



☞ Gnosis ☞

Quarterly Newsletter of the Bioenergy Balancing Center East Bay

The Purpose of Healing

Sarah McCroskey

Lecture presented at The Body, Mind, Spirit Expo
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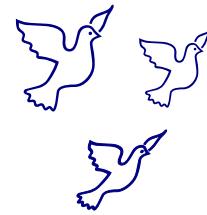
Why do we bother with healing anyway? Sure, being physically comfortable is important. It's also nice to experience life as it presents itself rather than re-creating old patterns time and again. And wouldn't a burden be lifted if we could get out from under the limiting beliefs we carry about ourselves and this world we live in? So comfort and a sense of "being in control" often drive our desire to heal. Many of you may already have reached this point. You're comfortable, current and pretty self-empowering. But when you tell the truth, from deep within, is this enough?

If physical comfort, relative emotional health and a good outlook were enough, why do we feel

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Spring Has Sprung

Greetings. 'Tis spring and the reality of new growth and inspired activity again appears. For myself, this year I have finally recognized that I am indeed more pagan in my relation to seasons than I had ever known before.

Personally, January 1st almost never resonates as a time for advancing agendas of fitness and activity, diets and resolutions. Publications and perspectives that tell me this should be the case usually make me feel mad or out of sync. For me, January 1st is still deep in the cycle of "the inward", pot roasts and good reading, a "re"-cycle much like activities consistent with Mercury retrograde: reconsider, review, recognize, remember....

But now with Spring having arrived, well my vitality and creative inspiration to take action are back as well. No whipping or guilt trips required, it's a natural expression of an innate response to the season. What a concept!

I hope your juices are flowing as well, to seek what fits for you, what makes your heart sing. I've read that in nature's brilliance, with no wasted effort, it's actually the singing of the birds that signals the trees to bud which is why the birds sing so unceasingly in the spring. They've got quite a job to do! Who knows what our harmonies can create, but alas, I do feel like singing! *Blessing and be well.*

- Sarah McCroskey

Director, Bioenergy Balancing Center East Bay

☞ About our Name...

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)

The Purpose of Healing

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restless or dispassionate or seek external experiences to “feel happy”? Perhaps something taps our memory... remembering ourselves as deeper, wiser, creators. Beings of light.

I'd like to take a moment right now and ask you to close your eyes. Notice your breath as it rises and falls. Inhale and as you release your next breath, feel the muscles in your body relax. If there is a feeling of tension, breathe into that area and feel it relax. If some holding remains, let that be. Now inhale even more deeply and with your next breath, let your mind clear of all the details and concerns held there, just for a few moments let them all go. Whatever thoughts remain, bless them and let them be. Now regard yourself. A quiet opening ... neutral observation. Peaceful and for just this moment, quite present. Breath into this moment. What do you experience? Is it stillness? Is it joy? Is it gratitude or connection? Is it fear, anger or something else? Remember your feeling and gently return yourself to this room. When you are ready, open your eyes.

What did you feel?

Sadness, fear, anger, an old memory, “Am I doing it right”? That may be pointing you to what there is to heal.

Peace, opening, awakening? This is the purpose of healing. – to be clear of the past, the content, the obstacles so that we become present and still.

What if God is a non-local event? What if Divinity is sitting in your chair? Spiritual essence inhabiting your body, creating with your talents, speaking with your voice? What if All That Is is a magnificent diamond with an infinite array of facets. Without the facets can the diamond be anything but a lump of coal? Can the facet stand alone-- or is it most brilliant as an aspect of the Whole? You see, Source energy in it's state of All That Is is ubiquitous, everywhere but UNdifferentiated. When it pops up as seemingly distinct aspects – well now it begins to get interesting. You, me, dog, tree, rock, water, wind, thought. As Deepak Chopra has phrased it, “energy and intelligence”, seen or unseen, form or formless, Source energy. If it all looked and acted

“ The purpose of healing is to bring source level self-knowing to the forefront -- to live from there. ”

the same it would be BORING. In it's infinite complexity, well, it's the most compelling game imaginable – until you forget ...“What game?” “I'm not having fun!” “How do **I win?**”

The purpose of healing is to bring source level self-knowing to the forefront -- to live from there. This allows joy, play, and presence of being. Profound wisdom, creative Self expression and rightful action are natural results. That is the purpose of healing.

