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MARCH-MAY 2018

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MARCH-MAY 2018

COLUMNS

BEST BETS 4
 Vibrat Fit Vibrating Machines
 Ann Wigmore Natural Health Institute

BOOK REVIEWS..... 6
 Maharishi & Me BY SUSAN SHUMSKY
 Luminous Life BY JACOB ISRAEL LIVERMAN

FEATURES

The Wisdom That We Are9
 BY HANSON TSE

Forest-Bathing/Tree-Hugging
Getting Healthy the Natural Way..... 11
 BY DR. JANE GOLDBERG

Receiving Miraculous Miracles
 Kimberly Meredith, Mediac Intuitive, Trance Channeler,
 Surgical-Hands-On Healer & Spiritual Teacher..... 13
 BY BRIGITTE JACKSON-BUCKLEY

Breath Coaching Versus Breathing Techniques..... 14
 BY NEVSAH F. KARAMEHMENT

Where Does Pain Come From
 An Interview with Dr. Hal Blatman 16
 BY ALAN STIENFELD

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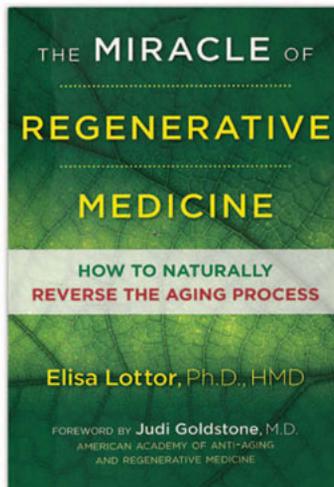
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Maharishi & Me Seeking Enlightenment With The Beatles' Guru

By Susan Shumsky
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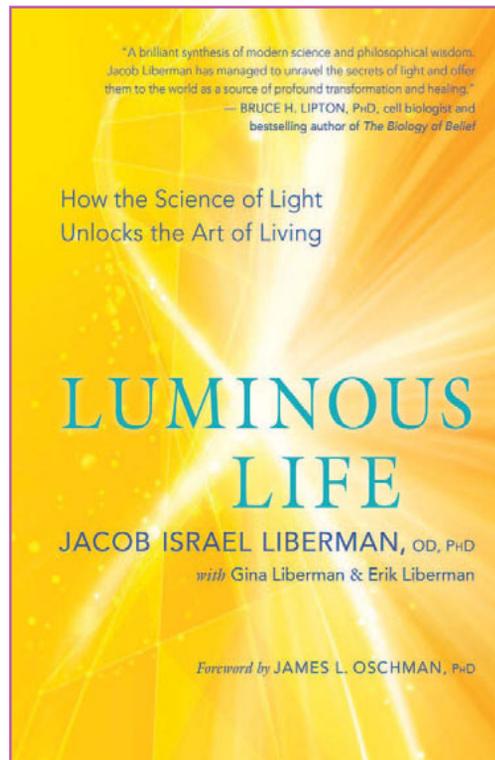
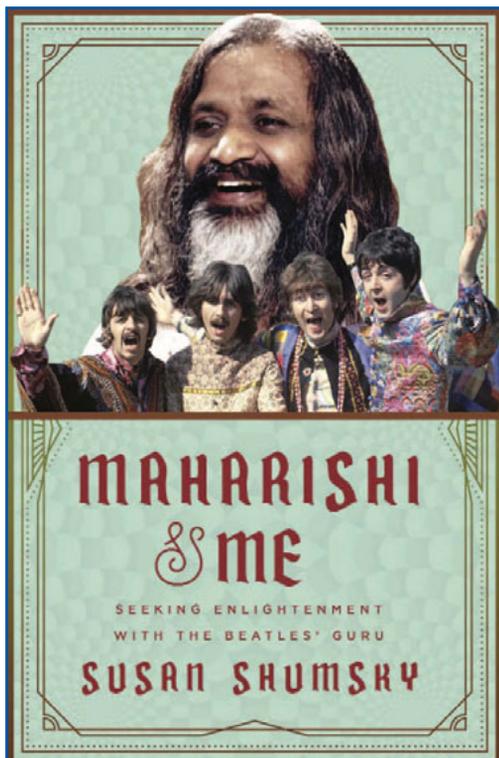
Before Maharishi Mahesh Yogi stepped onto America's shores in 1959, there was no "meditation," "mantra," or "yoga." Within 10 years, this extraordinary guru made these into household words. His brush with celebrities placed him into the spotlight. But his true legacy is his gift of Transcendental Meditation (TM).

Fifty years ago, when Mia Farrow, her sister "Dear Prudence," the Beatles, Donovan, and Mike Love visited Maharishi's ashram in Rishikesh, India, shock waves reverberated around the world. The result was the iconic album *The Beatles*, a.k.a. the "White Album," written in India, and Maharishi's meteoric rise to fame.

