



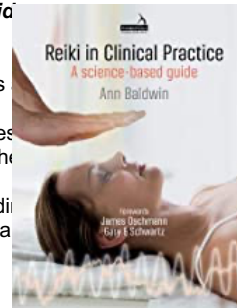
January 2020

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BOOK REVIEWS

Baldwin, Ann. (2020). *Reiki in Clinical Practice: A science-based guide*
 Handspring Publishing, Pencaitland, East Lothian, Scotland

Ann Baldwin is a university professor (psychology and physiology) who is Reiki practitioner and teacher. Her book is an outstanding review and discussion of the process of Reiki healing and of 77 Reiki research articles excellent recommendations for issues to address in ongoing research. She does an excellent job of thoroughly reviewing the research exploring the benefits of Reiki. Studies are succinctly summarized and critiqued, providing growing confidence that this is a therapy well worth adding to conventional care.



Reiki is growing rapidly in popularity in the US. You might be surprised to know that "According to an International Association of Reiki Professionals (IARP) study, 60% of "America's Best Hospitals" (the top 25 ranked by US News and World Report in 2002) had Reiki programs in place. All hospitals using Reiki indicated that they thought Reiki was at least somewhat beneficial for patients, and 67% said they believed Reiki to be highly beneficial." (Baldwin, p.21)

Baldwin includes many helpful observations from other healers and researchers. "Patricia Alandydy...Reiki Master and operating room nurse manager, notes that 'According to an International Association of Reiki Professionals (IARP) study, 60% of 'America's Best Hospitals' (the top 25 ranked by US News and World Report in 2002) had Reiki programs in place. All hospitals using Reiki indicated that they thought Reiki was at least somewhat beneficial for patients, and 67% said they believed Reiki to be highly beneficial.' " (Baldwin, p.21)

Baldwin points out multiple benefits of Reiki healing, beyond the focus of symptom and illness relief and cures:

- Self-healing is taught and encouraged, and in this way is greatly appreciated in palliative and hospice care,
- Side effects of treatments such as chemo and radiotherapy can be addressed
- Knowing you have ways to deal with symptoms and problems often provides great relief
- General benefits are enormously appreciated, such as relaxation, increased clarity of thinking and memory, and feeling empowered that you can manage many of your own symptoms, as needed
- Nurses and doctors also benefit in using Reiki as self-treatment, not only for physical symptoms, but also for discouragement and even despair at having to spend so much time in record keeping and other administrative duties that diminish time available for patient care
- Reiki is an excellent adjunctive treatment to add to other interventions, such as surgery, pain management, stresses of hospitalization

Baldwin also includes a rich assortment of illustrations, diagrams, case examples, and a good index to help readers appreciate the materials she shares.

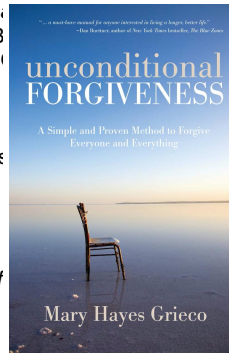
This book is very highly recommended for anyone wanting to learn about the richness of healing options with Reiki healing.

Reviewed by Daniel Benor, MD, ABIHM (US), Wholistic Psychotherapist (CAD), Editor-in-Chief, IJHC

Mary Hayes Grieco. (2011). *unconditional FORGIVENESS: A Simple Proven Method to Forgive Everyone and Everything*. ATRIA PAPERBOOK. New York London Toronto Sydney New Delhi; Beyond Words, Hillsboro, OR. 214 pp.

Mary Hayes Grieco, a spiritual teacher, brings us an outstanding book on unconditional forgiveness. She identifies 8 steps on the path to forgiveness:

- *Step One: State Your Will to Make a Change.*
- *Step Two: Express Your Feelings Exactly as They Are inside You*
- *Step Three: Release Expectations from Your Mind, One by One.*
- *Step Four: Restore Your Boundaries.*
- *Step Five: Open up to the Universe to Get Your Needs Met in a Different Way.*



- *Step Six: Receive Spirit's Healing Energy into Your Personality.*
- *Step Seven: Send Unconditional Love to the Other Person and Release Him or Her.*
- *Step Eight: See the Good in the Person or Situation.*
- *Integrate Your Change and Start Living in a New Way. (p. 33)*

Grieco describes her work in terms similar to those I use to describe wholistic healing, addressing body, emotions, mind, relationships and spirit. Her writing is clear and simple, explaining ways to identify problems in any aspect of your being, and suggesting varieties of ways to deal with these. She has a gift for describing her approaches and experiences in working on herself and others, as in exploring physical symptoms for clues to wholistic problems that can be identified and then cleared.

Your issues are in your tissues. (p. 7)

She shares many helpful observations and recommendations for clearing problems from our lives, from her personal experiences and from those of people she has taught and helped.

