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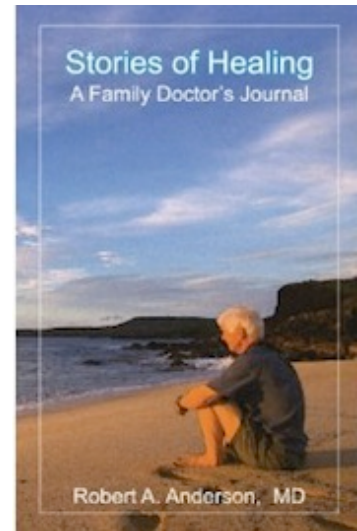
**Anderson, Robert. *Stories of Healing: A Family Doctor's Journal.***

Everett, WA: Starseed 2011.

159 pp. \$18.95

WARNING! THIS IS AN "I CAN'T PUT THIS FASCINATING BOOK DOWN" ITEM.

Bob Anderson is a much respected and admired colleague and friend of mine from several decades of meetings at the American Holistic Medical Association and American Board of Integrative Holistic Medicine (of which he was the founding President) meetings. He is a wonderfully down to earth and very wise family physician with 40 years' experience in general practice. In my languaging, he is a wholistic healer – addressing body, emotions, mind, relationships and spirit.



Bob shares 44 stories of unusual healings for a broad range of problems, with fascinating (often unconventional) approaches in dealing with them. For instance:

*Body*

Diabetes, treated with oral medications: Dietary changes, vitamins and minerals brought down a man's weight and completely normalized his blood sugar.

Chest pain that turned out to be an allergy to pork.

Rheumatoid arthritis that cleared with elimination of milk and milk products from the diet.

*Emotions*

Recovery from liver disease with the processing of grief

*Mind*

Irritable bowel syndrome caused by resentments (Bob places this under 'emotions.')

*Relationships*

Persistent diarrhea that cleared when resentments towards a family member were released (Bob puts this one under 'emotions' too.)

*Spirit*

A physician appears in a hospital and in a followup clinic to bring healing to a newborn infant, and then completely disappears.

For a taste of Bob's brilliance in helping people, see his article, Things I Wish I Had Been Taught In

Medical School: A Family Doctor's Real-Life Education by Robert Anderson, MD, in the [January, 2009 issue of IJHC](#), where Bob details how faith was transformative for a woman with ovarian cancer. This case is also described in his wonderful book.

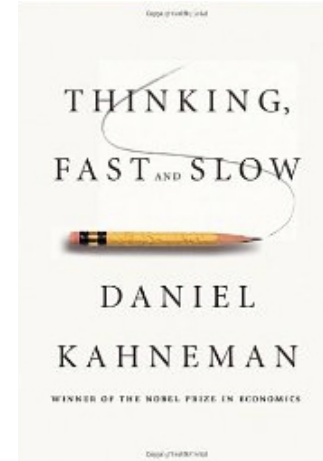
This book is a tribute to a dying, endangered species: the family physician who takes the time to listen deeply and openly to the people under his care , and to consider paths to healing that are outside the spectrum of conventional medical care.

Book Review by Daniel J. Benor, MD  
Editor-in-Chief of IJHC

**Daniel Kahneman. *Thinking Fast and Slow*.** Canada: Doubleday 2011. 499 pp \$34.00 34 pp notes and references

This is both an interesting and a disappointing book. Daniel Kahneman, a psychologist, is a Nobel Laureate in Economics. He and various colleagues developed psychological experiments that help to understand the psychology of people who are engaged in commerce.

While Kahneman uses the terms 'fast' and 'slow,' he appears to be describing functions of the of the faster, rapidly responsive Right Brain Hemisphere (RH) and of the slower, analyzing and computing Left Brain Hemisphere (LH). He identifies these, respectively, as System 1 and System 2.



This book is written for people who prefer System 2 thinking, which is obviously Kahneman's great strength and preference. I found myself able to read only 200 pages before giving up on what is clearly a well thought-out book, but which lacks heart, feeling and any acknowledgment of intuition that extends beyond pattern recognition, or any awareness of spirit.

