



# ☪ Gnosis ☪

Newsletter of the Bioenergy Balancing Center East Bay

## Honoring the Ego in the Great Cycle of Healing

Sarah McCroskey © 2005  
(published in Jan-Mar. 2006 Open Exchange Magazine)

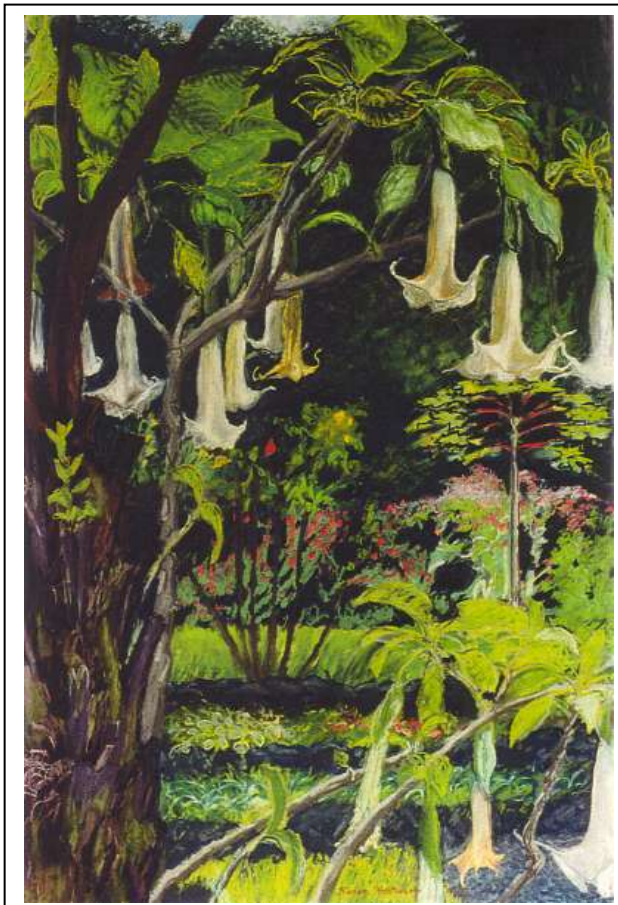
We now have the opportunity to experience all manner of existence. How? By remembering that we are real in the eternal scheme of things. We exist to experience. When we enter these realms we come seeking experience, bringing with us our divinity. Then we forget. We don't forget that we seek experience; we forget that we are connected to the Wholeness. We accept the conditioning of separateness that surrounds our lives.

Many seek to outgrow or transform the ego – the literal manifestation of the idea of a self, separate from all else. Ancient, spiritual traditions suggest openness and receptivity, being present, interconnection and communion as gateways to the release of the separate, local, persona or

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“Summer Symphony”  
by Karen Mortensen.

View more of this artist's work at  
<http://www.lakelovesong.com>



### **Greetings to you in 2006 !**

*As we head into our 3<sup>rd</sup> year of publishing Gnosis we have a few exciting changes to announce. First of all, we will be including more contributions from other writers, extending the breadth of information, wisdom and creativity we offer to you. Secondly, the newsletter will move from a quarterly to a semi-annual publishing schedule.*

*As in the past, we will continue to feature an artist in each newsletter, whose art inspires and nourishes the soul.*

*If you have something you'd like to propose, be it written word, channeled wisdom, research, or art, please submit to:*

[biointegration@yahoo.com](mailto:biointegration@yahoo.com). Love, Sarah

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## *Honoring the Ego in the Great Cycle of Healing*

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ego-self. Why? Because to openly receive is to reconnect to the grander, quantum-level Self - the field of all possibility, with nothing left out.

The Earth path is our crucible. Having forgotten our connection to All, our separate self sees death not eternity; it fears being cast out when such a thing does not exist. Ego is forged from misunderstanding and compelled to survive.

Steeped in the construct of separateness since birth, it takes but one profound first experience. Everyone's got one of these events, generally at pre-school age. It's when your wide-eyed innocence came to an abrupt halt out of something you experienced – you suddenly felt unsafe or no longer loved for who you are. That's when the game of survival began in earnest. Reinforced a few times, you decided you had to put on a persona to protect yourself and fit in.

You see, the poor, maligned ego is a vital aspect of our “reality” on Earth. If you are alone and disconnected, you must assign an aspect of yourself to defend you from “outside” threat, be it real or perceived - at any cost. Forgetting our eternal, holographic self is prerequisite to this game.

