products. It comes in a spray bottle and costs about \$12. Another, similar product is available online through a site called the Only Natural Pet Store. <http://www.onlynaturalpet.com>

The first time you use an alternate product your pet will still FREAK, but you'll find that their protests subside considerably as time goes on. They will notice that this new stuff works and they know it doesn't harm them. You'll notice, too.

### What You Can Do If Your Pet is Experiencing Symptoms from Pesticides, Herbicides or other Toxins

If you notice that your pet is experiencing some of the symptoms mentioned here from exposure to toxic products or has been diagnosed with thyroid, kidney, liver or other serious illness, call me. We have powerful detoxifiers and do profound clearings with animals. We admire and rely on the work of vets and work in concert them. Pets love Bioenergy Balancing – “You speak my language!” There's no resistance at all.

\* For chemistry and further detail on these substances see <http://www.pesticide.org/imidacloprid.pdf>  
<http://www.pesticide.org/fipronil.pdf>



# What We've Discovered...

The Body's Unique View on Issues and Ailments

## Blame it on the Sun

### The Real Culprits Behind Skin Cancer

We've been told for decades that sunlight is bad for you and gives you skin cancer. Although it's clear that too much sun is hazardous, it just seems counter-intuitive to think that the life-giving rays of our Sun could really be our enemy.

Medical doctors, dermatologists and lay-folk alike have responded to the 'conventional wisdom' that sunlight gives you cancer by assuming that any 'unprotected' exposure is unhealthy.

People wonder why 'conventional wisdom' so often does a 180° turnaround in the area of health advice. It's not really that the facts have changed, it's that "scientific research" can be less than scientific when funded by a vested interest group. Conclusions of such "studies" can be biased in favor of selling an underwriter's product rather than providing authentic research.

So, as with the "scientifically proven fact" of the early 60's, that margarine is better for you than butter (when in fact, the trans fats in margarine constitute a serious risk for heart disease, while the naturally occurring saturated fats in butter are generally assimilated well by the body) here's another switch-a-roo.

Dr. David Williams, author of the Alternatives medical newsletter has done his research (as usual). His findings? It's not the sun that gives you cancer – it's the LACK of sun and the toxins in sunscreens.

It turns out that since the advent of sunscreens, skin cancer rates in the U.S. have actually gone up, not down. Doctors can't explain this, nor do they know why the rate of skin cancer is extremely low in tropical countries (where the sun's rays are most intense).

The sun is, in fact, the activator for one of our most important cancer fighting nutrients – Vitamin D. Ultra-violet light (U.V.) from sunshine on the

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***"It's not the sun that gives you cancer – it's the LACK of sun and the toxins in sunscreens."***

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skin activates Vitamin D so that it can be absorbed in the body. Vitamin D is also necessary to activate calcium absorption, which, in-turn assists with bone health and development. Vitamin D also stimulates the kidney's release of bicarbonate, which regulates the blood's pH.

Additionally, sunshine encourages the body to produce melanin, a pigment the skin produces to protect itself from sun damage. People with naturally dark skin actually need more sunshine to receive the benefits of Vitamin D absorption because the high melanin levels in their skin act as such an effective U.V. blocker. Sunscreens prevent the body's production of melanin, circumventing this vital protection.

**So what's prudent to get your Vitamin D and activate your melanin? 10-15 minutes of sunlight (without sunscreen) 2-3 times per week. After that, cover up and/or use a non-toxic sunscreen.** Dr. Williams suggests that you can make your own sunscreen by adding powdered ascorbic acid (Vitamin C) to water, lotion or oil and apply it topically, protecting against UV-A and UV-B rays (reapply every hour or so).

There are also plenty of non-toxic sunscreens available.

**As for toxic sunscreens, here are the five harmful chemicals to look for and avoid:**

octyldimethyl-PABA (OD-PABA)

benzophenone-3 (Bp-3)

homosalate (HMS)

octyl-methoxycinnamate (OMC)

4-methyl-benzylidene camphor (4-MBC)

Old Helios has always been our ally. Equipped with reliable information and good common sense, that's the way it will stay.



## Indigenous Wisdom – The Dance of Energy

With Black Elk, Mahinda and Wykony

Energy is eternal and has always been known to be so by the indigenous cultures of Planet Earth. It is the human's connection with this greater wisdom that has enhanced and fascinated the lives of conscious beings since they took form on the Earth. The dance of energy, wisdom and Spirit has been the touchstone of all true civilization since the beginning of time.

