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## BOOK REVIEWS

**Gunilla Hamne and Ulf Sandstrom. *Resolving Yesterday: First Aid for Stress and Trauma with TTT.*** CreateSpace Publishing 2014. 228 pp.

First, a confession. It has been a long time since I've fallen in love with a book. I've fallen for *Resolving Yesterday*. Not because this is the best of the rapidly growing number of books on tapping therapies (it is not). Not because it's particularly well-written (although it is). But because it's a real-life story of hope: of people faced with horrific and unspeakable suffering, and the mission of two dedicated people to overcome and heal it.



Gunilla Hamne is a Swedish journalist covering political events throughout Africa. In the course of interviewing survivors of tragedies, she would ask for details in order to compose a 'vivid story.' She got her 'vivid stories,' but doing so left her interviewees in pain. She made a decision: *"I don't want to take another story from people who suffer and then leave them with the pain."* She heard of the work of Dr. Carl Johnson, a psychologist who had helped hundreds of people overcome their traumas in Kosovo, and sent him an email. He wrote back, and together they went to Rwanda - to treat the worst cases of PTSD imaginable: children who had witnessed their parents and family members being massacred.

The second author, Ulf Sandstrom, was a hypnotherapist in Sweden. He had a successful practice helping people resolve 'all kinds of emotional imbalances,' but these methods were language-dependent, and some of his clients spoke limited Swedish or English. He began wondering whether there was a way to "calm the fight-or-flight center of the brain without talking?" Through this inquiry he heard of Gunilla Hamne's work in Africa. They met, began collaborating, and founded the Peaceful Heart Network (PHN). They studied Thought Field Therapy, an innovative tapping technique for healing trauma developed by psychologist Roger Callahan. Since some countries in Africa speak as many as thirty different languages, they decided to eliminate the languaging in TFT completely, and created what they call TTT: Trauma Tapping Technique. This book is their story of sharing hope and healing with the survivors of the worst kinds of trauma imaginable.

The PHN treats both women and children who have been raped and abused, and also the soldiers who perpetrated those abuses. Many of these 'soldiers' had been children who were abducted from their families and coerced into perpetrating horrific acts including rape, beatings and murder. This is their story, as well.

*Resolving Yesterday* includes many wonderful stories and testimonials, as well as instructions on how to do TTT. TTT is very much a 'do it yourself' technique that people can do for themselves and their families. To empower their students, they teach them to tap with each other; and request that each student go back to their villages and train thirty others. Using this 'each one, teach one' method, the PHN is empowering people to become their own healers, and to share and spread their healing with others.

*Yesterday* is also very visually appealing/ Interspersed throughout are color photos of Hamne and Sandstrom, and of their students and classes.

Tapping is controversial, in part, because it seems too good to be true. People are skeptical when they hear that horrific trauma can be tapped and 'cured' forever in one session. Yet this is the experience of many who have survived the wars in Kosovo, the genocide in Rwanda, or rape and sexual abuse epidemic in other parts of Africa.

The PHN is a non-profit dedicated to healing trauma throughout the world. See their website at: [www.peacefulheart.se](http://www.peacefulheart.se)

Highest recommendation!

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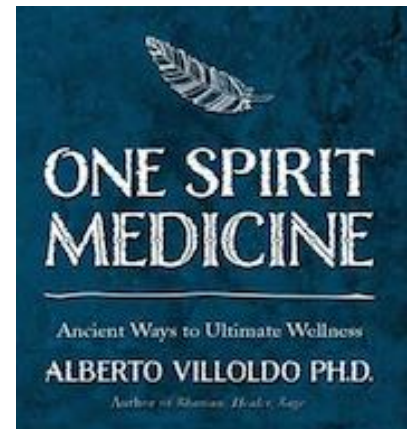
In addition to the many anecdotes related by Hamne and Sandstrom, interested readers can check out the research page at [www.energypsych.org/research](http://www.energypsych.org/research).

***One Spirit Medicine: Ancient Ways to Ultimate Wellness* by Alberto Villoldo.** Hay House, 2015. 240 pp. \$24.99.

What if you had enticed thousands of the culture's smartest and brightest seekers and trained them in the healing, energy medicine, spirituality, and wisdom of ancient shamanic cultures? What if you had written a dozen highly popular, well-respected, scientifically informed books on these topics? And what if you then faced a rare, debilitating, and life-threatening illness borne of the microorganisms that flourish in the jungles where you had for decades been studying shamanic traditions? What if the physician's diagnosis was "you should already be dead" and effective treatments were unknown? What if you had to use absolutely everything you had learned,

everything you had been teaching, and everything Western medicine had to offer in order to, step-by-step, and with no guarantees, slowly wrestle yourself back to health? What then would your next book be?

