



BOOKS

Bernie S. Siegel, *The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing*. Novato, CA: New World 2013.

This is a delightful book on how our inner selves can reveal what is going on in our lives through drawings. Bernie Siegel is a surgeon with a wonderful, big heart. He came to understand that he could help people as much or more by talking with them than he could by just doing surgery. People's drawings offer rapid ways into understanding the important aspects of their lives, so this is one of his important tools he has developed in exploring people's lives with them, to disclose whether they are ready for surgery.

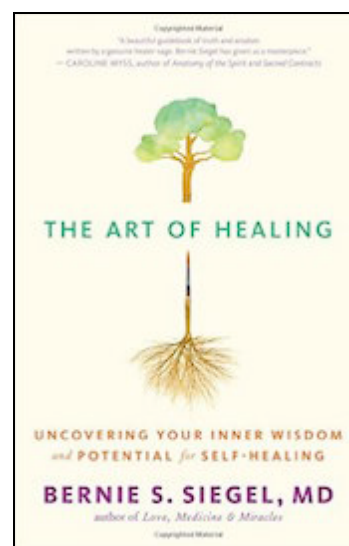
The pictures they draw often disclose aspects of people's lives that they themselves are not aware of, and often they don't understand what the pictures they have drawn are revealing. Having studied the interpretation of drawings, and drawing on his own, wonderfully developed intuitive gifts, Bernie can frequently zero in on the crucial issues a person is dealing with.

In numbers of instances, Bernie was able to help people connect with their intuitive awarenesses about their illnesses. People with cancers, for instance, would draw pictures that revealed which treatments would be best for them.

Disease is a loss of health, not a punishment. Lost health is to be looked for and recovered, just as you would seek to find your lost car keys rather than assume that God wanted you to walk home. (p. 27)

In other situations, people drew pictures full of blackness and pessimism. Sometimes, this was their awareness that they were reaching the end of their life, and they were unhappy about it. Others might intuit they were nearing their time to die but revealed in their drawings that they sensed a spiritual continuity to life.

A poignant example from Bernie's wonderful collections of stories and pictures is that of a family with a girl who had cancer. The girl's picture showed her parents and her brother and two sisters all sitting on a sofa, with an empty space on one end of the sofa. The girl herself was seated in a separate chair. Her parents had their arms around the other children, or possibly protecting themselves.



Bernie pointed out that this girl felt abandoned, and her parents immediately realized they had withdrawn from her out of anxieties and fears of losing her, and out of wanting to be strong for their other children. Becoming aware of how they were protecting themselves from their anticipatory grief over her impending death, they were much better able to deal with their feelings. The whole family grew closer as they were able to recognize and discuss their fears of losing her.

Bernie writes,

“When we allow spirit and symbol to serve life, we can be unique guides and life coaches for those we care for and about. We can be aware of the truth and not see a person’s death as a failure. And we can allow ourselves to continue our lives free of guilt, as this child’s parents were able to do.” (p. 91)

Bernie has been lecturing and teaching his insights and approaches for many decades. He finds that most of his medical colleagues have great difficulties in absorbing and accepting what he has learned about people. His wise advice about this is that challenging beliefs with statistics leads to rejection of your presentation. Stories about people changing are acceptable because they don’t directly challenge the prevalent belief systems. This book is a treasure trove of such stories. Very highly recommended!

(See also Bernie’s article in this issue of IJHC, titled, “I Hate You!”)

Reviewed by Daniel Benor, MD, ABIHM
Editor-in-Chief, International Journal of Healing and Caring

Ted Zeff, PhD, *The Power of Sensitivity: Success Stories by Highly Sensitive People Thriving in a Non-Sensitive World*. San Ramon, CA: Prana Publishing. 2015. 186 pp. Resources 7 pp. References 1 p. No Index.

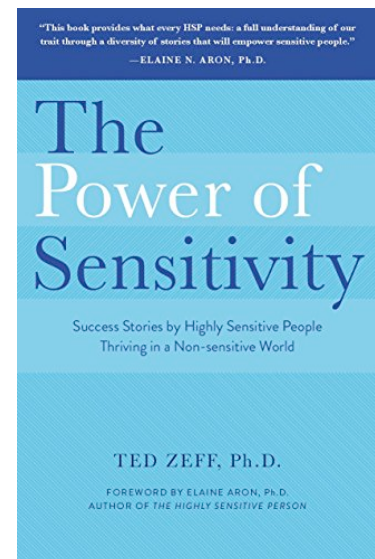
Ted Zeff, one of the leading writers and teachers about how to understand and deal with issues of the Highly Sensitive Person (HSP), presents a treasure trove of reports from HSPs around the world. Coming from diverse walks of life and a wide range of ages, they share wonderful observations about how they came to discover, understand and deal with their HSP qualities and issues.

Anyone who is an HSP or is a caregiver working with HSPs will find many wonderful nuggets of understandings and approaches to help in identifying and sorting out the challenges faced by HSPs.