When you continue to heal your life (for we are perpetually evolving) grounded in full recognition of yourself as Source you are involved in healing well beyond your little 'ol self. You are involved in healing at a whole 'nother level: global, archetypal, multi-dimensional, fully-expansive. Now that's a game!

I am going to shift gears now for a moment, to look at healing from the very real vantage point of symptoms, illness, suffering and sometimes despair. As the songwriter, Mary Chapin Carpenter expressed it, “Sometimes you're the Windshield, Sometimes you're the Bug!”

If you, as an individual, are plagued with chronic pain, grueling emotional patterns or self-defeating beliefs, everything I've said so far could seem like a cruel joke or a fairytale illusion of some New Age philosophy. With the deepest compassion, I assure you, it is not.

The innate desire of human beings is to become vibrant and healthy on a physical level, up-to-date, safe and open in our emotional life and connected to our higher, creative essence philosophically and spiritually.

The process of achieving this vibrancy and presence involves three steps. One, recognition of your powerful, sovereign Self . Two, an intention to heal and three, finding a powerful discipline that supports and engages your mind, body and spirit on it's journey toward wholeness.



Often generated from incomplete events in our past, what tends to crowd out the ability to heal is trapped experience. In the work I do, called Bioenergy Balancing, we see how these trapped experiences are translated into energetic blockages in the body. These blockages disrupt the flow of blood, oxygen, nutrients “energy and intelligence” to the tissues and organs of the body. Events in which we felt helpless or those too painful to experience at the time get caught energetically. In a further attempt to cope, to forget and move on, the mind often drives these experiences from conscious awareness while the body holds onto them energetically. As troubling as this may seem on the surface, the energy blocks actually provide an intricate roadmap -- an access to healing. The meridians and chakras hold a treasure trove of wisdom and life experience.

In Bioenergy Balancing, the body consciousness is key. With precision your body knows everything about your physiology and biochemistry, remembers every experience of your life and holds cellular memory of past lives, agreements and beliefs. Bar none, the human body – your human body -- is the most refined and conscious instrument on the planet.

To heal is not to just become conscious of past incidents, traumas and beliefs but to also release them. Although the body agreed to store these events – energetically – at the time, holding events energetically does have a cumulative affect. These blocks, over time, coalesce into symptoms, emotional patterns of behavior, limiting beliefs and even spiritual estrangement.

It is often “understood” that physical disease and emotional conflict are an expression of past trauma. This understanding, however, does not provide access or relief. Bodies are not merely mechanical. Emotions, especially of a traumatic nature, are not held consciously or in the verbally accessed centers of the brain.

As mentioned earlier, everything, in its most basic nature is energetic. This is not my opinion. Light, sound, color, wavelength, frequency, odor, experience and even thoughts are fundamentally energetic in nature. Seen or unseen, energy is the basic package.

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“Bar none, the human body – your human body -- is the most refined and conscious instrument on the planet.”

**EASY FIXES: DETOXIFY
ALCOHOL AND SULFITES /
AVOID PANIC ATTACKS AND
HEART PALPITATIONS**

You may not know it, but in order to detoxify ethyl alcohol (the kind people consume), the body requires Vitamin B-1, also know as thiamin. Without it, the aldehydes generated by alcohol metabolism are not easily broken down, resulting in, among other things, a hangover. When the body is short on B-1, you can experience a sense of “doom and gloom”, often entertaining worse case scenarios or in extreme cases, feelings of panic and even panic attacks.