I enthusiastically practiced forgiveness of many things past: hurts large and small incurred as a child in an alcoholic family, losses of all kinds along the path of growing up, and all of the ridiculous indiscretions of my wild youth. Parallel to my healing and excavation of the past came the painful things in my present-time adult life: my two pregnancy losses, our failed family business, my husband's injury and ensuing chronic illness, my burdens as a solo bread – winner, worrisome events with my teen daughter, our home flood disaster, and my personal lacks and limitations as a small business owner. And parallel to those were world events requiring forgiveness for peace of mind as a citizen: disappointing elections, terrorist attacks, and climate change. Despite a little embarrassment about seeming like a religious zealot with the same answer for everything, I doggedly pursued the path of Unconditional Love and Forgiveness, personally and professionally. (p.xxii)

In her section on Self-Forgiveness: The Most Difficult Task of All Made Simple, Grieco recommends methods for healing shame, which can be a block to forgiveness:

1. *Decide it's OK to feel good about yourself.*
2. *Start to recognize the voice of shame as a liar.*
3. *Take a fierce stand against the voice of shame within: shout it down! Say a new truth.*
4. *Take a walk, go work out, punch a punching bag—expel the energy of shame with movement and vigorous positive thoughts (say them out loud, if you can).*
5. *Identify a few formative experiences in your earlier years that installed the energy of shame.*
6. *Heal, through forgiveness, each one of those formative experiences.*
7. *Do some inner child work and traumatic stress work if necessary.*
8. *Conduct a self-esteem campaign for a full year.*
9. *Work with a therapist or group to say your truths without shame and to practice revealing your real feelings. (p. 120-1)*

Forgiveness is not sufficient, in and of itself. Grieco points out that we need to integrate changes we make as a result of our forgiveness and to start living in a new way (p. 108).

You are different now, and you will have to get used to your new way of being on all these levels—physically, emotionally, mentally, and energetically. If you were accustomed to waking up each day with a knot of tension in your stomach, or a soft cloud of sadness muffling your natural enthusiasm, it is (pleasantly) disorienting to wake up each day calm and open to the present moment instead. (p. 108)

A synchronistic aside is that Grieco was closely mentored by the late Edith Stauffer, PhD, a psychotherapist who was highly developed and experienced in providing spiritual therapy. Grieco was pleased to learn that Stauffer, like Grieco herself, had adopted the habit of putting on each of her stockings while standing on the opposite foot. Both of them had found that this regular practice in maintaining physical balance was also helpful in centering themselves. This is a practice I've followed for several decades, having come to sense that it is also very helpful in keeping my physical balance as I get older.

I very highly recommend this book for anyone dealing with issues of forgiveness, within themselves or in issues with others.

Reviewed by Daniel Benor, MD, ABIHM (US), Wholistic Psychotherapist (Canada)
Editor-in-Chief, International Journal of Healing and Caring

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The International Journal of Healing and Caring
P.O. Box 1021
Guelph, ON N1H 6N1
Canada
Phone (609) 714-1885 (US)

Email: center@ijhc.org Website: <http://www.ijhc.org>

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Deleted: 12 Guiding Principles—Prenatal and Perinatal Psychology: [Nurturing Human Potential and Optimizing Relationships from the Beginning of Life](#)

Wendy Anne McCarty, PhD, RN

Prenatal & Perinatal Psychology (PPN)

Understanding our earliest relationship experiences from the baby's point of view and how these experiences set in motion lifelong patterns has been the intense study of the field of prenatal and perinatal psychology for over 40 years. The field uses this lens to focus on our earliest human experience from preconception through baby's first postnatal year and its role in creating children who thrive and become resilient, loving adults.

Prenatal and Perinatal Psychology incorporates research and clinical experience from leading-edge fields such as epigenetics, biodynamic embryology, infant mental health, attachment, early trauma, developmental neurosciences, consciousness studies and other new sciences.

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The Origins of the 12 Guiding Principles

Leading-edge prenatal and perinatal psychology-oriented therapists collaborated in an academic community grant project funded by the Bower Foundation to create a set of principles that arose from decades of PPN findings and clinical experience.

These principles are offered as a beacon to help guide parenting practice, professional practice, theory and research and to support human potential and optimal relationships from the beginning of life. They lay the foundation for a new movement in welcoming and caring for our babies. Everyone has a part to play.

The Association of Prenatal and Perinatal Psychology and Health endorses the 12 Guiding Principles.

The 12 Guiding Principles – PPN

1. The Primary Period

The primary period for human development occurs from preconception through the first year of postnatal life. This is the time in which vital foundations are established at every level of being: physical, emotional, mental, spiritual, and relational.

2. Forming the Core Blueprint

Experiences during this primary period form the blueprint of our core perceptions, belief structures, and ways of being in the world with others and ourselves.

These foundational elements are implicit, observable in newborns, and initiate lifelong ways of being.

These core implicit patterns profoundly shape our being in life-enhancing or life-diminishing directions.

3. Continuum of Development

Human development is continuous from prenatal to postnatal life. Postnatal patterns build upon earlier prenatal and birth experiences.

Optimal foundations for growth and resiliency, including brain development, emotional intelligence, and self-regulation are predicated upon optimal conditions during the pre-conception period, pregnancy, birth, and the first year of life.

Optimal foundations of secure attachment and healthy relationships are predicated upon optimal relationships during

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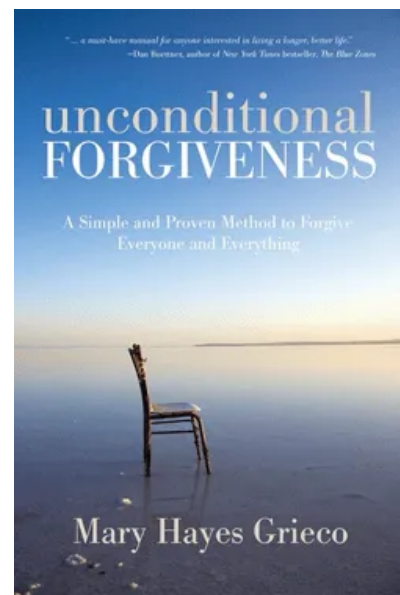
Book Reviews May 2020

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