

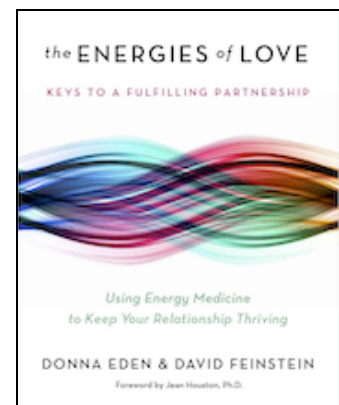
May, 2014

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## Book reviews

**Donna Eden and David Feinstein. *THE ENERGIES OF LOVE: Using Energy Medicine to Keep Your Relationship Thriving*. Jeremy P. Tarcher/ Penguin 2014 (in press). 400 pp. Refs 13 pp. \$27.95**

This is a GREAT book. Not just an excellent “how to” analyze, understand and work on couples’ relationships – psychologically and energetically; and not just insightful and healing examples of the authors’ work with clients. Donna Eden’s and David Feinstein’s candid sharings of how they blend their different approaches in their relationship and their healing work is inspirational – for therapists and seekers of healing for their own relationships.



Eden and Feinstein have very different personalities and working styles.

...Donna works most effectively within an unhurried, unscheduled, organic pace; David has been compared to a freight train when he is engaged in a project. Donna’s disposition is to yield to the other person’s ways; so even though David is attracted to her for her joyful nature, his more somber style sets their tone. She then feels invisible and discounted; he wonders why her friends bring out the person he wants to be with while he so often doesn’t. (p. 1)

Their sharings about how they have come to understand themselves and each other better, and to accommodate to each other’s differences add a lot to this book.

This book shows you how to work your way out of such entanglements with your partner, along with ways to turn your differences into strengths and areas of stagnation into renewal. What is most unusual in our approach is that it does not focus only on psychological differences, communication styles, and positive intentions. It also shows you how to focus directly and effectively on your energies, your partner’s energies, and how they interact. (p. 2)

Feinstein’s strengths shine through in the engagingly clear descriptions and explanations of personality styles, psychological stresses, traumas and interpersonal conflicts. Without using the terminology of ‘shadow’ issues – memories of stresses and traumas from the past that can get triggered by current relational stresses – Feinstein describes, illustrates (with his own childhood experiences), and then details helpful ways to deal with them.

It is highly unusual to address relational issues through bioenergetic exercises. This is where Eden’s superb gifts and teaching skills shine forth. There are instructions and diagrams to help couples adjust

their energetic states, enabling them to understand each other better and to resolve their misperceptions, misunderstandings and conflicts.

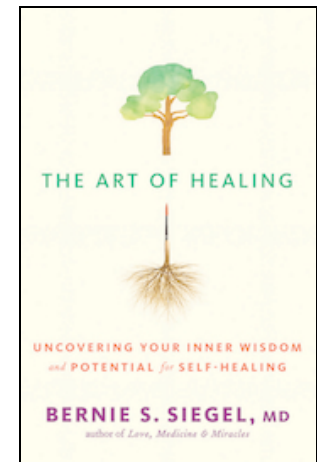
Eden and Feinstein offer a wonderful spectrum of ways to conceptualize, analyze and deal with areas of interpersonal conflicts. These include energetic personality styles; brain and hormonal functions; learned patterns of self-awareness and relating; residuals of earlier life traumas; energetic therapeutic interventions and more.

This book is highly recommended for caregivers and careseekers alike.

Reviewed by Daniel Benor, MD  
IJHC Editor-in-Chief

**Bernie Siegel, MD. with Cynthia J. Hurn. *Uncovering Your Inner Wisdom and Potential for Self-Healing*.** Novato, CA: Inner Traditions 2013. 224 pp.

