

BRIDGES Magazine

2010 Issue 2

for living subtle energies

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International Society for the Study of Subtle Energies & Energy Medicine

BRIDGES Magazine

Volume 20, Number 2

the ISSSEEM magazine, explores leading ideas in the fields of subtle energies and energy healing.

Its interdisciplinary focus creates an open forum for healers, teachers, researchers, pioneers and all interested and involved – within the ISSSEEM membership and the world at large – to exchange information and discuss new discoveries.

Published and delivered to subscribers in digital format three times a year, *Bridges Magazine* presents articles, reports, reviews, and interviews with a personal, clinical or experiential perspective in order to further our understanding of the great range of human capacities and to expand our inquiry into the subtle realms of existence.

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MESSAGE FROM THE EDITOR



from Celia

About this issue of *Bridges Magazine*

In *Man and His Symbols*, which was published in 1964, Carl Jung predicted future disaster because of the foolish human illusion that we control the world. He wrote that since we worship the false god of Reason, “Our intellect has created a new world that dominates nature, and has populated it with monstrous machines.” With humanity out of balance he foresaw that we would use those machines – including atomic weapons – destructively.

Facing such a global catastrophe, Jung found hope in the individual: “As any change must begin somewhere, it is the single individual who will experience it and carry it through. ... It might be any one of us. Nobody can afford to look round and to wait for somebody else to do what he is loath to do himself.” Carlisle Bergquist is one of those individuals. He decided not to wait for somebody else to act. He risked being seen as foolish in order to organize Ten Billion Beats, a wonderful event that carries the intention of creating peace and goodwill around the world.

Carol Ann Liaros wrote in *Intuition Made Easy*, “Those who insist that the physical world is all there is to see cannot perceive beyond the limits of their own illusion.” Seeing clearly and cutting through the illusions produced by a purely materialistic perspective is the first task for everyone who wants to understand subtle energies – the energies of healing, higher states of consciousness, transcendence, and the realm of psi phenomena.

Both science and religion have told us for centuries what reality is and anyone who attempted to challenge those beliefs was ridiculed, scorned or punished. Still, many people have kept on experiencing things that do not fit in with what they’ve been taught. They are the ones who learn that they can get in touch with what is really real.

Edgar Mitchell’s transformative experience set him on a path of asking questions. That’s what each one of us must do as we wrestle with the conventional worldview. Healthy doubt is necessary so that we avoid both the too easy belief that leads to superstition and the too easy disbelief that leads to dogmatism - or to scientism, a term used for a faith in science that becomes rigid and fixed. Real science requires open inquiry and a willingness to examine all the evidence. We must each take responsibility for exploring our own experiences and asking our own questions.

I’d like to mention a small synchronicity – that’s the term Jung coined for meaningful coincidences. During a conversation with Aggie and Carol Ann the topic came up of the need for clean water around the world. Then Jill Emerson sent a note asking whether *Bridges* would be interested in publishing her experience with sunlight and water.

And thank you Bob Nunley, our sage and troubadour, for a wise story about the most important thing of all – our loving vision of each other.



Edgar Mitchell

In 1971, as I was returning to earth after Apollo 14's successful mission to the moon, I had an experience of both great euphoria and intense despair, an experience that has had a profound effect on my thinking and my life.

The astronauts' work was almost done and there were many hours ahead of us with only a few tasks to carry out. Although I was tired and hungry I was exhilarated, and I had time to gaze out at my home planet. As I took a few quiet moments to contemplate the beauty of the earth and to muse on the significance of what few humans had been privileged to see, the scene bore deep into my soul and shook the foundation of my being. All of my life I had worked with hard facts in technical professions as an engineer, scientist, naval officer, and test pilot. I had lived the realities of war. But as I gazed out that small window, in an instant I knew that the beauty I was seeing was no accident: it had not occurred randomly or without a purpose.

It was as though my awareness reached out to touch the furthest star and I became an integral part of all creation.

I was aware of being one with a perfect, loving, harmonious unity. Any questions I might have had about our existence suddenly melted away as I felt that oneness. I knew that there is an intelligence in the evolution of life and that we are all linked together as part of the whole. We are not alone.

Then the joy I was experiencing changed into the darkest, blackest despair as I contemplated mankind's actions on earth. We were behaving like ancient warring tribes fighting over food and territorial rights, or behaving like children fighting over their toys, and not like the enlightened beings I now knew we were. From that perspective I could see my people, the crew of spaceship earth, in disharmony and disarray, egocentrically, lustfully, greedily destroying our world and each other for a lack of vision, for a lack of understanding what mankind really is. We have lost sight of our potential: we are universal beings. We are the stewards and keepers of this planet, not the spoiled, self-serving brats we often portray. I saw that we could no longer tolerate the ravaging of earth's resources that will not last forever. We must work cooperatively, not destructively, in order to sustain our planet and ourselves.

I was grateful that I had to return to some tasks on the spacecraft and leave aside the emotional agony of this dark half of the epiphany. But over the next 30 hours, in between tasks, it was all repeated again and again as I alternated between the high, the euphoria, and the most painful black despair.

What I experienced could not have been more foreign to my upbringing in west Texas and New Mexico. It was not part of what I had been raised to believe. I did think, though, that it was curious and exciting that the brain could spontaneously reorganize information to produce such a fantastically strange experience. I wanted to understand how this had happened, so, after I returned to Earth, I began to search for answers. I looked through the scientific literature, but found no answers there. Then I began

reading the mystical writings from both Eastern and Western religions. It was the transformational experience, the epiphany that occurs outside the influence of the Church and its dogma that I became most interested in.

An anthropologist from Rice University to whom I appealed for information said that the experience I had had was called “samadhi.” When I asked him what that meant, he said, “It’s an experience where you see things in their separateness but which are experienced viscerally as a oneness or a unity accompanied by ecstasy.”