With reverence and humility, humanity has discovered or more accurately, re-found that it is through trust and guidance that unambiguous inner knowing is again available and wisdom at hand. Although in tribes, cultures and communities certain individuals are held to be most wise in certain domains, be it leadership, medicine or communicating with Spirit, in truth all human beings hold the capacity to excel and know through contact with intuition, inspiration and the art of listening.

### The Art of Listening

The distinction between human beings who become designated as prophets, seers and intermediaries to the world of Spirit and those who follow such Way Shows is merely in the quality and commitment to listening. Beyond the world of the five senses, beyond what is recognized commonly as so, the visionary notices, recognizes and acts upon signals from everything around them. Inviting and listening to what presents itself in their life, the sage divines signs, gestures and blessings as they are whispered from life itself. The weather, the bounty, animal signals, clouds, wind, trees, and Spirit unseen all provide rich influence and direction for those who see. Why is this? It is because the wise are listening. They trust that much lies beyond what can be seen or heard. Their feeling and visceral recognition provide a gateway. This gateway is available to those who are listening and honoring their direct experience, “proof” or none.

### Honoring Experience

The human being's ability to experience, feel and emote is truly one of its natural abilities and gifts. For through direct experience the creativity of the brain, mind and will are entreated to Creation itself.



“Tree Shadows”  
by Wendy Westerbeke  
[wendywesterbeke.com](http://wendywesterbeke.com)

Experience is the inroad to being present and engaging in the creative process. When an individual lives in current time with their moment-by-moment experience of the world (seen and unseen) around them, they access consciousness on all levels of existence. Being in one's experience is another gateway to wisdom. This too, is why courage is often associated with the way of the sage.

### Courage in the Face of Life

Wisdom teachers, often elders and other seers do not refrain from holding sorrow, facing tragedy, and risking face in following their knowing. Their willingness to experience and guide from this practice of “walking in the moccasins” of all of life gives them credence, depth and guides their inner knowing. For if you are not willing to experience all that your life has to offer, you cannot be present to what lies beyond your feelings. If one gets mired in the drama of what occurs rather than experiencing one's reaction as it occurs, a distinct failure of presence results. One becomes enamored of the story, past or future, but fails to reside in the present. Cultures that instruct their people to disregard or be fearful of direct experience do a grave disservice to the power, resourcefulness and creativity of their kind. Conversely, cultures that pursue learning and rituals that foster and indeed, seek out ventures, which engage experience, greatly enhance the basic quality of their community and its collective wisdom.

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## Indigenous Wisdom – The Dance of Energy

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### Experience and Release, Moving Into and Through Life

Indigenous people recognize something that has too often been lost in modern culture. This too is fundamental to the wisdom of the Way Shower. It is the knowledge that experience, physical and direct experience, provides the only means to release. Experience is an energetic matter. Energy moves through and out of the human being as a matter of nature. If this process is stopped or resisted or even thought to be unwanted, the energy is trapped within the body/mind system and re-circulates until experienced and released. One can either experience a blow be it physical, emotional or spiritual at the time of its occurrence and be done with it, or you can resist the experience and be dogged by it for the rest of your existence. Of course one can revisit an experience that has become energetically trapped and release it long after it's occurrence. Many ways are available to assist in this process. But if one embraces the experience as it presents itself, for the sheer richness of living firmly in one's existence, a person does not accumulate fears, regrets and trauma but rather accumulates the wisdom that stems from true and authentic encounter.

### Following One's Path

The Wise Ones are those who unswervingly hold to their experience, truth and inner knowing because they come to recognize this as their personal path. In the depth of their hearts, they learn to track the familiarity of their path of evolution. A deep remembering occurs and through symbol and synchronicity life reveals the conundrum of Life Itself. That one's path was created and chosen long before – and then forgotten.

*Black Elk, Mahinda and Wykony  
through Sarah McCroskey © 2005*

### WHAT'S NEW ONLINE:

#### Shopping for the Body & Soul

Books and supplements are now available through the Bioenergy Balancing Center East Bay website ([www.biointegration.com](http://www.biointegration.com)). Check it out for great products at great prices with direct shipping to you. Recommended books include Seat of the Soul by Gary Zukav, Living with Joy by Sanada Roman, Power v. Force by David Williams. Also available are such great divinational tools as The Medicine Cards by Jamie Sams, which taps the ancient wisdom of Native American animal totems – powerful guidance when you need to step back and see the big picture.