The ego, our manifest mask of separation, must be created to exist in this world of density, duality and limitedness. This world is pressing. It engages us in a constant act of flight from harm. Why? Because we have forgotten Who We Are. In the afterlife, “post game wrap up” we always find ourselves safely back in Spirit, the quantum field of All/Love. But the path of the enlightened one is to achieve this Truth prior to our departure - from eternity and Oneness to separation and survival and back again.

When we remember Who We Are, the ego is soothed and quieted. It can finally stand down. We are free, here and now. When we remember Who We Are, we hold a fine, clear, center no matter what is piped in from the “real world”. When we remember Who We Are, we access answers and solutions from the non-local mind.

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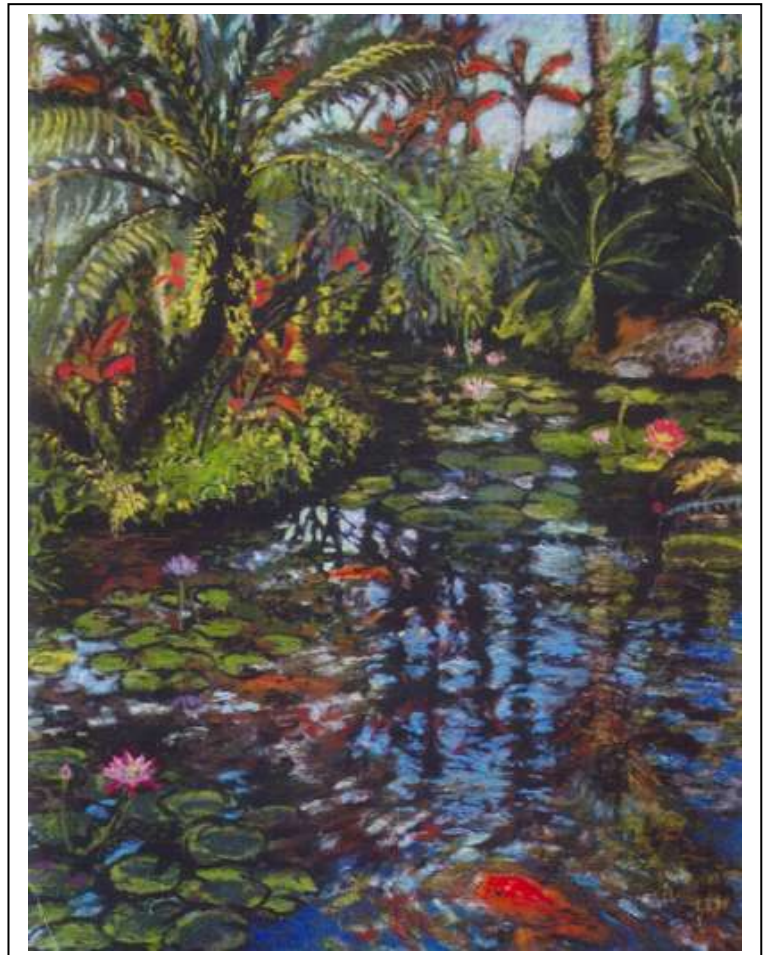
*“Having forgotten our connection to All, our separate self sees death not eternity; it fears being cast out when such a thing does not exist. “*

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When we remember Who We Are, we witness the pleasure, joy and ease of a non-personal, overview - where threats to survival are a backdrop illusion, mere tactics in a compelling game of Risk, which we have jointly constructed, through act or agreement, to learn from our time on this planet.

When we remember and live true to Who We Are, we move, full circle, through this humanity and create along with our true nature, as Creator, a new game. It's called Heaven on Earth.

Game on!



**“Hungry Koi”**

by Karen Mortensen.

View more of this artist's work at

<http://www.lakelovesong.com>



# Living Your Highest Potential

By Heather Ash

At our highest potential, human beings are a magical blend of spirit and animal. Half ethereal, half physical, we are the bridge between the realm of no form and the realm of form. Within us we hold the endless space of spirit and the very instinct of the earth. Our essence communes with the Divine mystery, knowing there is no separation between us and all of life. Our physical, animal self experiences the power and play of individuality and choice.