Then, when I started talking with mystics and shamans from around the world they spoke about earlier times in the beginnings of their civilizations

when this type of powerful epiphany had taken place. The origin of all religions is rooted in the mystical experience. From the time of the earliest shamans and tribal medicine men, humans of all cultures have discovered that under certain conditions one can seemingly perceive information from beyond the immediate environment (non-locally). But then, those who had not had the experience themselves took it and built a story around it that became the basis for a religion. This was a corruption, a distortion caused by ego-bound thinking that took a mystical awareness – without understanding the nature of its origin – and made it into something concrete. Viewing Earth from space I could see that our religions were archaic and that the original experience had been culturally corrupted along the way so that we have ended up fighting over whose God is the best God. What we believe has become a source of enmity and disarray.

Distilled from centuries of human experience and philosophic quest humans developed enduring beliefs about our existence and the values that guide us. I wondered where this wisdom had gone. Studying history, I saw something about how we had

further corrupted our understanding of the nature of reality and the best ways to govern ourselves and our societies.

The Abrahamic religions, Judaism, Christianity and Islam, grew up together but started fighting fairly early in the game over whose idea was the right idea. Fighting over “right ideas” got to the point in the 15th Century that the Spanish Inquisition arose and those in power began burning people at the stake for

“the origin of all religions is rooted in the mystical experience”

disagreeing with the Church. To tell this in a very brief form: Descartes came along and said that physicality and spirituality were separate, that they existed on different grounds of reality and did not interact. That got the Inquisition off the backs of intellectuals and allowed the growth of scientific discovery. They did not get burned at the stake if they did not mention consciousness or other areas that were considered part of the Church, but this also meant that science arose with a dominant interest in the material world. It developed its own dogma with a flawed cosmology that has further corrupted our understanding of the true nature of reality.

As I studied the beliefs of mystics and also became interested in psychic phenomena, it became absolutely clear to me that first-person experience, the subjective, with all its potential for misinterpretation was just as important to understanding reality as the third-person observations of science. I came to recognize the effect of my own belief system and the powerful role of encultured belief systems in general. I found I needed to reexamine accepted thought with new eyes. I had to be suspicious of everything I heard, and

everything I knew, or even thought I knew and to question many fundamental assumptions underlying both religion and science.

The open-minded skeptic sets out for himself or herself to view (or better, to experience) such peculiar phenomena (at least peculiar to the Western mind), and conduct a careful investigation, unbiased by traditional interpretation. I learned something about belief and disbelief from an experience with my mother. This is how I told the story in *The Way of the Explorer*.

“I travelled to Little Rock, Arkansas to speak at a convention, and my mother drove from her home to join me. While I was there I met several remarkable people, one of whom was Norbu Chen who was an American who had studied the earliest form of Tibetan Buddhism, a form that was liberally infused with ancient Tibetan shamanistic practice. ... He also purported to be a healer. One evening after an entire day of speechmaking I introduced Norbu to my mother, who was at the time in her early 60’s.

My interest was twofold. I wanted to find out whether Norbu Chen was real or just talk, and to help my mother if that was possible, though I was skeptical. My mother, being a fundamentalist Christian all her life, had definite and traditional ideas as to how the mind was capable of influencing matter through healing – either by the hand of God, or by that of Satan. There was no middle ground. Norbu did not think of himself as either, but was quite convinced he could help. Making no promises, he merely suggested that we try, and see what would happen. I was intensely curious, and my mother was at least a good sport about the whole thing. She agreed that something good might come of it.

The following day Norbu and I met my mother in the seclusion of my suite where he asked her to sit in a chair,

remove her thick glasses, and relax. I watched from across the room as this strange Asian-trained man did what he claimed to have done for so many years. Then I witnessed my mother settle deeply into a relaxed state.

After placing himself in a meditative trance (he claimed) through singing his strange mantra, his hands floated over my mother's head, pausing over the eyes. There seemed to be an unspoken acceptance on her part, a silent trust in this man she had never met until this weekend.

After a few minutes of this, Norbu gently announced the he was finished and suggested she go to bed, sleep well, and treat herself kindly, as though she had been through major surgery. His prescription for nourishment was grape juice and broth.

At six o'clock the following morning, my mother came rushing to my room, exclaiming, "Son, I can see, I can see!" Without pausing to let me come to my senses, she proceeded to demonstrate her claim by reading from her thumb-worn Bible with glasses in hand. Then once again she said more quietly, "I can see. Praise the Lord, I can see!" Dropping her glasses to the floor, she ground the thick lenses into shards under the heel of her shoe. Needless to say, I was impressed.

A few days after returning home I learned another lesson I wouldn't soon forget. After going about her routine for several days with nearly perfect vision, unassisted by contacts or eyeglasses, my mother called one day to ask whether or not Norbu was a Christian. His name clearly derived from an Asian culture, which she suspected didn't likely coincide with her beloved faith. Though I didn't want to tell her, she was adamant. Reluctantly...I told her Norbu was in fact not a Christian, and the moment I did, the deep pain of regret was clear in her voice.

Her new sight was not the work of the Lord, she insisted, but that of the darker forces of this world. She was absolutely certain that Norbu, being of

"we need to understand ourselves and to see creation with the greatest awareness possible"

another faith, must be an instrument of evil. No matter what I said to her, no matter how I explained my own secular understanding of such phenomena, she would not be convinced. Her vastly improved eyesight was the work of Satan. Hours later, the gift slipped away and thick new glasses were required."

That was not the end of the story however, although I did not include it in my book. My mother was a very intelligent woman, and since her glaucoma did not come back even though she had to resume wearing the coke-bottle thick glasses, she realized that since she had been the one to reject part of the healing, she would be able to get it back. And she did. Before she died about ten years later, she was able to see well with much weaker glasses.

