



☯ Gnosis ☯

Quarterly Newsletter of the Bioenergy Balancing Center East Bay

I, the Sovereign Self Getting Free from Your Conditioning

The blessing and promise of the human experience is to transform strife, form, conditions and circumstance back into the bounty and present-time experience of Oneness with the joy and awakened enthusiasm of a child.

Free of concepts, the child experiences ‘what is’ as it is occurring, without comparison of ‘what could be’, without identifying the content of life as some reflection of ‘how am I doing?’ or ‘am I good, bad, right, wrong...loved?’

How do we go from lingering to labeling, from curiosity to concept, from observation to over-identification? It’s conditioning, my friends.

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SpiritDream1
by Asandra Lamb.
View more of her art at
Asandra.com

Elections, Predilections, Earth Changes, Disillusionment – Let’s Go For It!

Oh the strife, suffering, deceit. What form would you prefer? Geopolitical, economic, psychological, Earth plane, astrological, metaphysical? Are we having fun yet?

Where the rubber meets the road is in what you define as real. Each of us chooses.

The menu options change from age to age. Today’s compelling issues range from executive fiat to tectonic ravages, from slavery (yes, still) to genetically modified, super improved, topless, frothing lattes.

But don’t forget the ‘soup du jour’ of yesteryear included such favorites as the bubonic plague, Idi Amin, pogroms, the Dust Bowl, Iran/Contra, and Wounded Knee – depressed yet? How about disillusioned? Now there’s a goal.

Webster defines disillusionment as “the state of being free from that which deludes or is illusory”. We’re all totally disillusioned, let’s celebrate. Perhaps this is the real purpose of all the cruelty, deceit and suffering - to free oneself from our defined reality. And to make it extra tricky, we’ve built enormous agreement about what “reality” is.

Answer me this: what is more real in your direct experience – the pounding spin of world events or the heart connection you share with a pet, a friend or your spouse? Even if tragedy befalls you directly, did you learn something? Is there not a REAL, heartfelt, bittersweet truth experienced in the loss of a loved one? That experience deepens you, no? It throws you back on your own resources and you recognize something true about yourself and your loved one. Spirit?

If it was all easy and without challenge would we learn and develop? Maybe yes, maybe no. You can learn through awareness or you can learn through suffering. The former necessitates being awake, the latter occurs even in slumber. To be a victim or to be empowered, that is the question. Free will allows us each to choose for ourselves.

*Love and blessings to you in this New Year,
Sarah*

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I, the Sovereign Self

Getting Free of Your Conditioning

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Whether we were blessed with the love of adults or their wrath, the teaching of children in most every culture in our world involves ensnaring innocence through the vehicle of “acceptance”. Witnessing and honoring one’s experience and innate guidance becomes secondary to pleasing, learning and accepting the framework of parents, family, culture and society. Being is replaced with doing, authentic engagement by rote response, consciousness by sleep.

The work around? Waking up - in every moment and particularly when it’s uncomfortable. The opportunity and only power we have to affect change is to wake up to our very own reactive, conditioned and so easily manipulated response. How? Through self-observation.

As defined by the engaging lecturer and multicultural theologian, Father Anthony DeMello in his tape series, “Wake Up to Life”*, self-observation is “observing yourself and everything around you as if it were happening to someone else”. Yes, *as if it were happening to someone else*. This perspective allows you to see without judgement so you can truly be objective. He offers the following 3-steps as a way get free of conditioning:

- 1) Note the negative reaction or feeling (i.e. get conscious);
- 2) Own your response. It’s truly yours, it’s not outside of you;
- 3) Release your identification with the feeling or reaction. (It’s not you; it’s an experience you’re having in this one moment).

Simple, powerful steps. Dropping the identification is key. Without anything but awareness, patterns and conditioning begin to drop away. Why? Because inauthentic or conditioned responses only operate when we are attached – to the outcome, to the acceptance, to the ‘food pellet’ of whatever sort.

Remember classical and operant conditioning from Psych 101 in college? Ivan Pavlov, B.F. Skinner and others truly let the cat out of the bag about the ‘the conditioned response’. Train the subject

“ Whether you were blessed with the love of adults or their wrath, the teaching of children in most every culture in our world involves ensnaring innocence through the vehicle of “acceptance”.”

through positive and negative reinforcement to elicit certain emotional responses and behavioral actions. Then, provide the input, receive the output, it’s as simple as that. Those rats just couldn’t quit hitting that little bar to get the food pellet.