When spirit and physical are aligned, we ground the infinite in every cell of our bodies, and bring spirit into form, right here, right now. We live our lives as a gift of the Divine, knowing that we are endless infinity packaged into portable bundles of flesh and bones. We have each had direct experiences of this state of spiritual embodiment. Whether it happens in deep meditation or from achieving a long-term goal, during a night of wild dancing or holding a newborn child, there is a bright burst of connection from the center of our being to pure, undivided awareness.

When we reject our present, instinctual animal self and reach only for the fleeting winds of spiritual bliss, we are avoiding half of our being. When we ignore the wisdom or needs of our bodies, or compare our self to others, or judge where we should be rather than honor where we are, we stifle the flow of creative juices necessary for our own inner healing. When we ignore the call of spirit, and focus solely on material comforts and gains, we limit our potential and make a sense of peace impossible. Our attention becomes hooked by the external world and the desire to feel safe and valued. Our sacred individuality as a part of the whole gets warped into self-importance and separation.

**Heather Ash is the author of THE FOUR ELEMENTS OF CHANGE and is a Toltec Mentor in the lineage of don Miguel Ruiz. She and her husband, Raven Smith, teach shamanic-based workshops across the U.S and spiritual journeys to Mexico. For more of her powerful work & writing: <http://www.coreflame.com> or <http://www.creativeinteint.org>**

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*When we ignore the call of spirit  
...we limit our potential and make  
a sense of peace impossible.*

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## **We are out of balance with our spiritual and physical being when we:**

- Compare ourselves to others
- Judge, criticize, blame, or feel victimized
- Stagnate in or bounce between self-importance or self-rejection
- Value other people's opinions of us above our own self-worth
- Dislike and reject our bodies, minds, emotions, or spiritual connection
- Do not know our purpose or what our unique gifts are
- Hold ourselves as broken or wounded or as victims
- Hold ourselves as more important or less important than others
- Live out of fear and a sense of scarcity

## **When our spiritual and physical aspects are balanced, we:**

- Honor the uniqueness of who we are
- Take full responsibility for our experiences, without outer or inner blame
- Have strong self-awareness and curiosity around our internal state
- Have deep self-respect and respect for all other beings
- Are open and in-tune to all aspects of our bodies, minds, emotions, and spirit
- Know our purpose and overflow our gifts to the world
- Hold ourselves as whole, healing, expansive beings
- Feel no separation from the life force around and in us
- Live from love and a sense of abundant flow

The transition from being out of balance with our spiritual-physical self to living in integrity with our full potential is a journey of inner alchemy. Alchemy is the art of taking one substance and transforming it into another, more vital substance. Inner alchemy is the process of guiding our immature, fearful aspects towards the maturity of authentic alignment. And in this journey, we are each our own worst enemy, and our best ally, rolled into one. Which will you choose to be today?

# What We've Discovered...

The Body's Unique View on Issues and Ailments

## Nine Easy Fixes for Optimal Health

### Say 'So long' to Everyday Toxins

Many chronic symptoms, including fatigue, inability to focus, depression, arthritis and coughs we just can't shake, can stem from everyday toxins. By eliminating these 'bad boys' we can recover a foundation of wellness. Good health is our birthright. We can manage our exposure to substances that can be detrimental to us, our children and our pets. Just because it's "legal" or approved by the FDA, doesn't mean it's good for us. When we trust our instincts and do some research, we can be sovereign in our thinking and our living.

1. **Clean drinking water.** Most municipal water supplies add fluoride and chloramines to our drinking water, causing otherwise healthy water to be detrimental to our health. Unfortunately, most commercial water filters do not take out fluoride and/or chloramines. PUR, Brita and most "under the sink" models do not. Reverse osmosis is practically the only method of filtration currently available that does work.\* For inexpensive, good quality water, I buy reverse osmosis water from a local health food store (approximately 50¢/gallon after initial purchase of container).
2. **Avoid artificial sweeteners.** Aspartame (Equal, NutraSweet) are classified as excitotoxins, which means that they stimulate neurons in the brain until they rupture. Not good. Splenda, though different, has toxic affects, as well. Diet (and other) sodas are often made from fluoridated water, so they can contain large amounts of fluoride. Unfortunately, diet sodas also tend to be quite addictive. If I'm craving a soda, I get the sugar sweetened kind or a natural brand.
3. **Stop Use of Fabric Softeners.** Sorry - Bounce, Fluff, dryer sheets of all kind and even liquid fabric softeners are also neurotoxins, their use can result in ADD-like symptoms. If you're concerned about static or softness, (subliminally programmed message in those ads : )) try baking soda.
4. **Eliminate MSG.** MSG creates brain fog and also causes weight gain. It is in nearly all fast food, most commercially packaged foods (soups, convenience dinners, anything with a 'flavor packet'). When research scientists need a fat rat population, they use MSG to create one. This is a major factor in our 'super-sized' epidemic.
5. **Stop Microwaving.** Microwave cooking actually denatures proteins and other molecules in food, converting them to substances the body does not recognize and creating loads of free-radicals. The nutrition in microwaved foods is essentially lost. I use a toaster oven or stovetop instead.
6. **Buy Organic.** At least foods high in animal fat, such as dairy and meat. Butter, cream, milk and meat contain naturally occurring animal fats. In animals,