Through my search for understanding what had happened on my way home from the moon, I came to know that believing is seeing, not the other way around. Too much of our human thought is tantamount to snow on the television screen. For life to be sustainable, we have to clear our minds of that snow.

We need to understand ourselves and to see creation with the greatest awareness possible. Only as a substantial segment of society recognizes that other conscious states and other paradigms are not only possible but desirable, will the movement toward new social

realities take place. As we shift from one state of consciousness to another, our perceptions of reality, physicality, normality and even highly subjective matter such a personal fulfillment, change along with our value systems and belief structures.

We must act rapidly to correct our belief that material abundance is the panacea for happiness. The greatest philosophic and religious teachings of all times have been ignored and perverted.

We must reclaim the vision and wisdom that existed in simpler times before the scientific and technological genius of the modern age cracked open the proverbial Pandora's box, and loosed upon the world the very seeds of our destruction. With a view to our true place in the universe, we need to return to simplicity, harmony, and cooperation to fulfill the vision of our human potential.



Edgar Mitchell was the sixth man to walk on the moon. In 1973 he founded the Institute of Noetic Sciences with Paul Temple

*in order to encourage and conduct research on human potentials, healing, consciousness, and emerging world views.. He is the author of **The Way of the Explorer: An Apollo Astronaut's Journey Through the Material and Mystical Worlds.** His website is - www.edmitchellapollo14.com.*



MY FAVORITE SHORT HOMILY

Bob Nunley

Shanti Vanam is a House of Prayer in Northeast Kansas that has offered broad access to an enlightened Roman Catholic understanding for 40 some years. The charismatic founding priest was Father Ed who led the first half of its life. He was followed by the evangelical Father Joe, who was, in turn, followed by the meditative Father Dick. Each left deep impressions. Father Dick brought short homilies including this one, my favorite.

The teacher asked his students “How do you know when you are coming out of darkness and into light?”

One eager student quickly responded, “When I can see in the early dawn that a given shape is clearly a shrub, a tree,

or an animal then I know I am coming out of the dark into the light.”

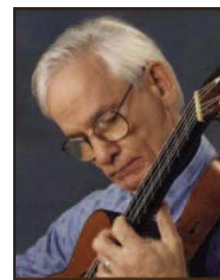
“Oh my child” replied the teacher, “that is an excellent answer, but I was looking for something more dynamic.”

Another eager student got permission to speak and said, “When I see one animal move and know that it is a sheep, and another and know that it is a horse, then I know I am coming out of the dark and into the light.”

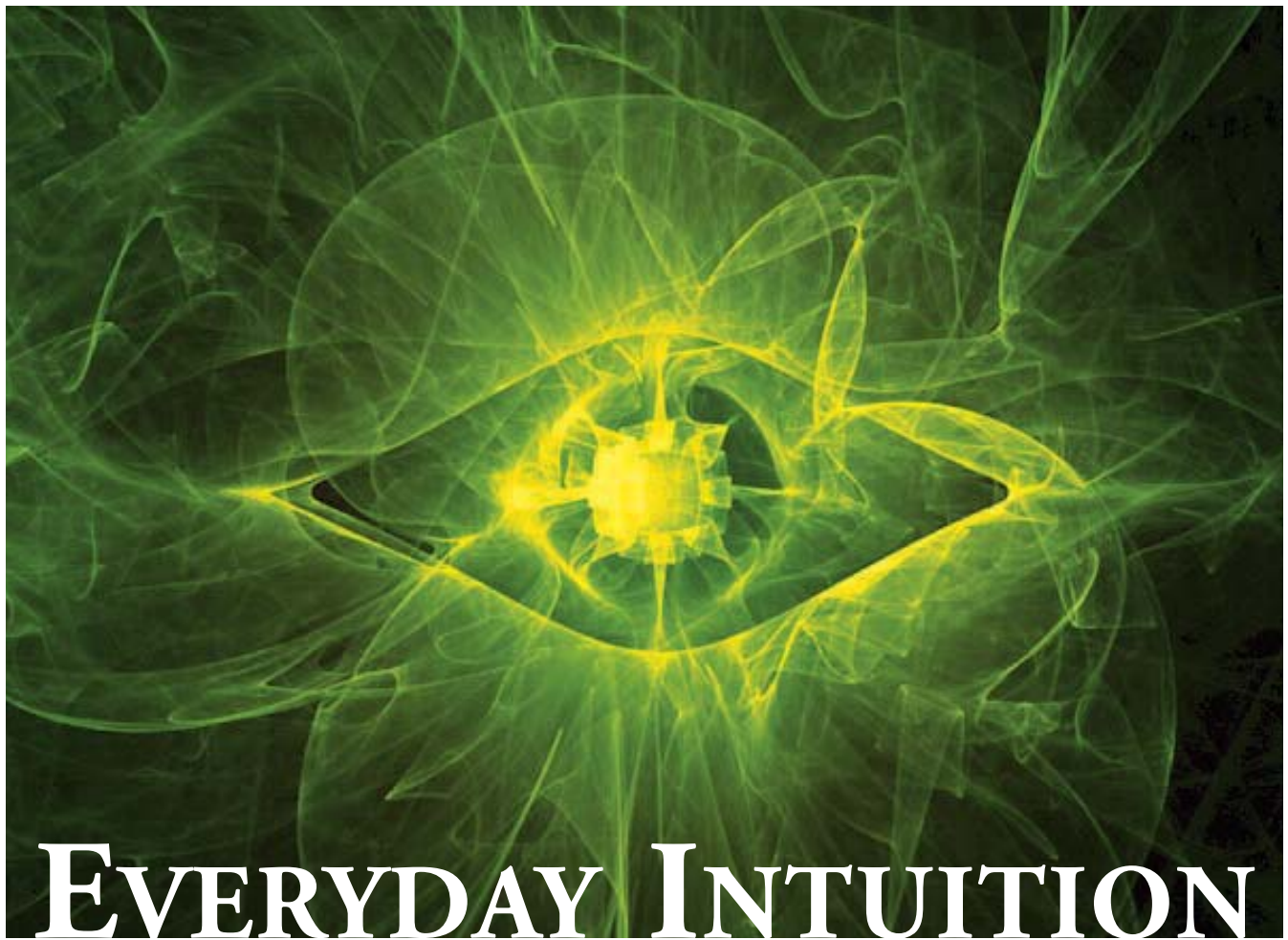
“Oh my child,” replied the teacher, “that is an excellent answer, but I was looking for something more philosophical.”