For 22 years, Susan Shumsky resided in Maharishi's ashrams in the Himalayas, Swiss Alps, Fairfield, Iowa, and elsewhere. She served on his personal staff for six years. As a rare TM insider, she enjoyed close proximity, for extended periods, to the most renowned guru of the 20th century.

In the tradition of the East, chela (disciples) devote themselves to gurus, and gurus elevate disciples to higher consciousness. Starry-eyed seekers often view this path through rose-colored glasses. Yet there's nothing romantic about it.

What isn't widely known is that enlightenment means extinguishing the ego. That's why it's



defined as "egoless." Loyal disciples wouldn't divulge how this occurs through a kind of "open-ego surgery" performed by gurus on their disciples. They wouldn't risk soiling their gurus' reputation — nor embarrassing themselves. And gurus generally don't reveal their closely guarded methods.

Ego demise isn't exactly lollipops, butterflies, and daisies. It can be devastating and shattering. Out of six million who learned TM, only a handful spent any time in Maharishi's direct presence. Susan Shumsky was one of them. She spent over two decades spinning around the eye of the hurricane of this charismatic, bliss-bestowing, fear-inducing guru while he sliced away at her ego and ricocheted her daily from glorious heights of ecstasy to intense depths of devastation and back, all with just his glance. It seemed to make no rhyme or reason, but in the process, she became herself.

As Shumsky morphed from a painfully shy teenage hippie into a spiritually aware teacher, she finally broke free to find self-empowerment in her own spiritual pathway. In her fascinating, compelling, tell-all memoir, she takes us on an emotional journey that reveals inside stories about how Maharishi worked on her ego and the ego of his celebrity disciples:

Susan Shumsky has 14 books in print. Her websites are www.drSusan.org and www.divinetravels.com.

Luminous Life How the Science of Light Unlocks the Art of Living

By Jacob Israel Liberman, OD, PhD
NEW WORLD LIBRARY

The most important things in life are our health and happiness. Yet most of us are neither healthy nor happy. We've been led to believe that if we think ahead and make the right choices, we can manifest our dreams. Yet even with our best efforts, we still have more disease and discontent than ever before. Is it possible that our fundamental ideas about life are flawed?

We are all aware of the impact of sunlight on a plant's growth and development. But few of us realize that plants are not passive recipients in this process. A plant actually "sees" where light is emanating from and positions itself to be in optimal alignment with it. This example of how a plant responds to light is not just occurring in the plant kingdom. Countless species are guided by the sun's light, voyaging on extraordinary migratory journeys, directed by something outside themselves that is inseparably aligned with something within them.

As humans, we are also equipped with the same navigational system that directs all of nature, from a snail's crawl to the movement of galaxies. We are fundamentally directed by light — the same light that spiritual traditions refer to as God and physicists describe as the essential energy underlying creation. This animating force that guides the planets, tides and seasons also breathes us and directs our lives.

Unfortunately, we often obscure its clarity with thinking, superseding this orchestration, and disturbing the natural life direction that light provides us with. Yet, if we follow its guidance, we will experience an extraordinary and effortless state of presence, health and attunement with life.

After forty-five years of scientific research, clinical practice and direct experience, Dr. Jacob Israel Liberman now reveals how the animating force of life — light — is always looking for us, continually guiding the course of our life via the process of presence, so that we may fulfill our reason for being.

In his newest book, *Luminous Life: How The Science Of Light Unlocks The Art Of Living*, Dr. Liberman reveals the key to effortless living — and in so doing, the hidden nature of light, vision, and consciousness.

Dr. Jacob Liberman is the best-selling author of *Light: Medicine Of The Future, Take Off Your Glasses And See* and *Wisdom From An Empty Mind*. Best-selling authors and world-renowned thought leaders from Eckhart Tolle to Deepak Chopra have lauded his discoveries and insights.

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Ann Wigmore Natural Health Institute in Puerto Rico Now Open... Better Than Ever!

Lalita Salas, the Co-Director of the Ann Wigmore Natural Health Institute, looked out over the downed trees and wind swept landscape, after Hurricane Maria had ravaged their beloved Island home, and noticed the

delicate green shoots coming up from the newly cleared soil. Nature was busy doing her important work. Rebirth was all around. The clearing away of the old allowed the new to flourish.

What may at first seem like insurmountable odds can propel us forward toward change and growth. At the Ann Wigmore Institute, adversity became opportunity. Their damaged buildings were not only repaired but were

improved, and the Ann Wigmore Natural Health Institute in Aguada, Puerto Rico, celebrated its re-opening in January. It is more “green” than ever, more self-sufficient, and always resilient, like nature herself. Their new greenhouses are already providing a bounty of organic greens for their guests: Their sprouting house is resplendent with wheatgrass, sunflower sprouts, and vibrant microgreens.