For anyone interested in a much deeper discussion on LH and RH functions I strongly recommend Iain McGilchrist's *The Master and his Emissary: The Divided Brain and the Making of the Western World*, reviewed in [last January's issue of IJHC](#).

Book Review by Daniel J. Benor, MD  
Editor-in-Chief of IJHC

**Jane Simington. *Listening to Soul Pain*** [DVD] (2004) Edmonton, Alberta: Taking Flight International Corporation.  
***Healing Soul Pain*** [DVD] (2006) Edmonton, Alberta: Taking Flight International Corporation.  
***Retrieving Lost Soul Parts*** [CD] (2008) Edmonton, Alberta: Taking Flight International Corporation.



These two DVD's and the CD are all about working with the soul. *Listening to Soul Pain* (2004) is about the journey of the author who had a broken or wounded soul following the death of her thirteen year-old son. It is about the need of today's health care professionals to be able to go with a client to the place of the client's wounded soul.

The DVD discusses how in our health care system today, health care professionals will not go to the place of the wounding of the soul with a client. Health care professionals today do not recognize, nor can they listen to the extent of the soul wounding. They do not discuss soul wounding with the client. They are uncomfortable with a discussion of the soul wounding and subsequently they refer the client on to someone else. Soul wounding occurs when we suffer through a difficult or traumatic life experience. The experience changes us. A piece of our soul is lost through the experience. We begin to display the characteristics of someone who has a wounded soul. We may be depressed. We may feel separate, alone, disconnected, not even ourselves. Our world as we know it is gone. We suffer soul pain.

In order to protect ourselves from this wounding we create a hard shell out of fear. A shell to protect us from the world and what is going on around us. We lose the ability to trust and our ability to be creative. In order to break through the shell and come out the other side we must suffer through the soul pain. Simington uses the metaphor of the caterpillar that transforms into a butterfly for the journey that we go through in order to make ourselves whole once again. Simington discusses the use of stories, songs, and art to reconnect us to the soul within and to help the creative energies to flow again. Symbols and sacred rituals are the language of the soul. Simington discusses the need to forgive ourselves, to find purpose and meaning in the need for the soul journey, to see the spark of the divine in everything around us, to connect with the earth and those around us, and to live a life of gratitude in order to move our soul healing forward. This DVD is twenty-five minutes in length.

The DVD Healing Soul Pain (2006) is just about that: healing soul pain. Simington discusses the many ways to access the soul through the right brain using symbols and rituals in order to promote healing of the soul. Symington also discusses that when we loose a part of our soul due to trauma, or difficult life circumstances, we also lose the characteristics of ourselves that were present at the time of the loss. For instance if a trauma occurred in my life at the age of five I would loose the characteristics of what it means to be five (the joyfulness of a five year old child at play, the inquisitiveness of a five year old discovering the world of school, etc.).

The healing of soul pain is a journey. Simington takes you on a journey of healing the soul in this DVD through the stories of people who needed to cut cords from abusive relationships, who needed to use imagery, and who needed to use art forms and creativity in order to heal their souls. Simington discusses the four steps of her healing work: there needs to be information that addresses the needs of the left brain; there needs to be movement into experiencing that helps with the body's and right brain's knowing (the role of creativity); there needs to be reflection and journaling on the experience in order for insights to occur (look at how far I have come); and there needs to be processing and telling about what we learned from our experiencing. Simington also discusses the use of the directions and the elements along with the fire ceremony to help release and set free what needs to be set free in order to heal. A key question that I will take away from this DVD to use in my healing work is: "Do you ever feel there is a pain so deep within you or your soul or your heart that you feel wounded?" Helping someone to heal soul pain is helping someone back to wholeness is a key concept in this DVD. This DVD is twenty-nine minutes in length.