“What might that be?” inquired a third student.

“The teacher quietly said, “When we can look deeply into the face of any woman or any man and see the face of our loving sister or our loving brother, we are coming into the light. Until then, dear ones, we remain in darkness.”



Bob Nunley serves as the Dean of the Faculty and as a professor for Holos University Graduate Seminary. He is a Professor Emeritus of geography at the University of Kansas, a past Co-President of ISSSEEM, and an enthusiastic guitar player.



EVERYDAY INTUITION

Agatha Tutko

**BOTH CAROL
ANN LIAROS
AND I
BELIEVE THAT
INTUITION
CAN BE
DEVELOPED
BY ANYONE**

Having such abilities is an ordinary aspect of being human, one with many practical applications. Carol Ann has been teaching classes on intuition for 40 years and I have participated in many of them. Sometimes I teach with her, and at other times, such as at Edgar Cayce's Association for Research and Enlightenment where she has taught for 17 years, I pay attention to what is going on in the class and share my intuitive observations with Carol Ann to support what she perceives.

Although I'd been interested in intuition for a long time, I had a wary view of "psychics." I wanted to believe that psychic phenomena were real – I'd had a couple of experiences myself – but I wanted to know it wasn't bogus.

When I saw an announcement in 1970 for a class taught by parapsychology researcher Douglas Dean I thought I would be able to listen to someone with a scientific perspective and I hoped to learn something with validity. It also helped that the class, "Introduction to ESP and Other Frontiers of the Mind," was being taught at a science-minded Catholic college, Rosary Hill.

Dean taught the class by himself at first, but after two weeks Carol Ann was called in to teach with him. When he announced that the next class was going to include a psychic, I kind of groaned. The day Carol Ann walked in she wasn't at all what I had expected and, when she started talking, for the first time in my life I heard the sound

of truth in her voice. Literally, the sound of her speaking resonated in me and I realized that I wanted to know everything that she knew. She announced that she was going to teach a small class on meditation and I immediately signed up.

The next week when I found Carol Ann reading her handwritten notes before the class, a light bulb went off in my head. All of a sudden I wanted to know what the handwriting of a psychic would look like and also to learn something about her. So, although I hadn't done anything with handwriting analysis since I was a teenager, when I had the chance I raised my hand and asked if I could type up her notes. Someone else also asked and was given the papers to type even though I thought I should have been the one to get them. Carol Ann now says with a laugh that she was being psychic and obviously knew what my ulterior motives were. I was really upset and in my mind I said, "I hope every damn typewriter in that woman's real estate office breaks down." When I went to class the next week, Carol was again reading her handwritten notes. I asked what had happened, and the other woman got up and said, "I don't understand it. Every typewriter in my office wouldn't work." I did not know for years that I might have had something to do with that.

I was very interested in psychic experiences but I needed to know they were real. Carol Ann believed they were real, but at first thought she did not have any psychic abilities herself. Like her, most people who do believe that psychic experiences are real think that they happen only to a few special people or just at a few rare times. In the intuition training Carol Ann teaches that these experiences are possible for everyone not just for a gifted few, and that our intuitive abilities are for us to use everyday.

Many people do not want to know that psychic experiences are real because if such events truly exist, they have to change their idea of what reality is and that makes them feel very uncomfortable, or frightened. People are often afraid that having these experiences means that they

"I wanted to know what the handwriting of a psychic would look like"

have lost touch with reality and that they are crazy – or that other people will think that they are crazy. So it is understandable that we develop "filters" that keep these experiences out of our awareness. We don't notice, or we ignore, doubt, or deny anything that does not fit our view of what is real. I think that these days people have also lost touch with their own self-awareness. We have too many tools for looking outward and we have forgotten all about looking inward. The truth is that the more we work on ourselves psychologically and spiritually the more whole we become. As we grow to understand who we are and what we believe, we can dissolve our blocking filters. The more we acknowledge our own intuitive abilities, the easier life becomes. Actually, we develop ways of being more in touch with what is real and true that are the opposite of being crazy.

I followed a path of logic and scientific curiosity into discovering the psychic side of life and my filtering beliefs were changed by a long series of experiences and explorations, many of which were fostered by Carol Ann. Still, it took me five years after I met her in 1970 before I could acknowledge that I too was psychic.

Carol Ann's filters began to be radically changed when she was 29. Some people learn of their psychic abilities through trauma, and that was true for her. After three years in which she faced terrible losses, Carol Ann felt as though pain had left her with the outer layer of her skin ripped off. She wore sunglasses all the time so that she wouldn't have to look into the eyes of other people who were in emotional pain. A day came when she felt she was hanging on by a thread and that something different just had to happen. She went to bed that night knowing that she would either collapse or somehow touch something that would change things. She awoke to an astonishing new way of living and the first of her experiences of intuition when she quickly "saw" the pain of a friend who dropped by, pain that neither of them had spoken about – Carol Ann just knew it.