Your body, mind and spirit are also part of nature. You have within you the same force that moves toward renewal. When you give yourself the chance, your own nature moves toward, health, homeostasis and happiness.

A visit to the Ann Wigmore Institute, can accomplish so much both for you personally and for the island of Puerto Rico. You will be an important part of Puerto Rico’s rebirth and recovery and, at the same time, experience your own renewal. The Living Foods Lifestyle® 2-Week course, developed by Dr. Ann Wigmore, provides the information and experience you will need to achieve your own vibrant health.

Don’t put off your visit. The airport, ground transportation, local stores, and all their facilities and services are up and running. The food is fresh and vital. The staff is welcoming. You will feel safe and embraced.

When you go there, you will experience the many opportunities for rejuvenation while enjoying their beautiful, tropical location overlooking the ocean. Contact them at 787-868-6307, email info@annwigmore.org, or visit their website annwigmore.org.



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the Wisdom that We Are

By Hanson Tse

TAKE A MINUTE NOW to pause your version of reality. I'm serious. Imagine that your life is a movie. And <click>, we hit the pause button on the remote. Now, remember to breathe. Feel the sensation of air filling your lungs. No matter what your ideas of yourself, the people around you, or the world in which you live, your very existence is incredible. You are incredible, yes-you. It's very easy to forget in a world full of judgment and misplaced importance. But you know deep down that life is miraculous. For many of us, it's not often that we allow ourselves to have the experience of that fact. That's what it's about. It's about experience. When we experience something we know it. We can spend years reading about Paris. There's nothing like going to Paris. The same is true of the miracle of our own existence. How often do we make a point to visit? But what if it weren't a matter of visiting? What if we could simply live there? What if it were just a matter of expanding the realms of our experience to encompass all that we are?

Over the last 20 years I have developed an understanding of the human condition through studying various methods and modalities that explore what we are. But more than assemble a collection of different, effective practices, I was interested in the thurline that connected them all. Essentially, what I discovered is that we exist simultaneously on many levels of organization and each of these expressions is alive, adaptive, and intelligent. If we take the body as an example, we see cells, tissues, organs, and organ systems function with incredibly complex physiologies and mechanics. It's one of those things that we take for granted. Everything happens under the hood and we give it little importance usually until something starts going wrong. But we have never learned to dedicatedly listen to the myriad complexities that comprise us. When we develop our attention and awareness to directly perceive and interact with them, we are able to have the experience of ourselves as said wisdom. It is literally the wisdom that we are. To give a sense of our potential to utilize our awareness, I like the example of the Master Wine Sommelier who can pinpoint the grape, region, and even the vintage of a wine simply by tasting it. I often marvel at this mindboggling ability. It doesn't seem possible yet it is. Also amazing is the phenomenon of human echolocation. Many blind individuals have learned how to navigate using nothing but the tap of a cane or a click of the tongue.



These extraordinary individuals can sense the size and density of objects in their path and move through the world with the freedom that you and I enjoy, in some cases even more.

Ben Underwood, one the most impressive, documented cases was able to skateboard, ride bikes, play video games, football, and basketball just by listening to the subtle changes in the clicks of his tongue in relationship to his environment.

These kinds of feats are possible through our human ability to direct our attention and perceive with evermore, ever deepening subtlety.

Wambi

CAN YOU IMAGINE if we developed awareness with such depth toward our own health, happiness, and potential?