*One Spirit Medicine* is Alberto Villoldo's answer to that question. It is not that his previous books were not authentic or authoritative. They impart time-honored wisdom and practices with integrity, grace and humility. But as the author himself admits, "I was like the wilderness scout who can find his way through the forest but knows little of the destination." During his journey between life and death, he



realized that his challenge was, in the most non-academic of ways, that he “had to make friends with eternity.”

He did. In this book, the wilderness scout speaks with new-found authority about the journey and its purpose. It is not, however, primarily a memoir. It is written as a guide, where you can almost hear Villoldo’s voice speaking to you directly and personally. He acknowledges a fact we so fervently wish we could deny, that “we’re all in a life-and-death struggle with the toxic forces of modern life.” He goes on, however, imparting optimism, hope, and direction in showing that we don’t have to “be gravely ill to root out physical, emotional, and spiritual suffering and to repair the torn fabric of our own lives, our health, and humanity.”

The book is a program for doing just that. Seamlessly weaving insights from shamanism, Buddhism, the Bhagavad-Gita, world mythology, and other sources of ancient wisdom, Villoldo divides the program into four parts: “Discovering Your Inner Healer,” “Shedding the Old Ways,” “Overcoming the Death that Stalks You,” and “From Stillness Comes Rebirth.”

In the first section, you learn what he means by “One Spirit Medicine.” Whereas in the West “we have a disease-care system that recognizes thousands of ailments and myriad remedies,” *One Spirit Medicine* approaches health, healing and well-being from a higher level. Spirit is the creative, harmonizing force of the cosmos, the invisible world of a radiant, living, intelligent energy which “informs the visible world of the senses.” Aligning ourselves with this One Spirit leads to the experience of our “primeval Oneness with all.” This is the cure that “restores inner harmony and facilitates recovery from all maladies, regardless of origin.”

While encounters with Spirit may be “spontaneous, a bolt from the blue,” these encounters can be facilitated over time through “careful preparation . . . laying the groundwork for transformation requires both spiritual and physical action.” The payoff is immeasurable, since “when we engage with Spirit, we discover that each of us has the ability to interact with the divine directly, experiencing its numinous power firsthand.” Despite the tendency to “put off responding to Spirit until some future time” (when you are a little older or have more leisure or fewer responsibilities), the implied question is: What are you doing with your time that means more to you than aligning with and experiencing the numinous power of the divine firsthand?

Going from the metaphysical to the concrete, the next section addresses the physical actions that lay the groundwork for engaging more reliably with Spirit. It is based on contemporary scientific understanding of the steps we can take to detoxify our bodies and provide it with nutrients that keep us healthy in body, mind, and spirit. Interestingly, these steps correspond with the practices observed in the remaining hunter-gatherer societies, where “autism, dementia, diabetes, cancer, and autoimmune disorders are very rare or nonexistent.” Prepare your body to prepare your mind.

In the third section, “Overcoming the Death that Stalks You,” you learn not only about the effects of fear and the fear of death and the ways that engaging with Spirit help overcome both, but also about cell death. Yes, cell death. Your cells are programmed to die. If you can change the patterns of cell death, however, you can increase not only your longevity but your vitality. And you can! You can “reset the cells’ death clocks and switch on longevity proteins” with both nutrients and “traditional shamanic healing techniques that can clear your luminous energy field of the imprints for disease and upgrade it to repair your body and brain.”

The fourth section, “From Stillness Comes Rebirth” contains six of the book’s thirteen chapters. It shows you how to “shed outworn narratives about your past and embrace a new liberating personal story.” This counters “the tyrannical mindset that has dominated humanity since the dawn of agriculture which drives us to war with ourselves, with each other, and with the planet, undermining

our health and well-being.” In these chapters you’ll learn more about overcoming “fear of loss and change and discover the purpose of your life’s journey . . . You’ll learn practices for cultivating stillness and awareness.” At the heart of these is the “age-old practice called the vision quest, a carefully choreographed encounter with nature and the invisible world which awakens the body’s self-repair and regeneration systems and reconnects you to Spirit and your own deepest purpose.” While it is customary to seek vision in the wilderness, sitting with the elements, “the purpose of a vision quest is not to rough it without food or water but to discover in the wilderness that you are a citizen of the earth, a child of nature, at one with all creation.”