Additionally, sulfites contained in wine, dried fruits, and sprayed on ingredients at salad bars (as a preservative) can, overtime, deplete the body of taurine, an important amino acid. One of taurine’s many roles is to distribute minerals throughout the heart. Taurine depletion can result in heart palpitations and arrhythmia. We have found that molybdenum, a trace mineral, effectively takes out the sulfites so the taurine is again available to the body.

If you consume alcohol you may want to supplement with Vitamin B-1. If you drink wine, eat dried fruits or eat at salad bars you would do well to supplement with molybdenum, as well.

If you experience panic attacks, feelings of gloom and doom, have heart palpitations or arrhythmia, consider scheduling an appointment with us. You may not be absorbing B-1 or taurine due to a negative association stemming from something in the past.

We generally find B-1 blockages when people have a deep fear of being alone (not wanting to “be one”) or not wanting to be a certain kind of person, i.e. be one of “them”. With taurine, it can be a wheat or meat allergy – which can affect the pancreas and heart.

The good news is these issues can be released!

Aspartame: No Friend to the Dieter or to The Brain

Although touted as the dieter's best friend and a harmless substance to the body, aspartame is neither.

Classified as an excitotoxin, aspartame acts to overstimulate neurons in the brain until they literally break apart and are destroyed. In the body, aspartame converts to methanol (a.k.a. wood alcohol). Methanol, in turn, converts to **formaldehyde** which, even at very low-level, long-term exposure, is known to cause DNA damage (both mitochondrial and nuclear) as well as harm to the immune and nervous system.

Symptoms stemming from aspartame usage include loss of long-term memory, brain fog, and vision problems. Coupled with MSG, aspartame has been known to produce the pain and symptoms associated with fibromyalgia. As a stimulant, aspartame produces a high or flush of wellbeing that makes it highly addictive to the user.

Promoted as a sugar substitute intended to cut calorie consumption, aspartame, in fact, produces an opposite effect. As aspartame is metabolized, it causes the body to quickly convert available calories (either those eaten recently or those you're ingesting with your diet soda or Equal sweetened coffee) directly into fat, leaving your system depleted of glucose (hypoglycemia) and stimulating the body to eat more.

The hypothalamus, the master switch in the brain which monitors and regulates blood sugar levels, is tricked by the sweet taste of aspartame. This in turn triggers the body to produce insulin in anticipation of elevated glucose levels. So although no glucose is coming, the body's insulin reserves are mobilized into rounding up whatever glucose is in the bloodstream already and whatever's coming next. This is antithetical to fat burning and weight reduction.

"Aspartame can be detoxified with NAC (n-acetyl cysteine)..."

Aspartame consumption can block other neurotransmitter production pathways for serotonin, acetylcholine and dopamine. When these neurotransmitters are low they can lead to depression, memory loss, muscle weakness and even Parkinson's disease.

Despite scientific evidence establishing aspartame's considerable risks, the FDA bowed to pressure from pharmaceutical giant G.H. Searle in 1981 - rescinding its own ban on aspartame (!). At that time, G.H. Searle (owned by Monsanto) was headed by Donald Rumsfeld, our current Secretary of Defense. Rumsfeld vowed to "call in his markers" to get aspartame approved by the FDA. Immediately following Ronald Regan's inauguration, as part of Regan's transition team, Rumsfeld saw to the appointment of Arthur Hull Hayes, Jr. as the new FDA Commissioner. Hayes appointed a 5 member Scientific Commission which upheld the FDA's existing ban in a 3-2 finding. Hayes then appointed a sixth member to the Commission, deadlocking the decision. Hayes then personally broke the tie in favor of lifting the ban on aspartame. Since that time the FDA has continued to approve aspartame's use as a sweetener in food products. Nutrasweet and Equal are two of its more prominent brand names.