Bernie Siegel is one of my favorite wholistic healers and authors. I've enjoyed reading his books for over three decades, and this is among his best. In his first book, *Love, Medicine and Miracles*, Siegel also includes drawings by his patients. These wonderfully illustrate how people's inner wisdom can predict whether surgery will be helpful and successful. In this, his latest book that includes drawings, Siegel goes much deeper in his interpretations of people's inner wisdom and includes interpretations of psychic and spiritual awarenesses.



Spontaneous drawings are an excellent resource for prevention, diagnosis, prognosis, and treatment of an illness. Rather than replace medical interventions, the drawings become an additional resource and enhance the physician's skill. With insight into the patient derived from the wisdom of the subconscious, both physician and patient can make better therapeutic decisions. People thought I was crazy when I asked my patients to create drawings before making any treatment recommendations or decisions, but every time patients got over their fear about not being artists and just drew, the drawings proved to be powerful guides that we could not afford to ignore. (p. 57-8)

Siegel has worked hard to get both his patients and colleagues to look at health problems as challenges that people can address and heal themselves. He has a much easier time getting his patients on board, as he suggests various exercises they can do that often produce rapid results. His colleagues are considerably more skeptical and less willing to explore the innovative approaches he teaches. With his colleagues he has learned to tell success stories. These are easier for them to listen to and accept than when he simply advocates the methods themselves.

His wholistic methods have been so successful that Siegel has shifted to practicing these rather than pursuing his career as a surgeon.

Since giving up surgery to help my patients heal in a different way, I have referred to myself as a "Jungian surgeon." I now use tools other than surgical instruments to help patients. A box of crayons, a water gun, a noisemaker, and a Magic Marker became four of those tools. (p. 8)

Siegel is also unusual for a doctor in being open to listening to everything his patients tell him. He teaches many ways for people to access their inner wisdom for healing. In addition to drawings he

uses patients' dreams, intuitions, psychic impressions and spiritual experiences as sources of healing information. Wherever possible, Siegel facilitates patients in connecting with their own intuition.

When you connect with a patient's inner wisdom, he recognizes that it's coming not from the doctor but from within himself, and suddenly the lightbulb goes on; that moment of enlightenment occurs, and you can see it in his face. (p. 59)

When the subconscious and conscious minds, a patient's two sources of wisdom, are in conflict about a treatment, the patient will inevitably suffer more problems and side effects. You may have two patients with the same cancer getting the same treatment. But when one patient draws the operating room, and all you can see is him alone, lying on the operating table, this patient will have more trouble related to pain and postoperative side effects... When the other patient draws an unmasked surgeon holding her with music, love, God, and rainbows, she will awaken from surgery sore but free of major pain or side effects, and she will recover rapidly. (p. 60)

One of the most important insights Siegel weaves throughout the book is that painful memories often get stored in parts of the body. These need to be acknowledged by patients to facilitate their healing. When people do this, they can achieve full recoveries.

And it's not just the 'what' of the information gathered through all of these healing approaches that makes Siegel's interventions so wonderfully healing. It is also the 'how' of his approaching people with love, acceptance and humor.

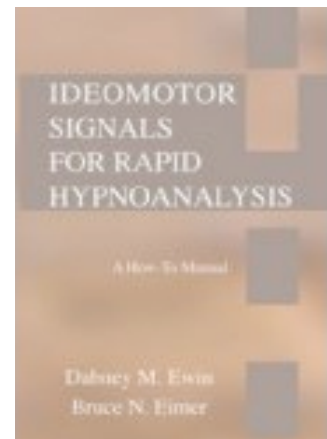
Not only is this book chockablock full of wholistic healing wisdom, it is also – as with all of Siegel's writings – a most enjoyable read. For another taste of Siegel's healing, see his article in this issue of IJHC.