The book’s conclusion offers a sobering yet hopeful vision of how the One Spirit principles for self-transformation can be, and must be, applied to the increasingly disquieting global crises. The problems run deep in our collective mythology. In the Judeo-Christian worldview “our earthly home is merely a way station to the bliss of eternal life. Taking care of the planet and all its creations is not humanity’s responsibility.” For indigenous people, on the other hand, “the welfare of the planet comes first. That includes the well-being of all earth’s inhabitants equally, nonhuman and human alike.” We’ve pushed the “not humanity’s responsibility” assumptions to the breaking point. “Most agree that we’re overtaxing the planet and that it’s up to us to save it—to make the tough political and economic choices we’ve been deferring to future generations.”

While we may feel helpless in the face of the political, economic, social, and environmental cataclysms we see around us, the core principle of One Spirit Medicine is that “with Spirit and with one another, we are continually co-creating the world and we can always do a better job. . . . Once you’re dedicated to improving your own health and the health of Earth and all her creatures, the Spirit world will rally behind you to support your commitment.”

Collectively, we are desperate for reliable maps as we venture into territory that has never been traversed, confronting us with unprecedented hazards as well as undreamt possibilities. *One Spirit Medicine* synthesizes thousands of years of indigenous wisdom, modern scientific understanding, and one explorer’s lifetime of courageous discovery into a map that can benefit us all, individually and collectively.

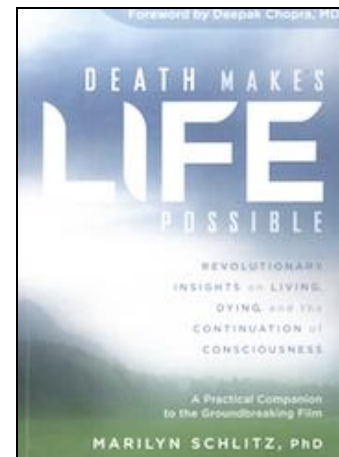
Reviewed by David Feinstein, PhD  
[www.EnergyPsychEd.com](http://www.EnergyPsychEd.com)

For more on Alberto Villoldo see <http://thefourwinds.com/>

**Marilyn Schlitz, PhD. *Death makes Life Possible: Revolutionary Insights on Living, Dying and the Continuation of Consciousness.***  
 Sounds True Publications. 2015 233 pp \$17.95  
 Film: <http://deathmakeslifepossible.com/>

Marilyn Schlitz interviewed a very broad spectrum of people on their views about death. Schlitz was well positioned to have done this, being a social anthropologist and having served as President at the Institute of Noetic Sciences for many years.

This is a wonderfully thoughtful consideration of how people deal with their awareness of the inevitability of death. In Western society there is commonly a strong measure of fear associated with the awareness that each of us will inevitably die. So there have been countless theories



proposed for what consciousness is and many beliefs expressed about what happens when physical life ends.

The diverse people Schlitz interviewed range from agnostics; through atheists; scientists basing their theories of life and death on research of consciousness in various brain functions; people who had near death experiences and returned to report on their understandings of life continuing beyond physical existence, or not; a physician facing the impending end of his life; hospice workers who assist people through the doorways between life and death; and intuitives/ psychics/ mediums who communicate with those who have passed on. It is wonderful to be able to consider this broad spectrum of views from the perspectives of people who can vividly share their life experiences and eloquently express their opinions on this big question about our existence – and whether it continues after physical death.

A helpful point noted by one of Schlitz's interviewees, Diana Eck, a Harvard Professor, is that we can view these many theories from a perspective of pleuralism, rather than as competing views. Considering that there is no way to establish the validity any religious view of life, death and the spiritual realms, it is eminently sensible that there is a Pleuralism Project at Harvard.

In addition to the various theories about death, Schlitz considers the widely prevalent fears of death and ways for dealing with these anxieties – about what is felt to be a great unknown by many in western society. To anticipate that the end of one's life will be the annihilation of one's consciousness is a terrible burden to bear. Even more, though, people report they are afraid of the process of dying. The hospice movement has been enormously helpful in this regard. Having someone supportive present at the time of one's death is one of the most important therapeutic interventions. From the side of the hospice workers, most report that it is enormously satisfying to attend to people who are transitioning into their next existence. They often describe this as very spiritual work.

In my own explorations and ponderings about whether consciousness continues after death of the physical body, I was pleased to find an important bit of research that has helped enormously. This is a survey of people who lost someone close to them, published by Luis Vargas and colleagues in the American Journal of Psychiatry in 1989. When asked whether they ever had the sense that the departed person was still present, two thirds of these people said that they either saw or heard them speaking to them, or had a strong inner knowing that they were still present after they had died.