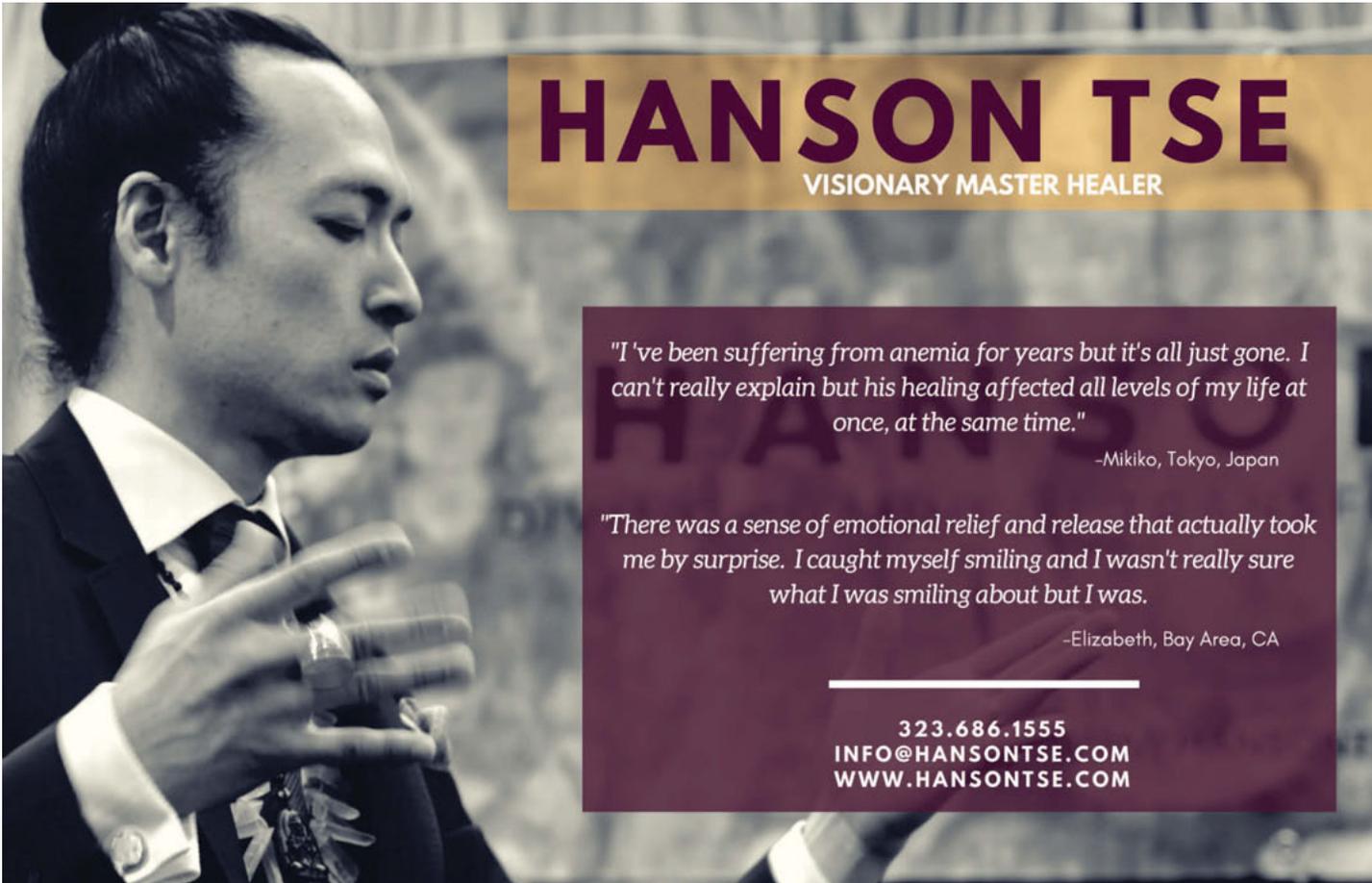
This is the premise of my Philosophy and Practice of Everything called WAMBI

Exploration™ (Wisdom through Awareness and Mind Body Integration). Through developing our ability to experience the many levels of organization within ourselves and the world around us, we can expand our natural potential in mindboggling ways and meld with the inherent intelligences that comprise us. This work pervades us in all our expressions. When we explore all that we are- combining body, movement, emotion, consciousness, creativity, mind, spirit, and so on, these various aspects synergize and integrate and we become far more than we ever realized we could be, shattering society's paradigms. It is through this ever-deepening process that I developed profound healing abilities beyond any modality and the work continues to grow rapidly beyond my intellectual comprehension. The expansion of awareness in proper and specific forms allows us a way to finally and truly relieve our pain and suffering, give up misplaced ideas, expectations, and misgivings. It clears the space for clarity, peace, understanding, love, and for the full and robust experience of life itself.

Even more, being able to perceive these depths can teach us how to approach our best selves rather than sacrifice ourselves by conforming to societal convention. The wisdom that we are can be used to build the foundation of human society and a world in which we can all thrive.

It takes is the will to explore, the way of awareness, and the love of experience. •

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Getting Healthy the Natural Way

By Dr. Jane Goldberg

THE JAPANESE HAVE A WORD for a health-inducing practice little known in the West: Shinrin-yoku. A rough translation is: Forest-Bathing.

I first started thinking about the healing power of trees when my neighbor in Puerto Rico (she lives next door to La Casa Spa and Wellness Puerto Rico) told me an amazing story. She had been diagnosed with a serious illness that had rendered her unable to walk. She was carried outside every day, onto the patio, by her devoted husband, and began to absorb the intense and wonderful energy of tropical sunlight. The experience of being outside in nature was soothing to her soul. Then something remarkable happened. As she lay on her lounge chair, she felt a specific tree, not far from where

she was, call out to her. She wasn't even sure what that meant. But she had an irresistible urge to be next to that one tree. She asked her husband to plant her (metaphor intended) under that tree. She immediately felt better, and asked her husband to bring her back to that tree every day. Gradually, after a few months of "communing" with "her" tree—touching its bark, looking up at its high branches, sitting on its broad roots—her strength returned. When I saw her last, she was walking again, with the help of a cane—but definitely walking. She had made no other changes in her health regimen, and was convinced the tree's energy had healed her, and reversed her disease.