Reviewed by Daniel Benor, MD  
IJHC Editor-in-Chief

**Dabney M. Ewin and Bruce N. Elmer. *Ideomotor Signals for Rapid Hypnoanalysis: A How-to-manual*.** Springfield, IL: Charles C. Thomas 2006. 208 pp. Refs. 8 pp. Anemic index. \$47.95

Psychotherapy is the art of helping people to:

- Form a therapeutic alliance with the therapist;
- Identify the issues that are bothering them;
- Unlock the doors of the inner vaults where the issues are buried;
- Release the memories, beliefs and emotions that have been hidden from consciousness; and
- Install positive cognitions, beliefs and feelings to replace what has been released.



Hypnotherapy offers deeply effective methods for doing all of these.

Dabney Ewin and Bruce Elmer are very experienced hypnotherapists who share a wealth of clinical experiences from working with people to achieve these goals. They explore a broad spectrum of emotional and body-mind issues that were identified, released and transformed. This was facilitated by helping them connect with their inner wisdom, often achieving remarkable, assisted self-healings.

Ideomotor responses are signals agreed in a hypnotic trance state between hypnotherapist and

patient that indicate answers to questions. For instance, the patient may be told that raising her middle finger is 'yes,' her index finger is 'no' and her thumb is 'I don't know or don't want to say.' The hypnotherapist asks questions to uncover the inner issues needing clearing. This enables the patient to release maladaptive, defensive habits that are causing problems.

The ideomotor response is just a method for communicating with the inner self of the patient. It is estimated that the unconscious mind holds 90-95 percent of the memories and awarenesses of a person. This method invites the unconscious mind to explore and disclose information that may be completely outside the awareness of the patient.

Here are a few details to indicate how the process works.

...our first request for an ideomotor response is to ask, *Is it all right with your deepest feeling mind for me to help you with this problem?* The usual (sometimes hesitant) "yes" response to this seems to seal the therapeutic alliance, and in our experience, therapy goes more easily than it did before we started using this as an opening question. (p. 5)

Ideomotor communications can be used in many ways. The authors have numerous helpful suggestions from their vast experience with hypnotherapy.

- *Deepening trance and increasing the openness to connecting with inner knowledge and wisdom with suggestions*

"...every time your feelings answer a question you will become more aware of your deepest, most heartfelt feelings..." (p. 6). I would describe this as a method for developing meta-positive beliefs about one's self-healing abilities and openness to connecting with the wisdom of one's inner self.

- *Identifying the age at which problems began*

The patient can recall the precise age at which the seeds of a problem were planted – as in traumatic experiences that were repressed and unavailable to ordinary memory.

- *Accessing preverbal memories.*

- *Identifying and clearing emotional issues that may be contributing to post-trauma or post-surgical symptoms.*

- *Suicide prevention through getting a buy-in to a safety contract via ideomotor responses*

If a patient starts talking about 'Ending it all,' but has no plan of action and is not really convincing, we can induce a good trance and ask for ideomotor assent to the question, *No matter how bad you may feel, will you agree to let it be IMPOSSIBLE to take action against yourself without first contacting me or whoever is on call for me?* (p. 8)

- *Checking whether a problem is completely cleared or whether there might be other, related issues remaining to clear.*

- It is possible to plant hypnotic suggestions through subtly leading questions. For instance:

- *For a person preparing for surgery:* "Would it be alright for you to experience a small amount of pure pain as long as it is at a tolerable level?" (p. 130)

- *Asking whether a patient has been punished sufficiently by his chronic pain.*

There are often embedded suggestions for healing and transformation within the questions.

The above shares but a few points about the process of using ideomotor responses. The many clinical vignettes with enormous benefits provide evidence for the benefits of this method. Here are two examples of unusually good responses of people with problems that are considered incurable.

- A 66 year-old attorney had suffered from tinnitus (ringing in the ears) for six years. This was an annoying interference with his concentration. Conventional medicine has little to offer for this problem. Ideomotor responses established that the roots of his problems had been planted at age 21. He had been on track to run in the Olympics but contracted malaria and was given quinine. This caused a ringing his ears. His doctor gave him a severe warning not to run in the Olympics, as this could prove a fatal stress to his body.