People fear that someone with psychic abilities can know more about you than you do yourself, or that they will tell you something terrible about your future. Carol Ann has said that, "We choose everything that happens to us. Some of it before we come in, and then on a daily basis once we are here. That decision is somewhere in our unconscious, or sometimes it's conscious, so all that a psychic does is connect with your aura and feed back to you what you've chosen up to this point. And what the psychic is saying is, "Here's what you have chosen so far – how do you like it? Ah, you don't like it. Then use affirmations and programming and so forth to change it."

Both Carol Ann and I believe in the power each one of us has to make our own choices. We can program ourselves to bring the positive into our lives. When I am working with someone, I use handwriting analysis to teach people about themselves and help them to get in touch with their true self worth. I would say that

someone needs to change their handwriting in order to change themselves. I have learned, for example, that we can incorporate enthusiasm, high goals, and strong will power if we make a higher, long stroke when we cross the letter “T.”

As Carol Ann was developing her psychic abilities, she had some wonderful teachers. Hugh Lynn Cayce, the son of Edgar Cayce, met Carol Ann at a lecture in 1966, and suggested that she work with Sr. Justa Smith, O.S.F., Chairman of the Rosary Hill College chemistry department, who had done groundbreaking research as a doctoral student measuring the effects of healing work on enzymes. Carol Ann was invited to do readings on people healed by Oskar Estebany. She was to have been involved in the research for two weeks, but she ended up staying for eight years.

Carol Ann also met Shafica Karagulla, M.D., the author of *Breakthrough to Creativity*, who advised her to be precise in using her intuitive impressions. Through rigorous practice she taught her to combine her imagination – her ability to “see” – with her ability to be clear and logical as well as to use all the senses. At the same time that Carol Ann discovered that she had extraordinary psychic abilities, she realized that she could teach others to develop their own abilities.

In the intuition training, people are given exercises to help them access the right side of the brain, the intuitive side. Each of us has different gifts, but for all of us practicing what we learn is very important. Laughter and enjoyment are also vital. Carol Ann says, “What many people don’t know about the brain is that when you are having fun learning something, the learning is going deeper and easier and you retain it longer.” You will also find lots of chocolate around the classrooms – not only is it delicious, it helps to ground you.

Carol Ann’s consultations with people working in law enforcement, corporations, and in the medical field have been very useful to them. Both

*“we can program ourselves to
bring the positive into our lives”*

psychiatrists and psychologists have said that they have gotten more therapeutic information about a patient in 20 minutes with her than they have been able to discover in many hours of work. People working in business and finance have also found her insights to be very helpful. When she was tested during the research with Sr. Justa Smith, she was found to be accurate more than 90% of the time.

In 1973 Carol Ann initiated a program called Project: Blind Awareness that I eventually became involved with too. It provided training that proved to be very useful to blind people of all ages, helping them to become more capable, mobile, and self-reliant. Although the course consisted of many different experiences, one of the most popular and useful techniques we taught was called “mind travelling.” Today it would be called remote viewing. Carol Ann has written about the experiences of one of the students:

“Perhaps one of my favorite stories about this exercise concerns a friend of mine from Buffalo, New York, who used the mind traveling technique she had mastered to help conquer a fear. Lola had been blind for over twenty-five years. At the time, she was planning to attend a conference in Washington, D.C. Because she usually traveled with her sighted husband, she was disappointed to find out his business schedule conflicted with the conference and that he would not be able to make the trip with her. She had been looking forward to the program for quite some time and

was suddenly faced with an uncomfortable choice: she would either have to skip the conference altogether, or she would have to travel to D.C. on her own.

For many blind people, traveling to unfamiliar places can be a very frightening and disorienting experience. Lola knew the only thing that stood in her way was her fear of traveling by herself. She reasoned that if she could only familiarize herself with the hotel where the conference was being held she would feel comfortable enough to make the trip on her own. Therefore, weeks before the conference, Lola sat down in her living room, became very relaxed, and – using her imagination and her keen, one-pointed awareness – made the trip to D.C. in her mind.

First, she visualized the hotel and its surroundings from a birds’ eye perspective, and then she projected herself into the hotel’s lobby. Using her imagination and the power of her mind, she went through the lobby and took the elevator to the floor where her room was located. She noted the floor number and projected herself down the hallway to her room. On entering, she paid special attention to the layout, the placement of the furniture, even the colors of the room.

When she had completed her tour of the D.C. hotel, she projected herself out of the building, hovered over the hotel, and then brought her imagination back home. In her

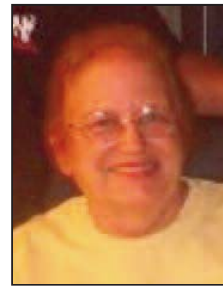
mind, the trip from Buffalo to Washington and back, a distance of several hundred miles, had taken only a few minutes. In that short time however, she had gathered enough information and confidence to overcome her fear of traveling to that location.

Weeks later, Lola did go to the conference on her own, but an unusual thing happened when she got to the hotel. The desk clerk made a mistake and sent her and the bellboy to the wrong room. Lola realized this as soon as they entered, because the colors of the room were not right. One aspect of the *Project; Blind Awareness* program was to teach the blind to 'see' colors, and Lola had mastered the technique. By sensing the layout and furnishings of the room, Lola further verified that there had been a mix-up of some kind. She told the bellboy that there

had been mistake and this was not her room. Humoring her claim, the bellboy checked with the front desk only to find out that the clerk had, in fact, made a mistake: Lola's room was on another floor. When she finally got there she knew she was in the right place because the room was exactly as she had visualized it several weeks earlier."

Teaching the blind to see in this way was 25 years ahead of its time. Perhaps classes for blind awareness could begin again and bring back one of the wonderful, practical uses for intuition. It's something that could help many people.

Everyone really can learn that intuitive abilities are available to all of us – and that they are for everyday use. They help us to live better lives, to treat each other well, and to live in harmony with the world around us.