The CD Retrieving Lost Soul Parts (2008) is also about twenty-five minutes in length. Simington;s voice helps to walk us through two separate healings. Both healings use different ways of accessing the soul and retrieving lost soul parts. The healings on this CD can be used by us independently or with a therapist guiding us through a healing. It would be my recommendation that someone who has never done soul work, or self healing, before needs to work with these healings with a trusted therapist.

The two DVD's and the CD work together in concert. The DVD's are beautiful, and compelling, to say the least. The concepts that are addressed in the DVD's and CD are: self-healing; the needs of the

right brain and left brain; wholeness; contrasts that define; experiential learning; soul; soul pain; trauma (post-traumatic stress disorder); creativity; symbols; rituals; transformation.

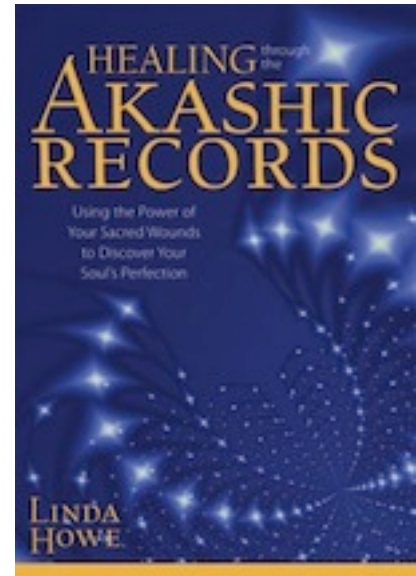
DVDs review by Linda Byrnes, RN, BScN, MA, CIEHP  
Student, Wholistic Transformational Therapy course  
Integrative Energy Healing program  
Langara College, Vancouver, BC

These DVD are available from <http://takingflightinternational.com/online-store/on-line-store-2/>

**Linda Howe. *Healing Through the Akashic Records. Using the Power of your Sacred Wounds to Discover Your Soul's Perfection.*** Boulder, Colorado: Sounds True, Incorporated 2011,

The Akashic records are a collective awareness of all consciousness. Linda Howe is a leading expert in the field of Akashic studies, specializing in the use of the Akashic Records for personal empowerment and consciousness development. She has taught thousands to work in the Records as a spiritual practice since 1996. She is regarded as a gifted teacher making her spiritual ideas understandable and helpful to her students so that they may experience the growth and transformation they seek. She is committed to helping people recognize the Light within, and to demonstrate their essential goodness.

Howe shares her knowledge and experience in this unique book. She tells us that it wasn't until she was introduced to the Akashic



Records that she truly came home: home to her soul and her true self. She offers us easy to follow directions so that we may access our Akashic records for important insights, guidance and wisdom. She tells us that the solutions the Akashic Records suggest are perfect for each unique individual and the exact circumstances they face.

The author suggests that we dwell often in the atmosphere of the Akashic Records. They are highly supportive of transformation because of the principles that govern them: "Judge Not," "Fear Not" and "Resist Not." With the aid of the eternal wisdom found in the Records, we can start to see the challenges we face and make the necessary changes in perception, to set the stage for changes to take place.

Our wounds – and the human limitations reflected in them – are gateways to our spiritual healing. Examining our wounds as sacred opportunity can help us to clear away the distorted filters of long established patterns of wounded thought and feelings that keep us from knowing our Divine Selves and, in turn, the Divine Reality. These sacred wounds indicate a path and as we walk this path, they can link us to our own humanity, to the humanity of others and become our point of contact with the Divine.

Howe offers us a four step Progression for Transformation. "The first step is Awareness of Self in the context of healing our relationship with ourselves and being conscious of this constant companion we have. The next is Self Acceptance. This is truly accepting who we are and who we are not and extending unconditional love to ourselves no matter what we do and don't do and no matter how we respond under any condition. The third step is Appropriate Action. This means taking action on our

own behalf. The fourth is Choice. Out of all the possibilities in the universe, we are our soul's first choice." This is awe inspiring!!