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*"By eliminating everyday toxins  
we can recover a foundation of  
wellness."*

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(we humans, too) toxins are stored in fat, so toxins become more concentrated in foods containing fat. Hormones, Rbst, antibiotics and other additives to 'regular' meat and dairy foods can negatively impact hormone regulation and also generate candida sensitivity.

7. **Recognize symptoms.** If you develop chronic digestive, respiratory, pelvic, joint or muscle symptoms and fatigue that you cannot shake (including vertigo, body aches), see a practitioner who knows about mycoplasma. Mycoplasmas are a genus of parasitic microorganisms that lack a true cell wall. Sometimes genetically modified, these organisms are spliced to another bacteria or virus. These organisms are pernicious and often go unrecognized by the immune system because they cloak themselves in the body's own self-markers. Certain nutritional supplements (particularly certain mushroom extracts) are effective at eliminating mycoplasma and its symptoms. (Call me for details.)
8. **Stop use of herbicides/pesticides.** Given that these substances kill plants, insects and rodents, it stands to reason (and is born out in Bioenergy Balancing practices everywhere) that products like Round-up, Raid, and plant pesticides are significant risks to humans and pets alike. Instead of an herbicide, there is conventional weeding or I've also heard of a natural remedy made from vinegar and clove oil (go figure) called Burnout™ [www.commonssensecare.com](http://www.commonssensecare.com). As a pesticide, I use soapy water, Windex or neem oil based products.
9. **Decline the flu shot and reconsider vaccinations.** Until manufacturers stop using thimerosal as the preservative in flu shots and vaccinations, they are as serious risk to the brain and neurology of adults as well as children. Thimerosal is a form of mercury. The amount of mercury you get from a flu shot or vaccine is far greater than the threat in most fish or seafood you might consume. Unless your system is so weak that you might die from the flu, consider avoiding this heavy metal exposure.

If you have an accumulation of fluoride, MSG, or aspartame, there are effective detoxifiers to safely and comfortably eliminate them and return you to balance. Mycoplasma, parasites, and heavy metals from vaccinations can also be effectively addressed and eliminated. Our body is our ally. Its wisdom returns us safely to balance. By eliminating exposures to detrimental substances we can extend the length and quality of our life. When we honor our body as our Self, it serves us well and for a long time.



\*For other sources of good water filtration/purification see [whollywater.com](http://whollywater.com) and/or energy tools (Light Life Rings™) at [slimspurling.com](http://slimspurling.com)

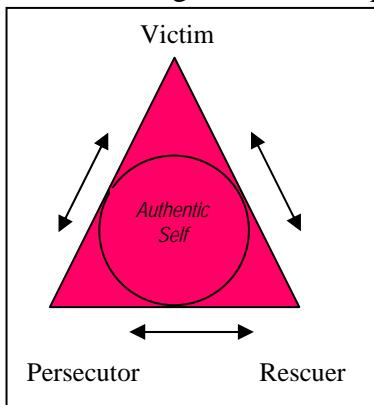
# Beyond the Rescue Triangle

## Getting Free From Drama, Fear and Separation

Eric Berne, father of Transactional Analysis, coined the term, the Rescue Triangle to describe the pattern of identification and drama so prevalent in human interaction.

Resulting from our fundamental definitions of self as passed down through our society and families, each of us tends to identify most closely with one “point” on the triangle. This, however, is only our starting position on the game board, as the rescue triangle is a dynamic, scenario - revolving and moving around over time.