After hearing my neighbor's story, I decided to find a tree that I would call my own. I selected a lovely large tree with overhanging branches in the forest behind my house. I have made a practice of going out every morning, no matter the weather, and hugging "my" tree. I have found that a very deep sense of happiness descends upon me as I stand there with my arms around the tree. The tree has come to feel like a friend to me. And I hope that the tree, similarly, experiences me as a friend to it.

THE POWER OF TREES

Both history, as well as modern science, tells us that trees have powerful effects on us. Historically, we have evidence that trees can help us think better: Plato and Aristotle did their best thinking in the olive groves around Athens; Buddha found enlightenment beneath a Bodhi tree; Isaac Newton discovered the theory of gravity sitting under an apple tree.

Trees also give us food and medicines: Baby oak leaves are edible, and make great contributions to a salad or soup. The biggest additional benefit the majestic oak gives us is its acorns. They are high in protein and fat, both of which are important in cold weather.

Trees also loan us many of their elements, with which we make modern medicines. Compounds for more than half of the most commonly prescribed drugs come from trees. The Ginkgo is the oldest deciduous tree on Earth. They were thought to be extinct until a botanist happened to spy one growing in a garden in China. Benefits range from blood thinning to better memory, to boosting both the immune and neurological systems. Cherry juice from cherry trees has been shown to be a powerful treatment for arthritic conditions, including gout. The wood from its branches can be used to flavor smoked foods. The white willow tree has a chemical substance called salicin in its inner bark. This substance has been infused in tea for centuries by the Chinese as well as Native Americans as both a pain reliever and fever reducer. A German chemist in the 1800s isolated this compound, and made a commercial pain reliever. His last name was "Bayer," and the rest is over-the-counter history.



Apple trees, as well as proving gravity, offer the ability to make apple cider, and more significantly, apple cider vinegar. Vinegar is a natural antiseptic and has historically been an excellent resource for canning and food preservation. Yews are the source of Taxol, used in the treatment of some cancers. Tea tree oil is beneficial for skin infections. Cinchona tree bark contains quinine, the basis of many anti-malarial drugs. And Pycnogenol, which protects against deep vein thrombosis, is made from pine tree bark.

THE SCIENCE OF TREE HEALING

The therapy of Forest-Bathing is now practiced in England as a treatment for anxiety, depression and stress. Physicians in Doncaster and Camden (North London) have been sending patients to "Green Gyms."

Choose Your Tree:

The best trees for healing are big trees, or trees that are near water. Pines are on the top of the list. They are called the "Immortal Tree," and radiate Chi, nourish blood, strengthen nervous systems, and contribute to long lives. Although pine trees are often the best choice, many other trees can be used.

Cypress and cedar trees reduce heat and nourish Yin energy.

Willow trees help to expel sick winds, rid the body of excess dampness, reduce high blood pressure, and strengthen the urinary tract and bladder.

Elm trees calm the mind and strengthen the stomach.

Maple trees chase sick winds and help reduce pain.

Locust trees help clear internal heat and help balance the weather of the heart.

Banyan trees clear the heart and help to rid the body of dampness

Cinnamon trees can clear coldness from the heart and abdomen.

Fir trees help clear up bruises, reduce swelling, and heal broken bones faster.

Hawthorn trees help aid digestion, strengthen the intestines, and lower blood pressure,

Birch trees help clear heat and dampness from the body am: help to detoxify it.

Plum trees nourish the spleen, stomach, and pancreas and calm the mind.

Fig trees clear excess heat from the body, increase saliva, nourish the spleen, and help stop diarrhea.

Ginkgo trees help strengthen the bladder and alleviate urinary problems in women.

Selecting one tree, as my neighbor and I have done, allows us to develop a deeper relationship with that tree over time. Those who embrace tree-hugging often say that the communion they feel with their tree resembles love between humans. •

Jane Goldberg will be speaking at the NewLife Expo in New York City, March 16-19. For informatioun, call 516-897-0900 or visit www.newlifeexpo.com.

Receiving Miraculous Miracles at the NEWLIFE Expo

By Bridgitte Jackson-Buckley

KIMBERLY MEREDITH, a self-taught Medical Intuitive, Trance Channeler, Spiritual Teacher, Surgical Hands-on Healer with gifts of the Holy Spirit, has rapidly emerged as a world renowned energy healer. The basis of Kimberly's work revolves around the simple concept that anger and negative energy causes disease. "The 3rd Dimensional DNA particle of anger can enter into everything we touch, including food and water."