Thankfully, aspartame can be detoxified. NAC (n-acetyl cysteine) a powerful antioxidant, is available as a supplement through health food stores. If you have been a long time consumer of aspartame, I urge you to stop using it (weaning yourself may be necessary) and supplement with NAC (1/day for at least one month) to rid your body of it.

If you crave soda, the kind with sugar, in modest amounts, is far better for the body. For diabetics, stevia (a natural sweetener also found at health food stores) is a good alternative.

For more information: <http://www.holisticmed.com/aspartame/>; [Excitotoxins: The Taste That Kills, Russell Blaylock, M.D.; www.ethicalinvesting.com/monsanto/markle.shtml](http://www.ethicalinvesting.com/monsanto/markle.shtml); <http://www.rense.com/general33/legal.htm>

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

By communicating with the body consciousness in Bioenergy Balancing we allow you to open the door to your energetic body – its wisdom and recall. By calibrating a simple yes/no response through Applied Kinesiology or muscle testing, the body precisely identifies what got stuck and when. Through simple questioning the body then reveals how the incident is trapped, energetically, in the meridians. Now this is where Bioenergy Balancing departs from most therapies -- the specific trauma or event is then RELEASED from the body. This is done by tracing the meridian, which holds the trapped feeling -- again energetically -- against the way it typically flows - - releasing the emotional charge from the body's energy system. The result: Flow. Incident complete. You are free. If you'd like, you can think of Bioenergy Balancing as an elegant baggage removal service for the body, mind and spirit. Like a skycap at the airport, "Good morning, ma'am, may I take your baggage?"

You see, when events, beliefs and traumas are released at their source -- as blocked energy -- you are freed. You are freed of the literal blockage of oxygen, nutrients and energy to tissues and organs. You are freed of the emotional charge that gets re-triggered in your current life. You are freed of helplessness and an anchor in the past. Your load is lightened. The human body – again, your body -- is an instrument of enlightenment -- physical, emotional, mental, spiritual -- enlightenment.


When you've been burdened by illness, trauma, abuse or other aspects of your past – this life or before, the task can seem insurmountable. I am here to tell you that your past is not a life sentence. This work is not painful but it is profound. Although you need not re-experience every emotion to release it, you will surely recollect dark moments. This work is not for the meek of heart, nor for those content to dabble. We move mountains in a session, heal personal and generational wounds. What you choose to heal and the layers of your trauma determine the number of session you will want. Each session is complete in and of itself, though it may reveal another level you'd like to release.



***“This work is not painful
but it is profound....
We move mountains in a
session, heal personal and
generational wounds.”***

Our approach is loving, compassionate and results oriented. We work vibrationally with the body consciousness. We do not treat or diagnose.

Once you have cleared enough baggage to be physically comfortable, emotionally current and self-empowering in your beliefs – you, too, will begin to witness the true purpose of healing. And that purpose is to be present, joyful, and connected, right now and in each moment.

No longer determined by your past, the power of who you truly are becomes readily apparent -- whole not separate, presence not persona, heart-based not fear or survival based, awakening no longer dormant, and wise beyond experience. This is the true nature of the human being and the purpose of healing. 

Wisdom All Around Us

Contributed Quotes and Wisdom

Words of Clarity and Vision - Post 9/11

(e-mail sent to friends on 9/12/01 from Gemma Grott)

I believe that we have chosen to be here now in order to midwife the birth of a new paradigm. Remember, birth is a bloody, messy, painful, dangerous and powerful experience. Midwives must be optimistic, hopeful, knowledgeable, courageous, calm, peaceful and filled with love for life.
Peace, Shalom, Salaam, Shanti - Gemma

Gemma Grott is author of [God is in Hell: Opening My Heart to the Holocaust](#) a ground breaking memoir and journey in healing the Holocaust. Available at [Amazon.com](#)



What We've Discovered...