To really get a good look at this, let’s investigate the three positions in the triangle. Please keep in mind,



there are no ‘better’ or ‘worse’ positions on the triangle. Most of this dynamic is played out with little or no conscious intent (the source of the problem). Although we each start at a particular position (our comfort zone/persona), as the dynamic progresses, we will occupy each position.

**Victim (V)** – As a victim we primarily see our self, as ‘less than’, ‘one down’, not as able, confused. If you identify with being the victim, you think you need advice, help, and maybe even saving.

**Rescuer (R)** – As a rescuer, we see our self as the ‘altruistic’ helper (often to avoid appearing “selfish”). We see our value in fixing and guiding others who are less able, less fortunate or otherwise in need. Unconsciously we think of ourselves as ‘better than’.

**Persecutor (P)** – Persecutor is mainly a reaction role, in which we are angry and feel justified in condemning the other player(s). Rest assured, every Victim and every Rescuer is bound to assume this role at one point or another.



“Pink Double Hibiscus ”  
by Karen Mortensen  
<http://www.lakelovesong.co>

### Let’s Play

The dynamic of the rescue triangle generally happens between two people. Here’s an example, which I’m sure you’ll recognize right away. The example shows two women, but of course, it applies across gender.

Jane (V) is sure that everyone is better, more capable, smarter (prettier, skinnier, wealthier...) and has more opportunity than she does. She’s got low self esteem and believes she is less than others (consciously or unconsciously). This belief drives her life, which mirrors her beliefs. She feels stuck, and unable to change her circumstances.

Jane meets Kim (R). Kim is a good listener, supportive and full of good advice and ideas about how Jane might go about shifting her self-perception, relationship dynamics and heal herself so that she feels good and can have what she wants to have in her life.

### Victim + Rescuer = instant Best Friends

Fast forward 3 months (or three years).

Kim’s (R) perspective: Kim has thrown every tool in her toolkit at trying to fix/save/change Jane for Jane’s own good. Jane has actively enlisted Kim and says she wants to change, but hasn’t, doesn’t, won’t. Kim is beginning to feel drained and feels guilty about not returning Jane’s phone calls.

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## Beyond the Rescue Triangle

Getting Free From Drama, Fear and Separation

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Within a bit of time, Kim will move from Rescuer to Persecutor, as her anger at Jane grows. Kim will then alternate between being mad (P) and feeling victimized herself, by Jane's "taking" and failure to change.

You see, Jane doesn't really want to change, she's identified with being a victim, and as limiting as it may be, it's got some obvious perks.

Jane's (V) perspective: Although Jane likes the attention she gets from Kim, and feels Kim understands her plight (feels sorry for her), Jane is beginning to feel that Kim is arrogant and thinks she is superior. Jane feels like Kim is a bit of a know-it-all and thinks she has all the answers. In short order, Jane will move from Victim to Persecutor as her anger builds up at Kim's 'holier than thou' approach.

So Kim (R) goes from being the Rescuer to Persecutor (because she's mad) to being the Victim. "I tried to help Jane, but she \_\_\_\_\_" (won't let me, thinks I'm judging her, is exhausting me...).

Jane goes from being the Victim to Persecutor (she's mad, too, at "being minimized") and now that Kim is occupying the Victim slot, Jane can move into being the Rescuer, helping Kim with her "issues". When Kim moves to Victim, Jane moves to Rescuer. They'll both occupy Persecutor from time to time, and they will either keep this triangle going or "break-up" and move on to new players.

Can you tell how familiar I am with these roles from personal experience? Oh yeah. I spent my first 19 years being a professional Victim and the next 5-10 being a Rescuer - with lots of Persecutor moments throughout.

You see there is no escape from the Rescue Triangle. Why? Because you can never be saved by another person AND you can never save another person. Good game, though. High drama, high stakes with alternating feelings of failure and self righteousness for each and every participant. Ugh.

Is there an alternative, an antidote? Yes. It's comprised of consciousness, feeling and self-love.

First, consciousness of your own pattern – preferably, as it is occurring. *This requires that you pay attention to your feelings.*

### Some tips:

Rescuer – if you're primarily a rescuer you'll want to start noticing when you are:

- More invested or doing more to solve the other person's problem than they are;
- Giving more than you want to and feeling drained;
- Feeling self-righteous, comparing and glad you're not "as hopeless a case" as \_\_\_\_\_ is;
- Feeling guilty for not giving more, not wanting to continue to participate, etc.