Agatha Tutko is an expert in intuitive handwriting analysis who loves the spiritual nature of her work. Her greatest treasures are her four sons, their families, and all the friends she has made over the years.



*Carol Ann Liaros is a professional psychic who trains others in the field of parapsychology. She is the author of *Intuition Made Easy*, and she appeared in Elda Hartley's movie *Inner Spaces* which was narrated by Edgar Mitchell.*

“perhaps classes in blind awareness could be taught again”

Call for 2011 Conference Presentation Proposals: August 7 - September 27, 2010 [Click here to submit!](#)

The Conference Theme

The 2011 conference will feature philosophical, scientific, and practical applications of light, vision & consciousness for our personal lives as well as our healing practices. The terms Light, Vision & Consciousness may each be descriptors for one vast phenomenon. The triad is most certainly reflective of the heart of ISSSEEM, the Societies mission, values, and purpose.

The core presenters:

Jacob Liberman, OD, Ph.D. – ISSSEEM President and Vision Science Pioneer

Amit Goswami, Ph.D. – Science within Consciousness a new paradigm

Bruce Lipton, Ph.D. – Getting to our Positive Future

Alexander Wunsch, M.D. – Vibrational medicine & holistic photobiology expert

Sonia Barrett – Science and Spirituality one in the same!

Anadi Martel – Sensora a light and sound experience

Peter Kater – Piano concert by the Grammy-nominated composer

Michael Bernard Beckwith & Rickie Byars Beckwith – Transformational Music and Inspiring Vision



SUNLIGHT AND WATER

Jill Emerson

I recently read Philip Smith's memoir of his life growing up as the son of Miami psychic healer Lew Smith. I was fascinated by the fact that his father had started out as a decorator, a field that supported him his entire life and allowed him to give his healings absolutely free. Somewhere in the pages of this book, *Walking Through Walls: A Memoir*, my attention was caught by a small paragraph detailing instructions Lew Smith had given for enhancing the vitality and health-promoting qualities of drinking water. As I remember what he wrote, it went something like this,

"Place drinking water in a clear glass bottle or jar in a position for it to absorb sunlight. Sip this water as you might fine brandy."

I was intrigued by this advice and, after some thought, decided to make a journey into the web to find out if it had any validity. It most certainly did.

First, a study by students at the American University of Beirut published by UNICEF described the surprising ability of sunlight to disinfect drinking water. The entire bacterial – and possibly viral – population in their samples was wiped out. Even water contaminated with fecal material could be made safe to drink within six hours through exposure to sunlight, and only thirty minutes was needed to thoroughly rid domestic water of the most common bacteria.

For most Americans the ability of UV rays to disinfect water is not the main benefit. Searching Wikipedia I came across something of greater interest. Sunlight on water can create healthful

substances such as hydrogen peroxide, stable oxygen, and oxygen free radicals. A physics primer for students loaded on the web pointed toward UV ray activity that breaks down water molecules. The hydrogen and oxygen left over after this split then recombine with each other in new ways. Hydrogen peroxide is a disinfectant and minute amounts are even found in mothers' milk. Stable oxygen is the form oxygen takes when in a gaseous state in the air we breathe, and its presence in drinking water makes conditions unfavorable for harmful intestinal microbes.

There's a third benefit to Smith's method – the breakdown of various pollutants. Disinfectants are necessary

*“sunlight on water can
create healthful substances”*

» SUNLIGHT AND WATER BY JILL EMERSON »

in our water systems, but by-products can be toxic. NDMA, a known carcinogen, is a by-product of chloramine, one popular disinfectant. Other impurities seem to be magnified by fluoride, which combines with them and with lead from pipes amplifying the negative effects of both. A flurry of articles on the ability of reservoirs to allow for toxin breakdowns in sunlight, as well as their ability to vent gaseous fiends such as radon, further supported Smith's method. Water filters do not remove all of these impurities and by-products.

Sunlight breaks down many of the compounds and the oxygen free radicals combine with the resulting molecules to create far less toxic materials, which can then be filtered out.

After trying out Lew Smith's instructions, I found that the water tasted sweeter and fresher. Also, the morning after my first enthusiastic experiment, a very upset stomach gave me dramatic evidence of a microbial die-off. Lew Smith's advice to sip the treated water needs to be taken

seriously. The first advice is, "Go slow." I have developed this instruction list for myself:

1. Do not let enhanced water touch plastic. Water bottles for sun exposure must be glass, and make sure that they have been thoroughly cleaned. For storage the containers should be glass, stainless steel, or ceramic.
2. Use slender bottles (less than four inches in diameter) and preferably ones that taper evenly from the bottom to the top – the shape of a Chardonnay wine bottle. This will make the water taste fresher.
3. Use clear, very light blue or blue-green glass for exposure.
4. Place no lid on the windowsill bottle since byproducts from the breakdown of impurities have to be vented. Do not use a tightly closing lid on the storage container in the refrigerator either, so that venting can continue.
5. Expose the water to sun for 20 minutes. Longer exposure will not increase any relevant effects, except on lightly cloudy days when the

- exposure time should be doubled to 40 minutes. Days with heavy clouds will not produce enhanced water.
6. Filter the water after exposure.

This gentle, free process is helping me to cut my dependence on the bottled water industry. I can improve the quality of the water I drink, make it more healthful, and benefit the planet by producing less waste all at the same time. It may be something you would like to try for yourself.



Jill Emerson has been practicing interior design in New York City and abroad since 1982. When not visiting European construction sites, she has focussed on the fascinating world of Feng Shui. She marvels at its ability to magnify individual human strengths and fortify the support that the Earth gives us.