Further questioning through ideomotor responses revealed that he had been invited six years earlier to run for Governor in his home state. He lost the election.

Hypnotherapist: "You didn't run very hard – in fact, you lost, and you are not running now. I wonder if you still really need the tinnitus to prove you're still alive. Would it be all right with your subconscious mind to just turn it off and leave it in the past?"

Patient: "Yes"

Hypnotherapist: "Then do it. Want it to happen, let it happen , and it will happen." (p. 107)

- A 16 year-old boy with cerebral palsy suffered from such severe twitches of his facial muscles that his speech was often unintelligible. Hypnotic regression with the help of ideomotor responses revealed memories of having had his umbilical cord wrapped around his neck at birth, causing lack of oxygen and apparent brain damage. Further ideomotor explorations enabled him to release emotional trauma and fears of dying in that experience. His speech improved, but upon return to his home environment the speech impediments returned. A second hypnotic session restored the improvements permanently.

I believe the authors are right in asserting that these very deep and rapid changes are markedly facilitated by allowing the unconscious mind to speak through the ideomotor responses. The first level of benefits are in symptom relief. The deeper level is in identifying and clearing the roots of the problems.

Hypnotherapy often works very deeply even without the use of ideomotor responses. The fact that people who interact with their hypnotherapist using ideomotor responses may indicate that the benefits are primarily due to the hypnotic state.

It is interesting that Energy Psychology and Applied Kinesiology use a similar method called muscle testing for explorations of the unconscious mind without a hypnotic trance. Similar results are often achieved by various Energy Psychology methods such as Emotional Freedom Techniques (EFT), Thought Field Therapy (TFT), Tapas Acupressure Technique (TAT), Wholistic Hybrid derived from EMDR and EFT (WHEE). See a discussion on muscle testing in the editorial of this issue of IJHC.

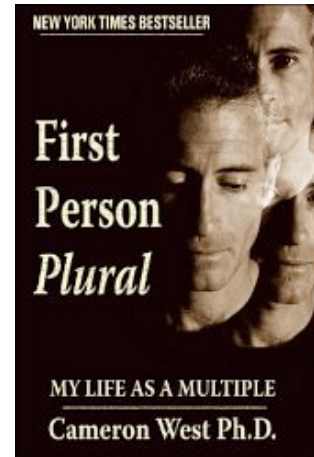
While expensive, this book is well worth the price.

Reviewed by Daniel Benor, MD  
IJHC Editor-in-Chief

**Cameron West. *First Person Plural, My Life as a Multiple*.** Orlando, FL: Moonglow 1999. 368 pp.

This book was a NY Times bestseller. The digital version came out in December 2013 and I had to read it in one day, it was so engrossing.

It's the true story of a man in his forties, married and the father of a young son, who had a couple dozen alters and who ultimately became a psychologist. Absolutely fascinating descriptions of the life "inside," how he felt and what he experienced when he was triggered into dissociative episodes, how one of the alters "hurt the body" on many occasions (severe cutting, smashing his hand with a sledge hammer...) which he was helpless to prevent, and the daily struggle to deal with "normal" life.



The descriptions of events from his and the alters' viewpoints, ("Quick! Somebody take Clay to the Comfort Room!" Why? Never mind, just do it now!!") contrast with narratives from his wife of how she and their son dealt with the parade of alters who came and went. He recounts how two of his therapists dealt with the switching and acting out of his alters while he/they recounted horrible childhood sexual abuse by various family members and some other people. The graphic descriptions of some of his hospitalizations and group meetings for DID patients offer a rare inside look at a rare disorder. A stunning book.