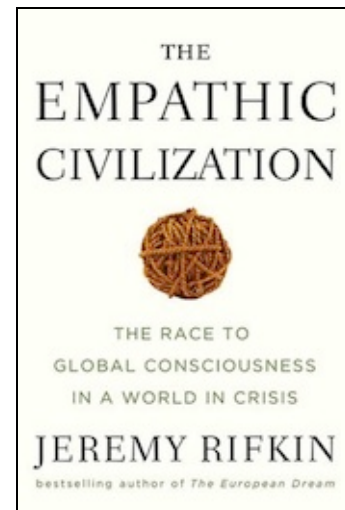
By connecting us with eternal wisdom, the Akashic Records help us to find guidance, insights and wisdom on our spiritual Path and to find our connection with the All. Having a conscious relationship with this power can make all the difference in the quality of our lives, and our relationships with our family, our friends, ourselves and the universe.

Book review by Pat Sexsmith, RN  
IEHP Student in Wholistic Transformational Therapy  
Department of Integrated Energy Healing  
Langara College, Vancouver

Jeremy Rifkin. *The Empathic Civilization: The Race to Global Consciousness in a World in Crisis.*

Jeremy Rifkin's book offers a collection of profoundly important observations on ways in which people demonstrate empathy for each other. He surveys a broad range of research demonstrating the presence and importance of empathy – from neuroscience to social science; from human developmental stages of empathy to animal behaviors that demonstrate empathy; and on into social and political developments that facilitate or discourage expressions of human empathy.

Rifkin brings us hope that in an era when corporations and the governments they control are exploiting people and the environment, individuals and groups of people are connecting more deeply through their empathy with vitally important awarenesses about the deteriorating state of our planet. What I find most fascinating is his discussion of collective empathy – not just between individuals, but also with other living beings and with our planet.



We are finding kindred spirits among our fellow creatures. Suddenly, our sense of existential aloneness in the universe is not so extreme. We have been sending out radio communications to the far reaches of the cosmos in the hopes of finding some form of intelligent and caring life, only to discover that what we were desperately seeking already exists and lives among us here on Earth. This discovery can't help but awaken a new sense of communion with our fellow beings and advance the journey toward biosphere consciousness. (p. 104)

Rifkin also highlights the growing awareness that religion may not be a satisfying experience in extending our empathic consciousness into spiritual dimensions.

In the Age of Empathy, spirituality invariably replaces religiosity. Spirituality is a deeply personal journey of discovery in which embodied experience – as a general rule – becomes the guide to making connections, and empathy becomes the means to foster transcendence... (p. 171)

At a time when much of what we see in the news is discouragingly negative, Rifkin brings us hope that we may yet be able to come together empathically and save our planet from human deprivations and ultimately from destruction.



See also video with RSA animation that summarizes some of Rifkin's ideas.

Book Review by Daniel J. Benor, MD  
Editor-in-Chief of IJHC

**Geoffrey Oelsner. *A Country Where All Colors Are Sacred and Alive, A Memoir of Non-Ordinary Experience and Collaboration with Nature.*** Everett, Washington: Lorian Press, 2012. 156 pp \$19.95

Geoffrey Oelsner chronicles a broad spectrum of psychic and spiritual experiences that occurred over much of his life.

Many of us have experiences that point toward a more holistic, interconnected Reality than we normally perceive. Episodes of telepathy, spontaneous healings, confirmed intuitions, precognition, attunement to nonphysical beings, nonlocal awareness, or communion with the natural world – all these can expand our understanding of what is possible for us and remind us of an undivided spiritual dimension of ourselves.

This memoir in prose and poetry is an account of my continuing education in such experiences, which can empower us to step forward into more conscious, collaborative relationships with the sentient energies of Nature. These sacred relationships can contribute to environmental harmony right now, and may help downscale our climatic predicament in days to come.

For anyone who has had such experiences or is curious to learn what it is like to have them, this book is a delightful gem.

Read more in an adaptation of Chapter 6 of this book in the International Journal of Healing and Caring, May, 2012. [JILL – LINK TO THIS ARTICLE](#)

Book Review by Daniel J. Benor, MD  
Editor-in-Chief of IJHC



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