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**"Passion Flower"**  
by Karen Mortensen  
<http://www.lakelovesong>



## Beyond the Rescue Triangle

Getting Free From Drama, Fear and Separation

*continued from page 6*

Victim – if you're a victim you'll want to begin to notice when you are:

- Loving the attention of the Rescuer and answering suggestions with “Yeah, but...” or “I would, but...”;
- Continually identifying yourself as unable, flawed, helpless or undeserving;
- Pouring your heart out to others to get their help or sympathy;
- Perpetuating destructive relationships or situations in your life.

Persecutor – If you're involved in the Rescue Triangle, when you hit the wall within your “role” you become enraged and occupy the role of Persecutor for a time. But some people live in this role. They are just mad at everyone all the time. They think everyone is inadequate, incompetent or “in my way”. They characterize everyone as being “less than them” or somehow deserving of their wrath.

Persecutors need to get conscious about who or what they are really mad at and heal that wound. Often they have been on the receiving end of persecution and decided it's safer to be a perpetrator – rage is hiding their deep fear and distrust in the world.

You see, each position on the Rescue Triangle is based in a feeling of inadequacy and a lack of wholeness.

If I am whole and love myself, I don't have to create relationships where I'm either inadequate or “the advisor”. I can exchange ideas and learn from others without being either one up or one down. Which brings us to...

### All Healing Comes from Self Love

Let's face it, whatever my parents (and their parents, and their parents back to the beginning of time) did or didn't do, the results now sit squarely in my lap. This is not to minimize the neglect,

abuse and unconscious programming we endured. But if we did, indeed, endure, then our healing is now firmly in our hands. Ironically, the negative emotional environment, beliefs and roles we became indoctrinated to *stem from our parents enactment of the Rescue Triangle* – that's where we learned it!

Unless we halt the drama (including, I'm a victim to my parents – even if, in fact I was) we perpetrate it unconsciously on everyone around us, our partners, our friends and our kids. Youch! The buck, well, it truly stops with you.

Loving oneself (and connecting with nature and Source) are ways we heal and stay whole. But why is it so hard? We've almost forgotten that active self loving is an available option and that's because it (generally speaking) wasn't modeled to us. Our parents never learned it either.

So let's learn to apply this soul-soothing balm liberally, now, okay? Drop the venomous concept of “being selfish” and embrace your own empowerment. No healer, no lover, no surrogate parent can penetrate and you cannot “fill-up” until you personally ‘put the plug in the bathtub’ and allow love. All love that is truly received is predicated on self-love.

So get down! Pour it on! Make it up, if you have to at first. A couple of things may happen:

1. Your inner critic may get real LOUD. If it does, ask if that voice, feeling, belief is really you. Then ask that energy “what do you need?” Notice how this feels as it processes. This simple question allows that energy to return to the person, time, place that it belongs. It's remarkable how energy shifts when you gently ask for its release back to its rightful place in the universe.
2. You may go blank. “I don't know how to love myself or what I want”, “I don't trust myself...”, etc. That's okay. Go to the sure bets like, praise yourself on paper (for ANYTHING), take a walk in nature, honor your body with a nice long bath or shower with candles, good smelling soaps and music. Begin to pay attention and create occasions for feeling joyful, playing and having fun.

*continued on page 8*



## Beyond the Rescue Triangle

Getting Free From Drama, Fear and Separation

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Think of the world that would be reflected if each of us quietly generated our own self love. When you looked around at others, you saw a little smile of contentment, mirroring and modeling self-satisfaction. (See how even that word triggers our training about selfishness?)

When we know ourselves, our needs and desires and fill those requirements, while gladly assisting others in doing the same for themselves, we create balance. There is no jockeying for position. We begin to dissolve the learned pattern of “better than/worse than” that allows us to be manipulated by our fear of loss or judgment.

When you're ‘full up’ you become self-referenced and sovereign. This is wholeness, your soul and love-based Self.

Until now, well, it's been a bad dream. No one is inherently more or less able or competent than anyone else. Sure, we have different skill sets, but it's our conditioning that says some people are less whole than others.

As George Orwell wrote in his 1945 allegory, Animal Farm, “All animals are equal, but some animals are more equal than others.” It's precisely this illogical logic of our worldwide culture that has kept us entrenched in the high-stakes drama of the Rescue Triangle - be it personal, community-based or global. This is how our unconscious patterns have unwittingly generated the HAVE and HAVE NOT constructs everywhere.