The Body's Unique View on Issues and Ailments

Hormone Imbalances

If you experience discomfort stemming from stress, fluctuating blood sugar levels, an overly fast or slow metabolism, bone loss or difficulties associated with menstruation or menopause you may be witnessing symptoms of hormone imbalances – often a product of inaccurate hormone production.

Hormones are the physical messengers of the body's intent. They carry the signals of the endocrine system and regulate a host of functions including reproduction, immunity, bone mass, and metabolism.

The hypothalamus, located in the brain, acts as the master switch, initiating signals to the pituitary which then releases hormonal signals to the body. The hypothalamus monitors chemical signals returning from the body and through this feedback loop maintains the precise balance of the physical body processes known to us as homeostasis.

Hormones are made from cholesterol in most instances with the exception of thyroxin (for thyroid function and metabolic regulation) which is made from the amino acid tyrosine.

If you are making an error in the manufacture of cholesterol, that is, an error in the cholesterol molecule itself, it will impact the accuracy of hormones that are built from cholesterol in the body. If your cholesterol levels are too low you can also run the risk of low production of essential hormones. (185 is about right.)

Symptoms arise when the body tries to make hormones from inaccurate cholesterol (or tyrosine). In Bioenergy Balancing we can address these matters by asking the body to show us when these errors began.

An error in the cholesterol molecule often underlies PMS symptoms, menstrual cramps as well as hot flashes, vaginal dryness and mood swings that can accompany menopause. Those diagnosed with high cholesterol are often making an error in their cholesterol production as well.

“If you are making an error in the manufacture of cholesterol...it will impact the accuracy of hormones that are built from cholesterol...”


Even when there is an error in a molecule's synthesis, the body always makes some of it accurately (or else you wouldn't survive). However, if a percentage of the molecules are being made inaccurately, the body will make more and more cholesterol to ensure that it will have enough of the correct cholesterol molecules for the body's needs. The cholesterol tests reflect all cholesterol, without regard to the accuracy of its construction. Therefore, if you're making an error in cholesterol synthesis, you will show higher readings of overall cholesterol.

If a client is having any of these symptoms we ask the body about cholesterol production.

We find that errors in cholesterol manufacture often originate from decisions made during adolescence. Emotional incidents from puberty can reflect beliefs about being a woman or man. Puberty is the time when we create our gender identity. If a girl or boy feels conflicted about their same-sex parent she/he may decide to do whatever's necessary to be different. Distinct behaviors and attitudes may be adopted, in some instances accompanied by a decision to change hormonal signals by changing cholesterol synthesis.

For girls, an error in cholesterol can result in inaccurate progesterone and estrogen production. In boys, incorrect DHEA, androstenedione and testosterone can result. When these hormones are made in error, they are not recognized and regulated by the body with the precision necessary for perfect function.

In Bioenergy Balancing we talk to your body consciousness, locate the incident and release it through the meridians. We give you an opportunity to release the belief or decision and put in something more empowering and up-to-date. The body is then free to return to accurate cholesterol manufacture, resulting in correct hormone synthesis and function.

Symptoms generally clear up, cholesterol readings “miraculously” come down, and your body is returned to its more normal function, both physically and emotionally. Who'd a thunk it? 

Conversations with Spirit

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

How do you find the bottom to personal issues and events that are caught from the past. Clearing and releasing is powerful, but when do you "pop through" to become present and connected, fulfilled now?

When you live on the Earth plane, by definition you exist in a dimension of limitation. Everything about your dense reality is an expression of limitation. Matter in your world seems solid, manifestation appears slow and unrelated to thoughts and feelings. When you add to this the element of forgetfulness, well it can feel pretty weighty, even desperate at times.

Every being, by nature, holds history. Tales of the past, often long forgotten, color the lives of all entities. If you live from a belief that you are but a product of your history, you will likely experience further limitations and a life that appears to be determined by circumstance. Beliefs are very powerful, you see, and without examination, can mold your awareness into a closed and self-referencing reality. This is not necessary, nor is it an accurate reflection of true reality – but there is a lot of agreement for this belief.