Review by Sue Hannibal  
[www.guidedhealing.com](http://www.guidedhealing.com)

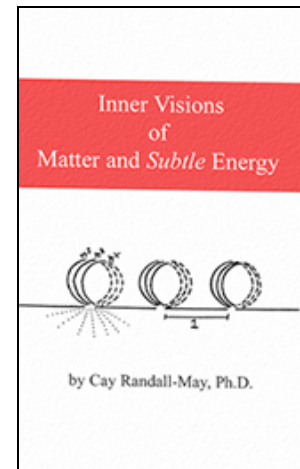
**Cay Randall-May. *Inner Visions of Matter and Subtle Energy*.** Phoenix, AZ: CayMay Press 2014. 115 pp. \$14.95

This is a truly fascinating book, written by a truly fascinating author. Cay Randall-May has been confirmed as a gifted medical intuitive by Norman Shealy, MD, who has been researching medical intuition for decades.

Cay Randall-May shares in this book how she extended her intuitive consultations to areas of theoretical and technical research, in collaboration with researchers working on questions at the leading edges of modern science. A self-hypnotic state deepens her abilities to explore such issues.

The scientists ask questions, often on topics that are completely outside the scope of Cay Randall-May's conscious knowledge. She is able to provide answers that the scientists find extremely helpful in their researches. Questions are asked repeatedly, so that the answers can be checked for consistency and so that quantifiable data can be honed for accuracy of specific details.

The first two chapters, up to page 18, will be readily comprehensible to most readers. The remainder of the book shares highly technical details about subatomic physics. A major focus is on the graviton, a subatomic particle that Cay Randall-May explains is a building block for electrons, protons and other particles recognized in modern physics. She further describes how the graviton is helpful in explaining energies associated with healing, described, in eastern writings as 'qi.' Her explanations take the reader step by careful step along the paths of these psychic explorations, so that a person with some



understanding of modern physics can appreciate these clairvoyant descriptions of subatomic physics. Sadly, most of today's physicists are likely to be closed-minded about this sort of research.

While many readers might find this an odd book for a medical intuitive to be writing, there is a fascinating, similar precedent from gifted clairvoyants a century ago:

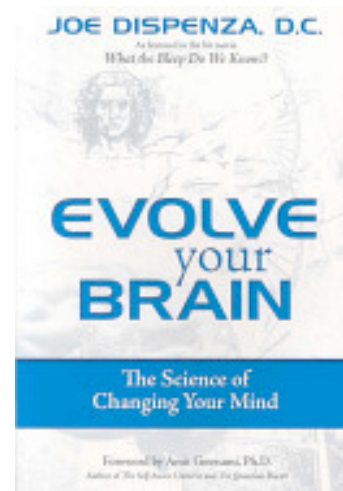
...Annie Besant and C.W. Leadbeater... used their abilities to explore the sub-atomic world, beginning just before the turn of the 20th Century and ending in 1933. They proposed a model of the atom in 1908, three years before Ernest Rutherford made his predictions of this structure... (p. 16)

It will be interesting to see, in the unfolding of time, what conventional researchers find that might confirm this pioneering research.

Reviewed by Daniel Benor, MD  
IJHC Editor-in-Chief

**Joe Dispenza. *Evolve Your Brain: The Science of Changing Your Mind*.** Deerfield Beach, FL: Health Communications, Inc. 2007 510 pp 14 pp. refs \$16.95

Joe Dispenza is a holistic chiropractor. He came into very deep understandings of the mind-body connection early in his career, when he suffered multiple spinal fractures in being knocked off his bike by a speeding car. He was given very strong advice from several neurosurgeons to have extensive surgery, with warnings that without surgical interventions he was likely to end up paralyzed from the chest down. Despite these dire predictions, he refused surgery and chose to use conservative physical measures and intensive meditative and imagery exercises. His personal success was a big boost to him in furthering his holistic career.



Dispenza has gone on to help many other people deal with their physical problems through mind-body interventions. He shares much that is helpful to those who want to know how to help themselves, from his rich experiences in these approaches.