In an effort to further understand her gifts, Kimberly was invited to undergo testing with Dr. Norm C. Shealy, CEO of the International Institute of Holistic Medicine and Founder of the American Medical Association. After 45 years of working with many spiritual healers, Dr. Shealy stated that Kimberly, "...is the most unusual and unique of all of these healers and in making a diagnosis, she is very accurate at picking up exactly where there is pathology and/or symptomatology." It has been witnessed that countless people have been healed through the miraculous Christ Light through Meredith. "Kimberly was outside the room, maybe 15 feet away at the most, but through the wall was sending healing. The EEG on this woman, when she was at rest, was in Delta deep relaxation 1-2-3 cycles per second and fairly strong. Interestingly, during the 12 minutes that Kimberly was sending healing through a door, the brain just became quiet. The Delta disappeared and there was no other frequency. There was one tiny little spot in the back part of the brain on the right, as if she was just on the verge of going to sleep, but the difference was quite striking. There's no question it changed abruptly, and to me this shows that Kimberly is among other things almost certainly focusing scalar energy. I don't know anything else that could travel through a wall and that fast."

One of the single most important concepts to understand is that everything is energy. Kimberly has a unique gift to help people surrender into the 5th Dimension where healing takes place. Simply put, everything you come into contact with is energy, and because your essence is energy, "the stronger you are with living in love, and the higher your dimensional consciousness is, the harder it becomes for negative energy to permeate your cells."

Due to the influx of toxins in the food, and the environment, there can be an imbalance in the non-physical part of you. Over time, an imbalance can lead to the physical manifestation of health problems within the mind and body, or even disease. Unfortunately, as spiritual beings having a human experience, it is not uncommon to be energetically out of balance. However, according to Kimberly Meredith, who survived three near death experiences and has a miraculous gift to see into people's bodies, and heal them through the Holy Spirit, "We can all call in Divine Energy to fill our bodies with love and light, and right now is the time for us to do it."

As a Trance Channeler, Kimberly demonstrates time and time again that she is "a vessel for the healing energy of God, the Holy Spirit, many



Kimberly Meredith, Medical Intuitive, Trance Channeler, Surgical Hands-on Healer & Spiritual Teacher

ascended masters, specifically Mother Mary and angels." People often say Kimberly resembles a New Age Edgar Cayce, but has unique abilities to heal.

With love and light-filled energy moving throughout her body, Kimberly combines "prayers, chanting and the activation of light energy to awaken DNA and the spirit within and stimulate healing energies that lead to effective results." According to Kimberly, "With gifts of the Holy Spirit, my hands guide my blinking eyes while I act as a human MRI/X-ray and scan the entire body to find negative energy and disease. During the scan, I have the ability to find trapped emotional pain encapsulated in the body, and can detect any traumas the body has suffered from birth up until the present. When everything is well in the body, the left eye blinks. When the right eye blinks, there is a problem within the body. Both of my eyes will blink simultaneously when all is in spiritual and physical balance within the body."

During healing events, Kimberly notes "most people do have a right eye blink." However, as a vessel, she is "guided to those who are chosen to receive healing. These individuals are selected by the etheric angel language and angelic hand gestures." While Kimberly scans the audience, if her teeth chatter, "it could mean extreme pain is felt within the body, or I will tap on the palm of my hands how many years since the person had a devastating injury. From these signals, I will know that is the person God, the angels and my guides have selected for healing."

Through the sign language ability of Kimberly's hands in motion and her blinking eyes, along with the permission of the client and acceptance of the Holy Spirit, she receives messages from God and the angels to assist you in completely resolving lifelong trauma.

As noted from various testimonials on thehealingtrilogy.com, including former Los Angeles Dodger, Pitcher Frankie Sandoval, who was cured of cancer through surgical hands-on healing and laying-on of hands, Kimberly has healed and helped thousands of people. "I have removed tumors, restored hearing, cured cancer, corrected immobility and completely rid the body of dozens of different types of diseases during healing events and personal sessions.

Kimberly is often asked, "Can I be healed?" As we all have the ability to fill our body with trust, love and the light, Kimberly says, "It is through the grace of God's loving energy that our DNA can be healed and pain and suffering can be turned into light."

Displaying phenomenal healing abilities, Kimberly was selected by PsyTek Subtle Energy Laboratory and Research Facility in 2017 to undergo ongoing tests, and the thermography results were phenomenal. As a result of the findings, Kimberly was featured on the cover of *The Life Connection* magazine (JUNE 2017). •

Kimberly Meredith will be speaking at the NewLife Expo in New York City, March 16-19. For information, call 516-897-0900 or visit www.newlifeexpo.com or www.thehealingtrilogy.com.

BREATH COACHING VERSUS BREATHING

By Nevsah F. Karamehmet

I HAVE ALWAYS THOUGHT breath techniques were no different from psychological drugs. People nowadays somehow choose addictions instead of real healing. Practicing breath techniques for me is like eating a banana every single day. You get addicted to the state the technique is providing and soon become a state dependent person.