What differentiates us from the rats? Consciousness, the ability to be self-reflective – but this requires waking up, ‘observing everything within you and around you’.

It takes a strong constitution to witness just how reflexive you really are. No one escapes conditioning. We’re all programmed this way, across cultural, religious and national boundaries. That’s why compassion is in order, compassion for everyone, for this is truly a global phenomenon. Push the button and watch ‘em spin. Until we wake up, we are all prey to our (now automatic) conditioning. And it stands in direct opposition to freedom, authenticity, empowerment, and self-knowledge.

Don’t kid yourself – the power of conditioning, its ‘universal appeal’, if you will, is not lost on those bent on control – be it parent, teacher, employer, corporation, governmental agency, political interest group, religious institution or what have you. No need for paranoia or judgement (here again, compassion is in order) for we all ‘condition’ people as well. We may apply the more mundane, garden varieties of guilt, manipulation and coercion, but conditioning is the age-old, well-studied secret behind propaganda, advertising, actual brainwashing, and people-herding of all sorts.

Stimulus-response, behavior-consequence, and how cleverly the discussion can be framed. Within no time we can be fighting about God, borders, resources, morality, cultural differences, just about anything with which we “identify”. This is how divide and conquer is done!

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* Available through We and God Spirituality Center in St. Louis, MO. <http://www.slu.edu/organizations/wgsc>



What We've Discovered...

The Body's Unique View on Issues and Ailments

Osteoporosis

Simple Strategies for Bone Health

As women reach 40 they begin to receive messages from everywhere it seems, regarding "the inevitability" of bone loss and osteoporosis (among other things). "Fear aging" seems to be the real message.

Osteoporosis is not an inherent risk of aging. It can be avoided by eliminating certain risk factors and heeding sound nutritional advice.

Risk Factors

One of the more significant yet virtually unrecognized risk factors in creating poor quality, fracture-prone bone is **fluoride**. An additive to most municipal water supplies and toothpastes, widely ingested through soft drinks and juices, and still used by many dentists as an anti-cavity treatment (not!), fluoride negatively impacts bone strength and promotes brittleness. (See The Fluoride Deception by Christopher Bryson).

As a natural by-product of menopause, women experience **decreased levels of progesterone**. Under normal conditions, in menopause, the adrenal glands maintain an adequate supply of hormones, thus preventing "menopausal symptoms". But if a woman has undergone high stress levels in life, the adrenal function can be less than optimal, making these balancing hormones less available. Many people, even professionals, are under the impression that estrogen is the hormone that maintains bone density. In fact, progesterone is the hormone that sustains bone (see Dr. John Lee, What Your Doctor May Not Tell You About Menopause). The estrogens prevent other uncomfortable symptoms associated with menopause, such as hot flashes and vaginal dryness, but progesterone prevents bone loss and assists with mood swings. Since progesterone is a precursor to estrogen (i.e. estrogens are made from progesterone), supplementation with progesterone trans-dermal cream (bio-identical to your own, natural progesterone) will not only assist the body with maintaining bone, but will often eliminate the

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CODEX:

MAKE YOUR VOICE HEARD TO SAVE OUR SUPPLEMENTS (INFORMED ACTION NOT FEAR)

In a stealth action by pharmaceutical companies, CODEX regulations governing supplements internationally have become part of the World Trade Organization (WTO) Treaty, which Congress and the President have already signed. These standards will apply to all countries in the WTO and will be enforced by the WTO, overriding current national laws.

CODEX rules will apply to vitamins, minerals, herbs, amino acids, essential fatty acids (omegas 3,6 and 9) and others supplements including DMAE, DHEA, CoQ10, MSM, etc.

CODEX ALIMENTARIOUS (Food Code) is presenting a very real threat, internationally, to our right to choose and purchase vitamin, mineral and other nutritional supplements.

Already in place in Germany and Norway, CODEX regulations are preventing the purchase and use of supplements without a medical prescription. Not only restricting access, CODEX has driven prices skyward in these countries, with zinc tablets going from \$4/bottle to \$52, and Echinacea from \$14 to \$153/bottle. They are now considered "drugs", requiring a prescription, and drug companies must manufacture them.

CODEX Revealed

- 1) No supplement can be sold for preventative or therapeutic use.
- 2) Any potency higher than RDA (minimum strength) is a "drug" requiring a prescription – and must be produced by drug companies.
- 3) CODEX rules are binding internationally.
- 4) New supplements formulations are illegal unless given CODEX approval after undergoing very expensive testing.