Since that time, I have always asked people who mention they lost someone close whether they felt in any way their loved one was still present. The percent in my experience is higher than reported in the above article. Also, it's been rare for me to find anyone who had ever mentioned this to someone else, due to their fears that they were 'losing it' and anxieties that anyone they might have spoken to about it would be sure they were crazy.

In the many lectures and workshops I've given, I've found that sharing theories and citing research rarely sways anyone in a major way. However, it often opens them to considering some new possibilities in their cosmologies. I find it is primarily through experiential learning that people change their views much more substantially.

I would be grossly remiss in my review if I did not separately mention the foreword of Deepak Chopra as a particular gem in this book.

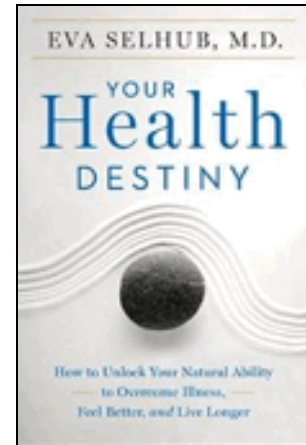
The film is very well edited, bringing to life in a very engaging way much of what is covered in the book.

For anyone curious to chew on the spectrum of explanations for survival of consciousness after death, these are excellent resources.

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

**Eva Selhub, MD. *Your Health Destiny: How to Unlock Your Natural Ability to Overcome Illness, Feel Better, and Live Longer.***  
HarperOne, 2015, \$26.99, Hardcover, 256 pages.

The controversial premise of this book is that “health, happiness, and strength are a result of the affirmative choices we make, despite what life hands us, whether in our genetic makeup, our environment, or the things that happen to us” (p. 6). While this may seem self-evident, it is controversial for two reasons. First is the enormous weight the book attributes to personal choices in relationship to genetics, circumstances, and events. Second is the ever-present danger – when underlining personal responsibility for illness and healing – of blaming rather than empowering the patient.



Eva Selhub has written a guide that is persuasive and eminently practical in pointing to the choices that make a substantive difference in maintaining or recovering good health, and she has done it in a manner that shows the reader precisely how to develop “the systems your body and mind need to stay strong and vibrant.” Blame is not part of the book’s friendly, supportive, highly-informed, empowering message.

Dr. Selhub served for 13 years as the Medical Director at the Benson-Henry Institute for Mind/Body Medicine (located at the Harvard-affiliated Massachusetts General Hospital and founded by Herbert Benson, the internationally known cardiologist who wrote *The Relaxation Response*). She was at the center of many of the most vital, cutting-edge developments in medical practice. Her patients, and now the readers of this book, benefit from her experiences there. While I was reading *Your Health Destiny*, I could imagine myself as Dr. Selhub’s patient, receiving caring explanations and instructions offered in language that speaks to me simply and directly while energizing my inner power and sense of hope.

The first three of the book’s ten chapters establish what Dr. Selhub means by “taking responsibility for what you can change.” She teaches patients facing a medical challenge to “take charge of their own health destiny” by becoming so acquainted with the physiology of the problem as to be able to read the body’s unique signals for help; to support the body with beneficial practices such as exercise, nutrition, and adequate sleep; to cultivate a social network that fosters the healing process; know and appropriately use what is available from conventional medicine for addressing the illness; and identify, release, and reprogram deep-seated emotions and beliefs that may be feeding the physical difficulty.

The remainder of the book, a chapter at a time, applies these principles while also teaching you, in this order, about your immune system, heart, lungs, gastrointestinal system, musculoskeletal system, spine, and last but not least, your brain. You cannot come away from reading these chapters without a renewed relationship with and greater appreciation for your body and its remarkable intelligence, along with practical knowledge for keeping every system in your body healthy and vital.

Reviewed by David Feinstein, PhD

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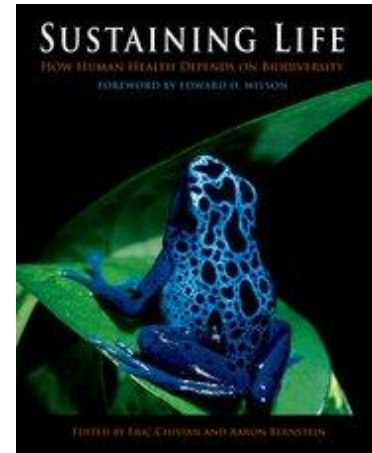
**Eric Chivian and Aaron Bernstein (eds). *Sustaining Life: How Human Health Depends on Biodiversity*.** Oxford University Press 2008. 542 pp. 70 pp. refs \$34

Eric Chivian and Aaron Bernstein have produced a beautifully illustrated, oversized, coffee-table type book that offers a wonderfully illustrated, though saddening read. Though a bit dated, this thoughtful book provides a panoramic discussion on the benefits of biodiversity around the world, and the sad stories of increasing extinctions.