I have tried maybe hundreds of different techniques including diaphragmatic breathing, rebirthing (which is chest breathing mostly), pranayama, kriya, transformational breath, sufi breath, art of living and many more and yet somehow could not find what I was looking for. Why? Because I don't eat bananas each and every single day either! For me, being and staying at a certain state does not feel good or free. I like eating and tasting everything in life. Life is such an adventure, such a colorful experience. Why should I stay on one state of being when I can experience endless states of my being?

I have been into breathwork (even if I don't call it "work" anymore) for 15 years. After trying, learning, getting certificates on different breathing techniques, joining different workshops, groups, organisations and teaching most of the techniques, I realised that all of those were right and wrong at the same time. Somehow "the choice of being in one state" was the main problem. And that was a dysfunctional breathing habit, a breathing problem.

Breath is such an endless, unpredictable, free, spiritual being. It just can not be controlled or put down to one specific figure. It just can't. When we practice one kind of breathing, it not only becomes our dysfunctional breathing habit but also limits the way we view, experience, understand and enjoy life. Life is also endless, just like breath. How can we stick to one kind of living habit as we do in breathing?

THIS IS ACCEPTING LIMITS BY CHOICE

After 15 years of working with breath, analysing, testing, learning, researching, talking to doctors, trainers, clients I learned that each and every single person builds a different dysfunctional habit after 3 years old. Dysfunctional habits somehow get triggered from many situations in life.

Such as:

Social: specific people, social situations, authority figures, intimacy,

Environmental: physical locations, times of day, environmental changes,

Travel: meeting new people, airplanes, elevators, unfamiliarity,

Tasks: public speaking, test taking, driving, playing an instrument,
Emotions: stress, fear, anger, frustration anxiety, depression, worry,
Behaviors: initiating sports, going to sleep, changing posture,
Symptoms: fatigue, headache, pain, breathlessness, asthma, arrhythmias,

Cognition: expectations, specific thoughts, memories, intentions, beliefs,

Physical changes: exercise, breathing sensations, hunger,

Physical challenges: allergy, medical condition, effects of drugs,

Self: responsibility, self-esteem, self confidence, vulnerability.

So we as breathworkers have to 'not work with the breath'. Instead of doing exercises around it, we have to learn to analyse the breath, figure out the dysfunctional breathing habits learned in our client's childhood and coach them to learn a new healthy breathing habit. Practicing breathing techniques is nothing more than taking a pill when we feel bad, stressed or when we have aches. It is not going down to the core of the problem and healing the cause. We need to find the cause of the discomfort our clients are experiencing and work on changing it, not practicing some technique that's going to be useful for awhile.

People have dysfunctional habits and they get stressed because of stress not because stress stresses anyone, but because they have the dysfunctional breathing habit and they just cannot handle stress. Practicing a technique won't help them cope with stress ultimately. It is going to make these people dependent on the technique. We did not heal them, we taught them a method they can use when they are stressed, to get rid of the discomfort they are experiencing. But we did not dig into the main cause which is the dysfunctional breathing habit and heal it.

WE HAVE TO CHANGE OUR PERCEPTION OF WHAT BREATH IS

Breath is not something to be worked on, or manipulated or controlled. We can and should let the breath be as it is, and surrender to whatever is going on in our breath. Every manipulation, every technique, every "work" we do with the breath leads to dysfunctional habits which are the cause of many problems we are facing.

We do not need breathing techniques, we need to relearn our dysfunctional breathing habits and learn new healthy habits in our everyday life. And that would be by working with a breath coach who can really, truly analyse the client's breath, dysfunctional habits, breath chemistry, psychology, behaviour and physiology. •



Nevsah F.Karamehmet has led more than 100,000 people in her seminars in Turkey and Europe and trained thousands of breath coaches. Nevsah has nine best seller books and many awards. She will be speaking and doing workshops at the NewLife Expo in New York City, March 16-18, 2018. For information, call 516-897-0900 or visit www.newlifeexpo.com or www.nevsah.com

TECHNIQUES



A hand holding a small American flag through window blinds. The blinds are partially open, creating a striped pattern that blends with the flag's colors. The hand is positioned in the center, with the flag held between the fingers. The background is bright, suggesting sunlight coming through the window.

Where Does Pain

Come From?

an interview with Dr. Hal Blatman

By Alan Steinfeld
of New Realities⁵

Alan S: Give us a little bit of information on your background. You are a Myofascial Specialist. What is Myofascial?

Dr. Hal: Myofascia is the muscle and fascia tissue that holds us together. Myofascial Pain comes from injury to fascia and is often called soft tissue pain. Often our first injuries occurred during childhood with jumping out of trees and off swing sets. If these injuries don't properly heal they make us more fragile in those areas, and may cause pain in adulthood.