Sound familiar? In 1993 the FDA and the pharmaceutical industry attempted to put all supplements under prescription, too. Over 4 million Americans told Congress and the President to protect their right to free choice on health supplements. The DSHEA Law passed in 1994 to protect that right. CODEX would overrule it.

What You Can Do

- 1) Spread the word. More info is available at <http://www.alliance-natural-health.org> and www.iahf.com
- 2) Urge your representatives to support H.R. 1146 (which restores our Constitution over CODEX) and ask them to maintain DSHEA standards.
- 3) Urge them to oppose the bills supporting CODEX (S.722 and H.R. 3377).
- 4) Make a donation, however small, to the British Alliance for Natural Health <http://www.alliance-natural-health.org/>, which is challenging the CODEX directives in the World Court within the next two months. They need financial support to fight CODEX on behalf of us all.

I, the Sovereign Self

Getting Free of Your Conditioning

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And don't think for one minute that your anger, disdain, righteous indignation and "opposition" aren't figured right in. You're just as attached as the next fellow and as easily manipulated. It just may take a different brand of food pellet.

We are tied to what we oppose. The energy spent fighting something is energy lost. Even if our efforts could 'bring them down', it's out of fear, fighting destructive force with destructive force. And who do you suppose is more comfortable using physical force? Can negativity + negativity = peace? solution? cooperation? In opposing we stay attached at the hip, flailing along with the whole morass.

You want social change? Drop your conditioning. It looks pretty bleak at first, because our reactive response is to EVERYTHING: parent, boss, spouse, dark skin, light skin, fat, thin, traffic, politics, even the weather drives us. And let's not forget the concepts. So many of our responses are instantaneous, only loosely related to the person, event or experience at hand. "Been there, done that" – quick, label it, pack it into an existing concept and proceed, as antiseptically as possible.

A concept is a description; it is not the real thing. Like a menu is to a meal, so is the concept to the experience. The true purpose of a concept is to point at something, to categorize or name an experience in order to facilitate understanding, structure knowledge and make associations quickly. But my how those concepts get us going. Let's fight about our conception of God – how insane. God, as a concept? Now we're truly sleeping.

And we will stay asleep, and readily controllable, until we slip free of our identifications and attachments – the 'food pellets', mechanically driving our conditioned response.

Why bother with any of this? Because awakened people cannot be controlled. They create alternatives, generate communities, are sovereign, and act from love. Children must be taught to fear. It is not the natural state. Love is what's there when the fear drops away. Again, it's universal (yes, even Bush, Cheney & Rumsfeld).

So what is it we fear? We fear what we might lose – safety, acceptance, status, love. But, if we can be manipulated by our fear of losing it, was it ever

really ours? Essentially these elements cannot be derived externally.

Only when we no longer identify with the 'little i', those things that describe us, like our opinions, profession, skin color, religion, can we become free of our personally designed and maintained trap.

What is then revealed is the Big I. I as observer. The Being inhabiting your body, your essential Self. Only when the small self is seen and dropped is the true Self known. Home free, Source/Self, Love embodied.

Make no mistake, waking up is a discipline. Like it or not, we each enact the dance of shadow and light. Even the most fear-based, acting out, meglomaniacal among us is moving toward the consciousness of Love. And it can take lifetimes. Separation from Source creates ugly consequences and enormous opportunities for growth. Even the villains of this world are here intentionally and given the choice to reconnect. We cannot possibly know the bigger picture.

Whether we renounce, fear or align with those who seemingly monopolize the world agenda, we are still allowing them to pull our strings. It is our world. Our conditioning is ours to heal. Own it, heal it, bless its instruction – our world is transformed when we own, honor and mend the fear within.

For we are all moving forward, asleep (through suffering) or awake (through love). As a wise Hawaiian Huna teaching states, "You can get whatever you want to the extent you are willing to pay - in attention or in pain."

The *real* opportunity is to wake up to Oneself and see the gentle harmony, both light and dark, creative and destructive, yin and yang of All That Is – in the form of planetary change, inter- and intra-cultural blessings and woes, and most importantly, the harmony within ourselves.



"... We will stay asleep, and readily controllable, until we slip free of our identifications and attachments – the 'food pellets', mechanically driving our conditioned response."

Osteoporosis -

Simple Strategies for Bone Health

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difficulties some women experience post-menopause.

Steroids, either those prescribed as drugs (for allergies, pain and inflammation) **or those generated internally (like cortisol), from high stress levels** (i.e. fight or flight hormones), can also block progesterone as well as proline, an amino acid required for healthy collagen and bones.