Here, in brief, are some of my favorites:

Ia Staff is a semi-retired Swedish medical doctor who came to understand she is an HSP. She is able to intuit what the meanings of her patients’ physical symptoms are. “I’ve learned that the body tries to tell us when something isn’t in balance.... It has been a real gift for me to see each of my patients as unique and to intuitively understand what the body is trying to tell the patient about their lifestyles.”

Carole Steele has selective sound sensitivity syndrome (SSSS). Noises that she finds intrusive and bothersome may be as low as the ticking of a clock, people chewing, and her husband’s snoring, or louder sounds such as a TV show or a noisy neighbor. Various electronic noise



countering devices have been helpful, as well as Hellinger Family Constellation Therapy and other spiritual approaches.

Jacqueline Strickland is challenged as an HSP because she is also an extrovert and a High Sensation Seeker. At about the age of 10 she began to feel that the outer world was unsafe, and came to rely more on her inner world to guide her in dealing with life's challenges. Jacqueline has been so successful in doing this that she has gotten involved in helping others deal with life challenges, working as a social justice activist in civil rights and women's activist movements. She now calls herself an empowered HSP. She has many suggestions for how others can similarly become empowered HSPs, She recommends living a balanced life, attending to all of our needs, including social, emotional, intellectual, spiritual and relational.

Ted Zeff adds his own observations and recommendations to each of the personal stories in this delightfully helpful book. He includes many suggestions for personal, clinical, Web and organizational approaches and supports.

The organization of this book is also user friendly, including a table of contents in which the topical content of each chapter is alphabetized to facilitate readers' searching for content of interest and relevance to their own issues.

Very highly recommended!

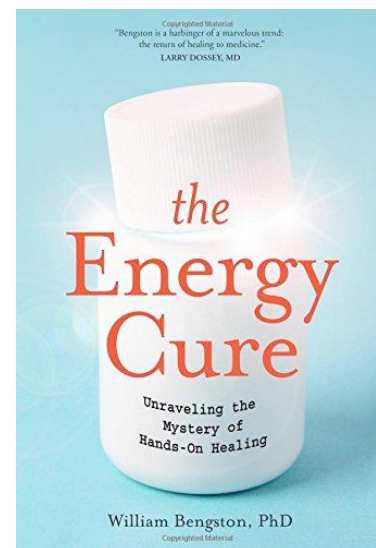
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William Bengston, PhD, *The Energy Cure: Unraveling the Mystery of Hands-On Healing*. Boulder, CO: Sounds True. 2010. 288 pp. Notes 3 pp. No index.

William Bengston is a sociology professor who is an extraordinary healer in many ways. He has great natural gifts of healing that he developed unexpectedly in 1971, in the process of observing, experiencing and studying the work of Bennett Mayreck, another gifted, natural healer over a period of years. Bengston found that he and Mayreck could very frequently get human cancers of all sorts to remit. This worked under two conditions: 1. if people came to them for treatments prior to receiving chemotherapy and/or radiotherapy, which otherwise prevented people from responding to their healing treatments; and 2. if people persisted to the completion of their course of healing treatments.

In order to confirm the genuineness of healing effects, Bengston treated mice who had been injected with a very lethal strain of mammary cancer that was invariably fatal in 14-27 days. In a series of 10 such studies, he demonstrated repeated successes. All of the cancers in the treated mice were cured completely. This is completely unheard of in research with mammary cancers in mice.

Even more fascinating, mice in the control groups would also often demonstrate healings of their cancers, even when no healer held them or their cages to provide healing. Repeatedly, the control group mice demonstrated apparent distant healing effects, though often less than 100% of the control



mice survived. Bengston was also able to teach others to heal mice like he did, even when these people made no claims to healing abilities, and even when some of them were strongly skeptical about the possibility that healing could be effective.

The method that Mayreck and Bengston developed for healers to use is to do one's best to completely detach one's conscious awareness from the healee being treated. While this can be very boring for the healers, it has proven to be highly effective with countless students of this healing method.

And while Bengston never presumes to have THE answers to what healing is nor how it works, he notes that at unpredictable times and circumstances during healings,

...I sometimes do have an experience of traveling to a place in which everything I need for healing is in infinite supply. My mind moves past my cycling images and the life they describe, into superconsciousness and a sense of higher intelligence, then past that into pace, and past that into Nothingness – a place of pure potential where all possibilities exist at the same time. The higher I go, the less I feel. The Source doesn't do anything. It just is. (p. 211)

Perhaps by touching the Source I can give my patients what they need to heal, because the Source offers an infinite number of simultaneous existences transcending time and space. Perhaps there's a place where you crushed your finger, and a place where you did not; there's a place where the finger heals and a place where it does not. These places are probably very close to each other, so if we act quickly before your thoughts have had a chance to harden around a negative reality, maybe we can make it back together to the noncrushed-finger time. With negative belief, you're shutting down possibilities that you might not have known existed. I'm trying to open you up to a wider spectrum of alternatives. (p. 212)

Bengston has gone on to lecture and lead workshops on how to develop people's healing abilities. He finds that the most important component of his method of healing is to get your mind out of the way and let the healing intentions do their work.

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