It is only when we bring consciousness to our trained thinking and provide ourselves the love we so dearly desire, that we slip the yoke off and the manipulation ends.

Then and only then, can our authentic, self-generating abundance be lovingly shared with the world. For now, agenda-less, we are free.



## Be the woman who...

Notices the colors change at dusk & dawn  
Claims her inheritance as a beautiful soul  
Feels there's sufficient time, money, love  
Responds with open hands and heart  
Cherishes harmony and balance  
Dances naked with swaying hips  
Gives from an overflowing cup  
Allows inspiration to guide her  
Lives spirit from the inside out  
Nurtures pleasure and beauty  
Remembers why we are here  
Eats the dark and the light  
Feels at home in her body  
Births creativity and vision  
Transforms death into life  
Honors another's melody  
Empowers the powerless  
Opens to life's blessings  
Receives with gratitude  
Knows why she is here  
Experiences Oneness  
Howls at the full moon  
Dreams the new story  
Laughs from her belly  
Sensualizes sexuality  
Heals into wholeness  
Sings her own song  
Walks many worlds  
Listens to the earth  
Honors differences  
Believes in infinity  
Imagines the best  
Relaxes into trust  
Accepts change  
Breathes fully  
Loves equally  
Chooses life  
Lives in joy  
Is enough  
Is the gift  
Is holy  
Is  
Isis

Gemma Lila, 10-05





## About the Artist...



I hope you have enjoyed the artwork of Karen Mortensen, so generously shared throughout this edition of **Gnosis**. Please visit her website <http://www.lakelovesong.com/> to view or purchase from her collected works.

“Waiting for Lunch”  
by Karen Mortensen  
<http://www.lakelovesong.com/>

Karen Mortensen is a retired fashion designer born in Copenhagen, Denmark. Since a very early age Karen has always had a profound interest in creating fine art, and in 1990 became a full time artist. In 1999, she moved from Santa Barbara, California to make her home on the Big Island of Hawaii, where she now resides in the Puna district. Her art is a reflection of her diverse studies and experiences from a lifetime of travel and living among many cultures and countries throughout the world. Karen has studied fine art at the [Chouinard Art Institute](#) in Los Angeles.



### ***Intend AND Surrender*** ***The Part We Forget***

Sure, I know how to intend, it's what they used to call goal-setting, right?

Well, not exactly. Truly intentional living is more like an art form, not an exact science. Electro-magnetic, yes, and with considerable aerodynamics, shoot, even fluid mechanics, now that you mention it. Maybe it's *more* than a science.

Intending is a powerful gift we humans have. To create and imagine an outcome and literally, weave our energy into that intention— well, it's powerful. And things happen.

Must we be apologetic? When we keep our word and send forth intentions based in love, well...bring it on, be powerful!

Okay, so, do-gooder goal setting, then, right?

Not really. The main difference between simply goal setting and intentional living is within the idea of control. When we're goal-setting, we think it's about us – the little dreamer, our persona or ego. We must arrest “control” of “circumstance”, as if these things exist.

To powerfully intend, we must release control. (We only need to “control” that which is “out of control” anyway, right?) Envisioning our intention, then releasing it into the quantum field of all possibilities (the Big G, if you will) to have the result produced. Me, or more aptly, the “mini-me”? This little i must let go. We must surrender to achieve.

Infinite power is in this surrender. Intend, be passionate, use Wisdom and then release the outcome.

Like at a restaurant, graciously place your order - sincerely and just once with the Waiter, then exercise patience and faith...and await your meal. It may be amusingly different but often better than expected.





**Sarah McCroskey**  
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 Director  
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**We accept**



◇ **About our Name...Gnosis**

Word: **gno·sis**  
 Pronunciation: 'no-sis  
 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)

*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.*

**BIOENERGY BALANCING**

**UPCOMING EVENTS**

**Spring Workshop  
 How to Clear Energy:  
 Using the Pendulum and  
 Working with the Body**

**Saturday, May 20, 2006  
 10 a.m. – 4:30 p.m.**

**Bring your imagination,  
 your friends and your  
 lunch...**

**\$175 per person.  
 Space is limited.**

**A \$50 non-refundable deposit  
 holds your place.**

**Free Pendulum and Step-by-Step  
 Binder Included**

**- Register Now -**