The people I spoke with who experienced a spontaneous remission believed that a higher order or intelligence lived within him or her. Whether they called in their divine, spiritual, or subconscious mind, they accepted that an inner power was giving them life every moment, and that it knew more than they, as humans, could ever know. Furthermore, if they could just tap into this intelligence, they could direct it to start working for them.” (p. 39)

He explains when we change our views of the world and our relationships with the world, we can change our physical states of being. I find it peculiar, however that Dispenza prefers the term ‘spontaneous remission’ to describe recoveries from medically incurable problems. In my view, these are truly ‘remarkable recoveries.’ (Benor, web reference)

Dispenza presents clear explanations of the theoretical basis for his approaches.

If you think that our brain – being the site of us, or our consciousness – has the capacity to

change possibility into actuality, think again. According to quantum physics, the brain itself consists of quantum possibilities before we measure it, before we observe with it. If we, our consciousness, were a brain product, we would be possibilities as well, and our “coupling” with the object would change neither the object nor us (our brain) from possibility to actuality. Face it! Possibility coupled to possibility only makes a bigger possibility.

The paradox only thickens if you think of yourself dualistically – you as a nonmaterial dual entity, not bound by quantum laws and separate from your brain. But if you are nonmaterial, then how do you interact with your brain, with which you have not a thing in common? This is dualism, a philosophy intractable as a science.

There is a third way of thinking, and this one leads to a paradigm shift. Your consciousness is the primary fabric of reality, and matter (including the brain and the object you are observing) exists within this fabric as quantum possibilities. Your observation consists of choosing from the possibilities the one facet that becomes the actuality of your experience. Physicists call this process *the collapse of the quantum possibility wave*. (p. vxi).

This book is a good read as well as being very informative.

### Reference

Benor, Daniel <http://remarkablerecoveries.com>

Reviewed by Daniel Benor, MD  
IJHC Editor-in-Chief

### DVD Review

#### **Sacred Science. Mill Valley Film Festival \$24.95**

This documentary follows the experiences of eight people with serious illnesses who went on a 30-day retreat in the Peruvian Amazon rainforest with several shamans. Their diagnoses included type II diabetes; neuroendocrine cancer; irritable bowel syndrome with adhesions and decreased vitamin absorption; Parkinson’s Disease and residuals of an accident with fractures of hip, legs and ribs; alcoholism with depression; prostate cancer; breast cancer of eight years, medically untreated; and Crohn’s Disease. These were selected from 400 applicants from around the world.

Treatments included a vegetarian diet with some fish included, herbal remedies, shamanic healings, taking ayahuasca, quiet time and meditation, chanting and prayers. A medical doctor was in attendance some of the time.

Some of the participants’ comments about their experiences included (approximate quotes):

“Living isolated in my own space, in nature, helped me get out of my usual patterns.”

“There was no way to hide from myself out here.”

Five of the eight experienced significant improvements in their physical and psychological health. One appeared to be improving but died (without regrets) before the end of the retreat.





*From the DVD website:* How far would you go to heal your illness?

We all dread the words “terminal”, “chronic” or “untreatable” when we’re waiting for doctors to give us their take on our health conditions. Maybe it’s time for us to get a second opinion. I’m Nick Polizzi, director of the new film “The Sacred Science” and I’m happy to report that your doctor’s words may no longer be a life sentence. A group of experts has recently discovered a powerful ancient healing technology in the Amazon Rainforest that may just put an end to our most dangerous diseases. This is absolutely no hype – in fact this is the subject of our most recent documentary film. In The Sacred Science, we take eight people with eight different illnesses (including cancer and Parkinson’s disease) deep into the Amazon to put these secret medicines to the test. If you think that’s exciting, wait until you see the healing results they achieved...

Read more and see trailer at <http://www.thesacredscience.com/blog1/the-sacred-science-dvd-3>

Reviewed by Daniel Benor, MD  
IJHC Editor-in-Chief

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