Supplements include detoxifiers for MSG, fluoride and aspartame, as well as great immune boosters and parasite fixers. Tropical Oasis liquid vitamins/minerals and liquid Calcium/Magnesium are also available – offering complete nutrition, readily absorbed by the body.

Enjoy the site.

#### ✧ About our Name ...

Word: **gno-sis**

Pronunciation: 'nO-s&s

Function: *noun*

Etymology: Greek *gnOsis*, literally, 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)

#### As of July 1, 2005 ... [New Rates for Bioenergy Balancing](#)

1 hour	\$ 90
1 - 1/2 hours *	135
2 hours	180

AND

**All sessions include an AUDIO TAPE**

\* Initial appointment is 1-1/2 hours

## Why Bioenergy Balancing ?

1. If you are unable to be present to a physical or emotional event, the body helps you cope by taking on the trauma energetically.
2. These past events get caught as blockages to the body's energy systems including the meridians, chakras and overall 'chi'.
3. Once the body takes on these experiences, the mind often forgets about them, making them difficult to retrieve.
4. Energy blockages can beget illness, and trapped emotional patterns.
5. Blockages embraced/examined point to incidents requiring re-interpretation for self-empowerment and health.
6. When people release these traumas, emotions and self-limiting beliefs they become lighter and clearer in perception.
7. Clearing physical/emotional blockages brings people into the present.
8. When present, people recognize themselves in all their power and complexity.
9. The body exists to experience and release. Housing the wonder of the Soul in its incarnate expression is the body's purpose. When you're current, experiencing life now, full circle recognition of self as Human/Spirit is available.



**Sarah McCroskey**  
Certified Bioenergy  
Balancing Practitioner,  
Director  
**Bioenergy Balancing  
Center East Bay**

**Sarah McCroskey** is a certified Bioenergy Balancing Practitioner and Director of the Bioenergy Balancing Center East Bay. Sarah's background is in the health sciences, counseling and nutrition. She holds a bachelor's degree in Biology and Education from Antioch College in Yellow Springs, Ohio.

Sarah founded the **Bioenergy Balancing Center East Bay** in 1998. The Center is located in the Richmond/El Cerrito hills. Sarah received certification as a Practitioner from the founder and creator of Bioenergy Balancing, Priscilla Kapel after a two-year course in study. Sarah continues to work as a consultant to Priscilla in her clinical practice in Palo Alto and assists in the certification of other Bioenergy Balancing practitioners.

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

### Contact Us:

## **Bioenergy Balancing Center East Bay**

**To Schedule an In-Person or Phone  
Appointment :**

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**Toll-free 1-877-327-2363**

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[www.biointegration.com](http://www.biointegration.com)

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**PayPal** The way to send and  
receive money online



# BIOENERGY BALANCING

## UPCOMING EVENTS

<b>Radio Appearance: Seeing Beyond w/Bonnie Coleen</b>	<b>Discussion of Bioenergy Balancing and on-air clearings</b>	<b>Tuesday, August 16, 2005 8-9 a.m. Radio Station KEST- 1450 AM</b>
<b>Mandana Community Recovery Center</b> (40 <sup>th</sup> at Howe Street in Oakland, CA)	<b>Discussion and Demonstration of Bioenergy Balancing</b>	<b>Tuesday, September 13, 2005 7:30 – 9:30 p.m.</b>
<b><u>Autumn Workshop</u> How to Clear Energy: Using the Pendulum and Working with the Body</b>	<b>\$135 per person. Space is limited. (A \$20 non-refundable deposit holds your place.) <u>- Register Now -</u></b>	<b>Saturday, September 17, 2005 10 a.m. – 3 p.m. (Bring Your Own Lunch)</b>



## About the Artist...



**“Cobalt Lake”**  
by Wendy Westerbeke  
[wendywesterbeke.com](http://wendywesterbeke.com)

Wendy Westerbeke received her Master's degree in psychology and art therapy from Sonoma State University. She has managed her family's business, **Westerbeke Ranch**, for 25 years and now has made the time to paint a priority.

Wendy enjoys working with watercolor, acrylics and oil paints. She has a great love of vibrant color and expressive gesture, and is continuously inspired by the landscape of Northern California and the Southwest.

Please [contact](#) Wendy for any inquiries, orders, commissions, or for further information.