Her website is: www.ecofengshuinc.com

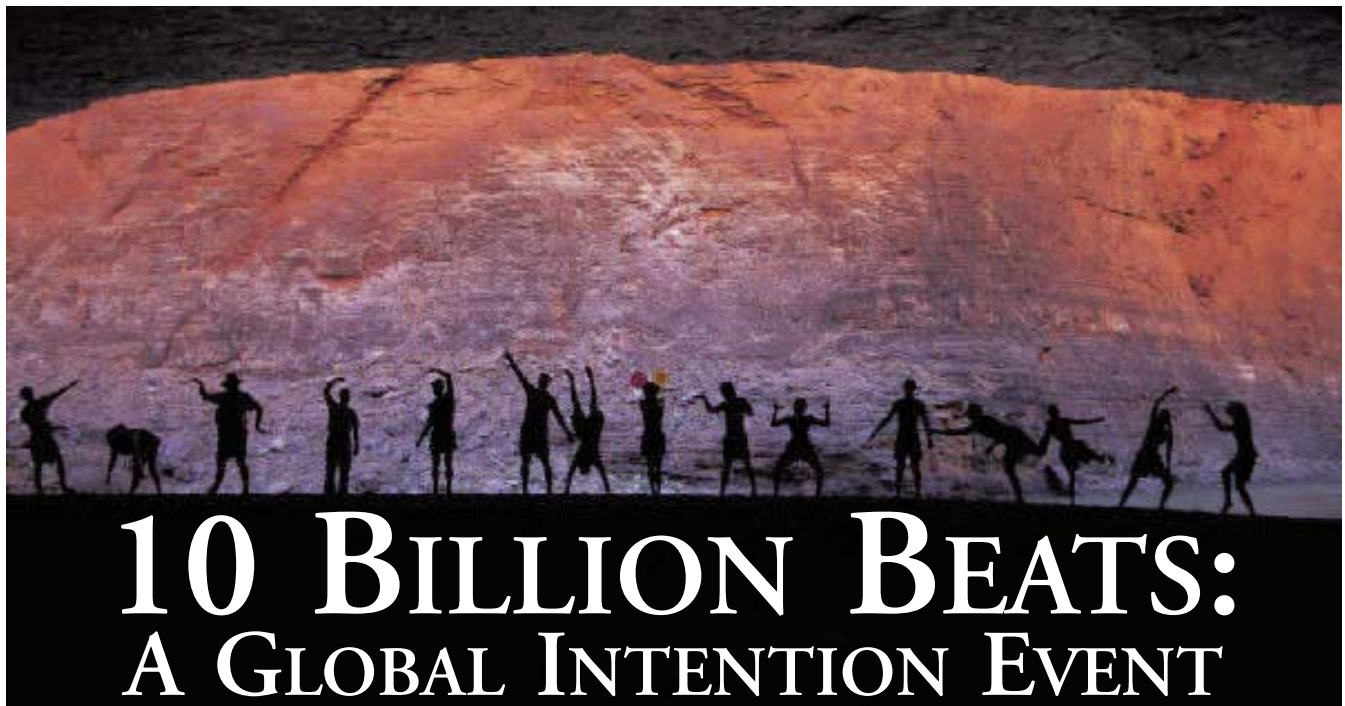


June 24 - 28, 2011 ISSSEEM.ORG

21st Annual Conference

of LIGHT & VISION CONSCIOUSNESS

The Westin - Westminster, Colorado, USA



10 BILLION BEATS: A GLOBAL INTENTION EVENT

Carlisle Bergquist

Sound – vibration – provides a doorway into other states of consciousness. Without words or melody, it becomes a common pathway into the deep reaches of our being. Drums speak this universal language and connect us with the primal heartbeat, with spirit, and with the Earth. Perhaps it is the language of Creation for it touches something elemental within us and, throughout the world, we pay attention.

My first encounter with the power of the drum happened in Southern California. Drums had not been my instrument – I worked in melody, rhyme, and emotion. As a struggling artist I sometimes lived in poor neighborhoods where people would gather on Saturday nights and play away their worries with drums and a bottle of cheap wine. When I joined them, rhythm caught me.

Years later and miles to the north of those neighborhoods, while I was starting a new life as a transpersonal therapist, I discovered shamanic drumming with its four beats per

second tempo. During further studies in Brazil, I experienced what is called the rhythm of the saints – the Condoble beat used by trance healers. This was a new kind of rhythm for me: it shifted awareness and expanded consciousness. After living in poor neighborhoods, learning about shamanism, and studying in Brazil, I had learned that drums could build community, provide liberation from the cares of life, and connect the seeker to higher states of consciousness.

These experiences with the drum shaped my approach to therapy. I developed a creativity workshop that combined trance drumming with visualization that often led participants to new insights. Over the course of one

workshop, I watched a woman with a beautiful gourd drum express her anger and reduce the instrument to a skin-covered pile of dust by the time she was finished. Amid a room filled with banging bottles and clacking sticks, her drum was gone and so were the feelings she had previously not dared to touch.

Once I was given the challenge of facilitating a therapy group for teenage boys who felt “too cool for school,” and who were certainly not interested in sharing feelings. Remembering the therapeutic effect of the creativity workshop, I wondered if drumming might also work with this special school program. Each week “group day” was ordinarily filled with conflict and fights that had to be contained. Hoping to

*“drums connect us with the
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and with the Earth”*



change this I brought in drums and passed them around. It was the early '90's and no one I knew was using drums therapeutically. My plan drew the doubt of my mental health co-workers as well as the administrators, and pure ridicule from the adolescents.

I decided to counter their "too cool" attitude with the argument that since most of them were familiar with drugs, they should try drumming as a legal way to get high. That got their attention. For the first five minutes of driving the beat they continued their cynicism until their arms began to tire and their resistance dropped. At fifteen minutes, the familiar shift in awareness occurred and the group found a coherent rhythm. Instead of their usual disgruntled faces, around the room I saw smiles, dream-like expressions of wonder, and unlike so many groups before, the session ended without conflict. The boys had formed community and the change was clear to everyone. (In the past few years, the therapeutic value of drumming has been well researched, and if you would like to learn more, go to www.rem0.com/portal/pages/hr/research/index.html.)