Your history exists, yes. The lessons contained in your history are those put in place, willingly by You (as an aspect of All That Is) to experience creation, to grow and create within this dense-state dimension know by some as "the Earth school". The beauty of this dimension is that it requires growth to overcome limitation. The suffering inherent if the growth path is not selected is terribly trying, yet surprisingly many elect an unconscious path over and over again. The world as projected through a lens of collective fear and survival versus lesson, growth and life expression provides the "evening news" perspective which many confuse with reality. Again, belief reflected and reified, but this time, en-mass, further reinforcing a tale of woe.

When you recognize yourself as an unlimited spirit being choosing to grow as required in a plane of limitation, then the content, composed of the things that have "happened to you" in this life and in others, appears less daunting.



As Spirit beings we forge and temper ourselves through experience, especially that available in the Earth dimension. The difficulty, limitation and even pain compel us to look inward to strive, to know and remember. Ultimately, as we evolve, we learn to embrace every aspect of existence as a part of our Self, undivided, Creation.

Human beings on Earth, of course, have their foot in both realities. Even if you are functioning in a highly conscious way, the paradox of *being both cause and effect* is rarely experienced with full recognition at all times. Life, as it unfolds, presents lessons through its limitations. Not always smiles and laughter coming forth 24/7, but always compelling you to learn, grow and ascend to a place of knowing yourSelf as creation and creator. When you remember this and re-connect to Source, you find that content, does indeed, begin to fall away.

- Maheshtar 4/19/04

How to Connect with Your Inner Wisdom

This technique is quite similar to that used to communicate with Spirit Guides, etc. The primary difference is in where you direct your questions. In this case, you are addressing your Inner Wisdom, your Higher Self or you may even address your Inner Child, depending on the nature of your questions.

1. Sit in a quiet environment with no interruptions. Light a candle.
2. Take a few breaths and get centered.
3. In writing, ask a question, directing it to whomever you wish to address.
4. Skip a line, put the pen in the other hand and begin writing whatever comes into your head. Do not read, think, edit or seek to understand, just write whatever comes up.
5. When you are done with your Q&A wait for 15 minutes, then read what you've written.

Living from the Soul


Sometimes it seems that living in this world with all its troubles and frustrations is beyond one's capacity as a human being. And it's true, in the context of one's simple humanity the winds of the world blast one off center and into the maelstrom of "the struggle zone".

It is only when you stop to consider the world beyond the visible, 3-D, five sensory, consensus based realm that you begin to recognize yourself as the being you truly are, the Human/Spirit or soul-based Self.

If you've explored metaphysics, whether through reading or astrology, psychics or even mind/body medicine at some point you happen onto the experience and knowing of yourself beyond this one life you are living as your current identity. That experience provides a jumping off point to a recognition of oneself as soul-based, integrated into a broader whole.

When you can cause yourself to notice life from this vantage point, the ego dissipates, the consensus of self as separate begins to fall away and unexpectedly, much, much more wisdom is available to You.

This perspective coupled with a simple appreciation for one's existence provides a possibility, an ease and grace that transcends the "normal" polarity, scarcity and separateness that many people feel is our 3-D realm.

Welcome to the true nature of Self and the opportunity this provides for solutions, sense and action joined with a universal guidance available when you recognize yourself as Human/Spirit. 

UPCOMING EVENTS

Spring Workshop Sunday, May 9 10am - 3pm \$115 (BYO lunch)	How to Clear Energy: Using the Pendulum and Working with the Body	Space is limited. Call to reserve your place. (510) 231-2425
Seeing Beyond w/Bonnie Colleen Monday, May 10 8 - 9 am.	Interview re. Bioenergy Balancing and on-air clearings	Radio Station KEST- AM 1450



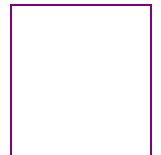
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