There are chapters explaining biodiversity, its benefits (e.g. in providing medications and other biochemicals); effects of extinctions (e.g. losses of sustainability in ecosystems, losses of uncounted potentially beneficial chemicals and drugs); and suggestions for what we can do to conserve threatened species.

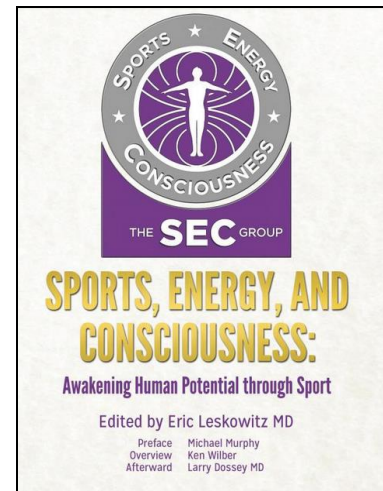
This book provides wonderfully enriching windows into understanding our world and ways in which we can improve it or continue to destroy it.

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



**Rick Leskowitz, MD (Editor). *Sports Energy and Consciousness: Awakening Human Potential Through Sport*.** CreateSpace Independent Publishing Platform. 240 pp.

Rick Leskowitz is a psychiatrist at Harvard and Spaulding Hospital in Boston, and longtime ACEP member. In a parallel dimension Rick is also a fan/atic (or should I say fan/addict?), of the Boston Red Sox, and producer of the documentary film *The Joy of Sox*, which explores the phenomena of 'fan energy,' the Home Field advantage, and group energies in sports. Rick and his colleagues at the SEC (Sports Energy and Consciousness) group have recently compiled an exciting new book entitled *Sports Energy and Consciousness: Awakening Human Potential Through Sport*.



The topic of consciousness in sports has often been neglected and even ignored; for some, it may even seem like an oxymoron. This idea was first suggested (here in the US) by Michael Murphy, the co-founder of Esalen Institute, who described sports 'as a Western form of yoga.' Murphy had studied both yoga and meditation for years, and had spent time with Sri Aurobindo, an Indian teacher who taught that, rather than trying to transcend the body (and the world), that the purpose of spirituality was to bring Spirit into the body (and the world). Murphy's books, including *Golf In The Kingdom*, *Beyond the Body*, and *In the Zone: Transcendent Experiences in Sports*, introduced this idea to Western readers. It was followed by others, most notably George Leonard's *The Ultimate Athlete*.

SEC builds on and extends these earlier efforts. Besides Leskowitz, the SEC group includes several former pro athletes (Dave Meggyesy, Kristin Ulmer, Jim Joy), peak performance coaches and trainers (Greg Warburton, Mike Spino, Scott Ford, Barry Robbins and Doug White), and sports psychologists Erin Shannon and Joan Steidinger. It includes chapters on Core Centering, Rowing as Meditation,

Women's Intuitive Spirit, playing in the Zone, Team Chemistry and Fan Energy, and Athletic Training as Spiritual Practice. It also describes different training methods from EP to Zen. The preface and overview were contributed by Murphy and Ken Wilber, with an afterword by Larry Dossey.

*SEC* provides an insider's view of the "Inner Game." I especially enjoyed the personal stories of pain and transcendence on the field: running (and winning) a race on a broken ankle, freaking out at the Olympics, running with runner's high, overcoming the 'yips,' sculling as a flow experience.

Former USPTA tennis pro Scott Ford writes, *"Imagine performing without fear, without anxiety, without stress or self-doubt, without the need to be in control. Imagine eliminating all the mental wear and tear created by your egoic self..... This battle with self is the battle you must fight and win if you intend to perform to your full potential. Any competition with your opponent is secondary. The primary competition is fought within you....."*

As someone who is not an athlete, I found *SEC:AHPTS* both illuminating and inspiring. It reminded me that there are other dimensions to sports and athletic practice, beyond just competition and winning. It's also a great reminder that EP can be so much more than just tapping away 'negative' issues; it can be a portal to peak performance, higher states, and awareness of spiritual realms. I highly recommend it to everyone interested in peak performance, and to all who wish to enjoy and appreciate sports on higher and deeper levels.

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