In 2009 two hundred thousand people around the world joined in a common event called Ten Billion Beats: Drumming for Peace. A woman named Nira who lives in Israel, sent me this e-mail about her experience:

"At the 18th of September I joined you and drummed at Tel Aviv beach from 19:05 to 20:03. I knew I was going to drum alone since we (Jewish people of Israel) were celebrating the new year's eve of Rosh Hashonah. Approximately fifteen minutes after I started drumming, three young Arabic men came and talked among themselves, looking at me. They knew I couldn't hear what they were saying. At the beginning I felt fear since it was getting dark. They ridiculed me and my funny drumming. But I kept on.

After a while, they sat by me. They asked me, mocking, why I was making all that noise. I told them about Ten Billion Beats, and that somewhere in the world someone else was on their way to play the drum and that I wanted to keep on drumming till he or she could take over. Gradually the mocking stopped.

We talked, and they actually helped me to keep on drumming since holding the drum for one hour is not something I usually do. We didn't talk about anything too deep – just about cultural differences and about our families. One of them had become a father for the second time a few days before. After that we just sat there not talking until the time for drumming ended. We said farewell. It was a good way to receive the new Jewish year."

It was natural that my dissertation developed into a sound project to stimulate creative consciousness. Advancing the hypothesis that high amplitude brain wave activity in the upper Theta range is found during shamanic trance and in creative people during moments of inspiration, I tried to reproduce the desired state of consciousness through auditory driving which means using sound to drive the brain's activity. My own moments of inspiration led to combining my experience as a musician and recording artist with the knowledge I had gained in transpersonal studies about brain wave activity, entrainment, and emotion. My old network of connections in the music world provided me an enormous amount of studio time, and my research project

form community, free individuals from imprisoning feelings, and yield spiritual development, could it do the same things globally? Lynn McTaggart has demonstrated the power of collective intention, and Rupert Sheldrake has described the concept of the 100th monkey in which once a population reaches a critical mass, a shift occurs so that new properties emerge in a system. But I felt like the first monkey and did not want to wait for the other 99 to show up, so I just carried the idea in my head for years.

In 2008, as fear spread about the prophecies for the year 2012, I decided that, first monkey or not, it was time to act. So Ten Billion Beats emerged from my imagination and took on form in

Liberation and community don't come from violence or angry debate. Transformation happens when enough good hearts will no longer wait for the world to change. It's clear that I have been "crazy" enough to work for this common good. Verifying that perhaps my crazy was having an effect, in 2009 two hundred thousand people gathered in backyards and on beaches, in churches and city parks around the world to join in this common purpose called Ten Billion Beats: A Global Intention Event.

In 2010, from September 17th to the 18th we will join together again. For thousands of years there have been predictions of world-ending catastrophes. Whatever the future holds, whether we are in a new heaven, on a new earth, or just walking more miles in the same pair of shoes, we will be better off if we stand together.

If you share this hope, please pick up your "windhorse" and ride with us this September. Together with hundreds of thousands of like-minded people, we will lift our hearts and play the vital rhythms as if the world depended on it.

"liberation and community don't come from violence or angry debate"

evolved into a product called Vantage Quest. I've created a CD that is both therapeutically useful and one that helps to simulate creative insight.

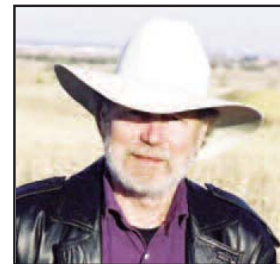
Several shamanic traditions describe drums as "windhorses" because shamans learn to ride the sound to the hidden world in which they work. Drums have given me a good ride to some surprising places. I was beating a drum as I stood on a worn bridge in the Kansas town I'd grown up in. I was part of a rag tag band demonstrating for a peaceful resolution to the impending invasion of Iraq. The world had fallen into dissension and was about to descend further into war. Very few people in this "red state" honked in support, and far too many saluted with the familiar, gesture that is accompanied with expletives. I thought, "There has to be a better way, there just has to be." Our demonstration was only polarizing people: there needed to be a solution that brought people together instead of driving them apart.

Then I wondered, "If the state of mind achieved in shamanic drumming can lead to creative insights, help people

the world. It is a global event that uses drumming as it circles the globe over a twenty-four hour period to send a wave of positive intention around our world. The shamanic rhythm shifts people's awareness and drives the intention with each beat. We intend to produce a critical mass of ten billion beats with one goal – to bring peace to Earth and goodwill on humankind.

In recent centuries, humans have sought to dominate the natural world. In essence, we have been at war with the living system that is our home. Likewise, we seem to be unable to sustain community with our fellow humans. We divide ourselves by race, religion, nationality, and in every other possible way. 10 Billion Beats' intention is to bring diverse people together even if for just one day, with one single purpose – to wish peace upon our common home and goodwill to all our fellow beings.

No religions need to be challenged, no dogma debated, no political systems threatened.



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recording artist and production partner for Suitewinds Productions. He is a licensed clinical marriage and family therapist in private practice. His formal schooling is in music, biology, and transpersonal psychology receiving a BS from Kansas Wesleyan Univ., an MA from John F. Kennedy Univ., and is in dissertation at Saybrook Graduate School researching states of consciousness and creativity. He continues to write, and heads Vantage Quest, which provides transpersonal counseling, traditional therapeutic services, and develops products to enhance creativity and consciousness. He started 10 Billion Beats in 2009 as an outreach of this work. www.10billionbeats.com