The availability and **absorption of Vitamin D, calcium and magnesium** are also important for maintaining healthy bones.

Our Approach to Ensure Bone Health

In Bioenergy Balancing we address all these factors. We make certain you are making your progesterone and estrogens accurately and in adequate amounts. If there is an error we find out when that began and release the incidents underlying the error so your body can recover its ability to produce the hormones accurately. We also discover and help you release any past or current issues, which may be generating continual levels of stress. If you are taking steroids we work on eliminating the underlying cause of the allergy or inflammation and suggest the B vitamin, biotin, to protect your progesterone and proline while you continue your medically prescribed drugs. We also ask your body about fluoride levels and offer detoxifiers (namely DMAE) to eliminate this risk. We make certain your calcitonin and parathyroid hormone levels are balanced perfectly to maintain your bones as well as optimum serum calcium levels.

Don't let anyone tell you that getting older is hazardous to your bones or to your health. Honoring yourself, minding your stress levels, drinking clean water, finding an enjoyable alternative to sodas, calcium/magnesium/Vit.D/progesterone cream supplementation if needed, moderate exercise and being receptive to support can go a long way toward ensuring your natural bone strength and wellness. 

“Don't let anyone tell you that getting older is hazardous to your bones or to your health.”

Things We Can Learn From a Dog

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

Never pass up the opportunity to go for a joyride.

When loved ones come home, always run to greet them.

When it's in your best interest, practice obedience.

Let others know when they've invaded your territory.

Take naps and stretch before rising.

Run, romp and play daily.

Eat with gusto and enthusiasm.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by and nuzzle them gently.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On hot days, drink lots of water and lay under a shady tree.

When you're happy, dance around and wag your entire body.

No matter how often you're scolded, don't buy into the guilt thing and pout...run right back and make friends.

Delight in the simple joy of a long walk.

- Anonymous

Deepak Chopra – God and the Tsunami

A Spiritual Perspective on the Tsunami

Deepak Chopra interview on Larry King Live regarding God and the Tsunami 1/7/05

KING: Deepak Chopra, how can you have faith when you see something like this?

DEEKAPK CHOPRA, AUTHOR: Hi, Larry. In fact, your faith increases, Larry. Because faith is trusting that God is all the forces, the forces of creation, the forces of protection, and the forces of destruction. This is an opportunity for us to transcend our religious differences, our ethnic boundaries, and create a new humanity which is based on love, sharing, compassion, giving.

And we are seeing that. The militaries of the world are getting together to bring relief. People are losing their differences in Sri Lanka. The Buddhists and the Hindus and the Muslims are getting together. This is our opportunity.

You know in historical traditions, in religious traditions, God rained on the earth for 40 days. And from that came Noah's Ark and the creation of a new humanity. Can we create a new humanity that is not based on militarism, ethnocentrism, racism, bigotry, hatred, and prejudice?

KING: Deepak, if he loves us why does he bring us such pain that could be prevented?

CHOPRA: I think, Larry, one of the problems right now is we keep referring to God as him and his. We have a very sexist, male identity that we've given to God. I agree with Michael Lerner, that our idea of God, our concept of God, our experience of God, changes as we evolve. I think the idea of sin and punishment is very, very primitive. And we have to ask ourselves right now, are we going to choose between sin and compassion? Compassion is the way to go right now.

And you know, there's lots of evidence, even scientific, that the earth is a living organism. The Gaia (ph) hypothesis. Is it possible that our consciousness and the turbulence in our consciousness has anything to do with the turbulence in nature? Michael Lerner just referred to that. One of the very interesting things that happened with the tsunami was, no animal died.



“Ornamentia VII” by
Asandra Lamb
Asandra.com

The elephants. The hares. The rabbits. The birds. They were so tuned in to the forces of nature that they escaped. They ran. Some of the elephants broke their chains and ran to the high level mountainous area where the tidal waves could not reach. We have lost that connection. Is there a way that we can collectively transcend to a level of consciousness where we see that the turbulence in our collective mind, possibly, is inseparable from the turbulence in nature? Because we are part of nature.

KING: Is it hard, Deepak Chopra, to stay up? In other words, is it hard to ground that feeling of good will when you see a tragedy like this?