Alan S: How would you heal that or fix it?

Dr. Hal: These injuries don't show up on MRI or X-ray studies. Finding them takes careful examination by touch. Injured fascia has a different texture that is usually confirmed by localized tenderness. This idea forms the basis for Learning to Play "Pain CSI" — as I teach in my presentations, interviews, & my popular book, *Winners Guide To Pain Relief*.

Sometimes the body needs extra help healing, and platelet-rich plasma (PRP) may provide this help. PRP growth factors come from concentrating your own blood. This can then be used to help your body repair weakened fascia, tendons, and joint cartilage. Most pain is from soft tissue injury, and may go away with finding and healing the sum of your injuries through time. Headaches, back, & knee pain usually have a component of fascia injury that can make a big difference to how you feel.

Alan S: So how do you know where it's (pain) coming from?



Dr. Hal: Our brain cannot distinguish in many cases the difference between numbness, tingling, burning, itch, tickle, sharp, dull, aching, and more. These sensations are certainly different in how they are perceived, but unlike what we are taught, the sensation has little diagnostic significance. The distribution of symptoms however, is very important. By touch and feel in physical examination it is possible to tell the sites of injury that cause the issue. Knots form in the injured fascia and cause pain. You can learn how to work on your own body and relax the knotted tissue through various techniques including ball massage. If the pain persists or to get right to healing, there is a specific application within our needling protocol we can likely use to unlock it.

"You can't believe where you hurt, the left arm pain may be a heart attack, head aches don't come from your head"

Alan S: Are there other things to look out for that can cause inflammation?

Dr. Hal: one thing that causes a lot of pain is caused also by inflammatory food. THE REAL NEWS IS FAKE FOOD

Alan S: What are inflammatory foods?

Dr. Hal: Wheat, sugar, bread flour, red, blue & white potatoes, and trans fat. Hydrogenated oil is a Fake food! When we eat these foods our old wounds get more inflamed and light up like a Christmas tree.

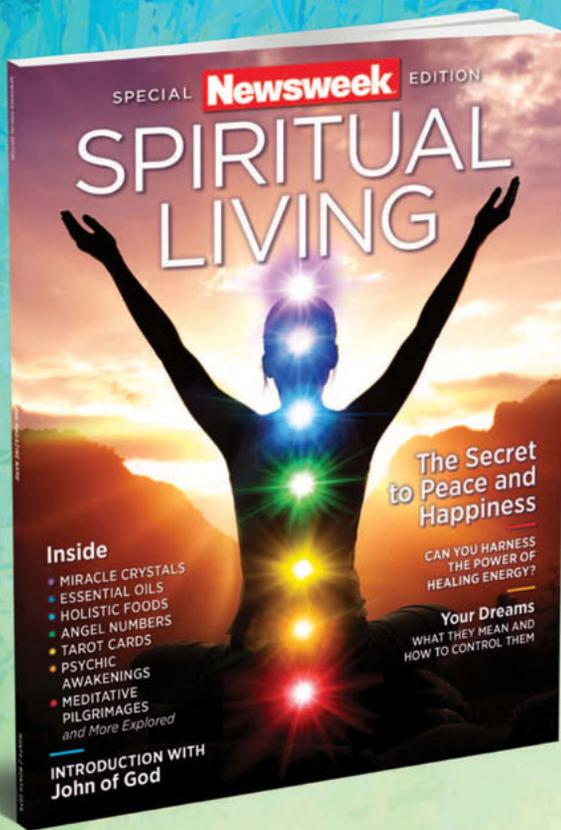
Alan S: Tell us about your book!

Dr. Hal: I got the idea for my book from a similar book written for the medical professionals by Dr. Janet Travell & Dr. David Simons. My intention with this book was to provide a manual to help you heal and resolve myofascial pain yourself. It is written in a way that everyone can understand, with clear illustrations describing the various techniques. The Winner's Guide covers Pain Patterns, The Ball Method & how to use it to help pain go away, a Stretch chapter with the proper positions illustrated & a Picture index enabling you to view your pain pattern to find the information you need right now.

Alan S: This is a revolutionary method in healing and health. Thank you! •

*Dr. Hal Blatman's new book is **The Winners Guide To Pain Relief**. Dr. Blatman will be speaking at the NewLife Expo in New York City, March 16-18. For information, call 516-897-0900, visiting www.newlifeexpo.com or blatmanhealthandwellness.com, or emailing Lydia@DrTranquility.com.*

Alan Steinfeld will be speaking at the NewLife Expo in New York City, March 16-18. For information, call 516-897-0900 or visit www.newlifeexpo.com. Watch Steinfeld's interview about New Realities on You Tube: www.youtube.com/watch?v=n0VUcR9Nnio.



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