CHOPRA: No, it in fact helps you ground that feeling of good will, Larry. You have to remember, as again, Rabbi Lerner said something very profound. The actual figure is 40,000 children are dying every day of preventable causes. 23 million people have died since World War I due to war and related violence. Right now there are 35 wars going on in our world. This is an opportunity for us to say, the cataclysmic events in nature are so big, but the inhumanity of man to man is even bigger. And can we learn from this, that at least there are certain things that we can do to make this a better world? What can we do? This is our opportunity to go beyond our religious differences because of what's happening. It brings out the essential goodness of man.

CALLER: The question is, do you have any advice as to the masses, exactly how to keep this a little more balanced?

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Deepak Chopra – God and the Tsunami

A Spiritual Perspective on the Tsunami

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KING: Good question.

CHOPRA: It's a very good question. You know, the idea here is that if we quiet the turbulence in our collective mind and heal the rift in our collective soul, could that have an effect on nature's mind, if nature has a mind? The Gaia hypothesis says nature does have a mind, that the globe is conscious. So a critical mass of people praying or a critical mass of people collectively engaging in meditation could conceivably, even from modern physics point of view, through non-local interactions, actually simmer down the turbulence in nature. And there are precedents for this in all the religions. That when you pray, that you quiet your mind, that you go into deep silence, you change the way nature behaves. That it's not a cause/effect relationship; it's the inseparability of one consciousness that manifests itself in the diversity of creation.

KING: Deepak, do you doubt?

CHOPRA: No, Larry, I don't doubt. But I do feel sorry sometimes that we have allowed God to be hijacked by religious dogma. For example, right now on the show there aren't any women. You know, why is that? Every time we do a show on God, religion, it's always us males representing these different traditions. We need to realize that when we share our suffering, out of that comes compassion. And out of compassion comes love and understanding. And from that comes healing. As long as we stick to "my" version of God, we're going to have problems. I say that right on the show.

(As an aside, Chopra's comment about the absence of women led King to ask the other participants whether he was right and if there was a religious show on television the next night, would they expect to see a woman. The responses led King to suggest a program just on that issue.)

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The Spiral by Asandra Lamb.
To view more of her art go to
Asandra.com

✧ 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)

In Thanks to Our Clients, Colleagues and Friends Worldwide

In December 2004, we again made a donation to Heifer International on your behalf. Heifer International provides animals and extensive training and support to families in economically challenged communities throughout the world. Their efforts provide sustainable resources so that communities are empowered through animal-based food and products such as wool, eggs, milk and labor. Love and blessings to each of you in 2005. Your personal healing work makes their work possible. For more information about Heifer International see their website at www.heifer.org.

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

If you're interested in learning the fundamentals of Bioenergy Balancing, we are again offering our one-day course to show you how to dialogue with the body consciousness and clear past incidents energetically.

The workshop is on Saturday, May 14th. It starts at 10 a.m. and goes until 3 p.m. with a break for lunch (you bring your own).

You will learn about applied kinesiology (muscle testing), what it is and how it can be done in pairs (testing the other person's biofield) or with a pendulum. Learning how to muscle test opens doors to all manner of information, about pets, foods, nutritional supplements, physical symptoms, beliefs – just about anything. It is one of the simplest techniques for harnessing the power of the body's wisdom. It's both enjoyable and a powerful tool.

You will also learn the language of the body consciousness – and how to engage it. You will learn how to uncover specific information about physical symptoms, past events that may be stuck, and self-limiting beliefs.

Then you'll learn exactly how to release incidents energetically from the body and also how to let go of limiting beliefs and replace them with beliefs that are more current and empowering.

This workshop is a great way to deepen your intuition and learn some valuable tools for your own healing process, to assist friends and loved ones, and to check day-to-day choices about foods and supplements.

The workshop includes a take-home binder with charts, exercises and sample body-dialogue sessions so you can continue to practice at home.

To attend, you have to have had a least one Bioenergy Balancing session. The workshop cost is \$135. Enrollment is limited. A \$20 (non-refundable) deposit secures your place. To enroll, call 510-231-2425. or go to our website at <http://www.biointegration.com/appearances.html> .

WHAT'S NEW ONLINE:

*Bioenergy Balancing Center East Bay
IS NOW ACCEPTING*

PayPal *The way to send and receive money online*

UPCOMING EVENTS

Mandana Community Recovery Center	Discussion of Bioenergy Balancing and demonstration	Tues, Feb. 22, 2005 7:30 – 9:30 p.m.
Spring Workshop How to Clear Energy: Using the Pendulum and Working with the Body	\$135 per person Enrollment is limited. (\$20 non-refundable deposit holds your place)	Saturday, May 14 2005 10 a.m. – 3 p.m. (Bring Your Own Lunch)

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



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