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## BOOK REVIEWS

**Irene van Lippe-Biesterfeld with Jessica van Tijn. *Science, Soul, and the Spirit of Nature: Leading thinkers on the restoration of man and creation*, Rochester, VT: Bear & Co. 2005.**

This book is an important contribution to appreciating the oneness of all beings and all consciousness. Irene van Lippe-Biesterfeld, princess of the Netherlands, is a strong advocate for reconnecting with nature and manages a nature reserve in South Africa.

...increasing numbers of people do feel they are a part of nature – and surprisingly, many of them have experienced what I call a 'magic moment:' a moment of unity with all life. I have had such an amazing experience myself, and it changed my attitude toward the Earth. I felt the sense of being one with all life around me – the separation vanished. Perched high up on a Swiss mountain, I saw through everything and felt and heard through it all as well. I was part of the waving blades of grass, the colorful flowers, the trees, the rocks, and the mountains. I was aware of having converged with everything alive and of being united with nature's exuberant, joyful celebration, its powerful yearning toward life.

Since then, my love for the Earth has led me to become a student of life. (p. 4)

The author brings us in this volume a series of twelve interviews with people around the world who have been prominent in exploring and working on ways to help us sense our inter-relationships with the entire world around us.

All those I spoke with emphasized that neglect of our surroundings will lead to neglect of ourselves, and that our acts of destroying will cause our self-destruction. It is a matter of choice. We can choose our actions and our course. Choices become easier once we understand our positions in the web of life. A new mind-set is ascending. (p. 5)

A few of the many inspiring observations shared in response to questions such as, "What is Nature?" "What is healing?" and "What is Love?" provide a taste of the richness of this book.

Sometimes I think that separation is the sin of all sins, from which all suffering originates. (p. 29)

- Matthijs G. C. Schouten, associate professor of restoration ecology at the University of Wageningen, the Netherlands, and associate professor of nature and landscape conservation at the Universities of Cork and Galway, Ireland

Hans Andeweg teaches eco-psychology in the Netherlands. He has developed 'resonance therapy,' a form of radionics – which is distant healing assisted by various healing devices. Using resonance therapy he has been able to promote restoration in whole forests. He says,

"I believe that as humans, we have received enormous opportunities to heal the Earth. We now know how to destroy our planet, but we can also learn to nurse her back to health." (p.127)

I feel the connection between heaven and Earth everywhere. To me, healing means bringing heaven and Earth back together. This wholeness gives rise to a center field. In people, this field is our heart, the middle area: head in the sky, our feet on the ground, and living from the center with our heart and soul. It is our way to restore heaven on Earth. (p. 136-137)

Masaru Emoto developed a method of crystallizing water that demonstrates how consciousness interacts with the water. He observes,

"...nature in this universe consists of the concepts of love and gratitude. I think love is an active energy while gratitude is a passive energy." (p. 153)

Jane Goodall is famous for studying the behaviors of chimpanzees. She also developed a worldwide organization called *Roots & Shoots* to inspire young people to implement local projects that promote care for animals, the environment, and the human community. She shares:

There isn't a sharp division between humans and animals. I never saw it, but, of course, Western science has traditionally perceived this huge gap – as has Western religion. This misunderstanding is missing from Buddhism, Hinduism, and the Native Americans. It is particularly Western. I think the chimps, more than anything, have forced many scientists to reevaluate their belief systems. And then, once you have a new respect for the chimps, you realize: Well, differences between them and us are not differences of kind, but of degree. And once that line becomes blurred and there isn't an impossibly unbridgeable gap, that leads you to a new respect for all the other animals. (p. 187)

Patricia Mische is cofounder of Global Education Associates, and Lloyd Professor of Peace Studies and world law at Antioch College. In her view:

Peace on Earth cannot be realized without peace with Earth.

We have become so alienated from the larger life community that we forget our integral relationship to other beings in this community. We are alienated from our own true self. We don't know why we are unhappy.

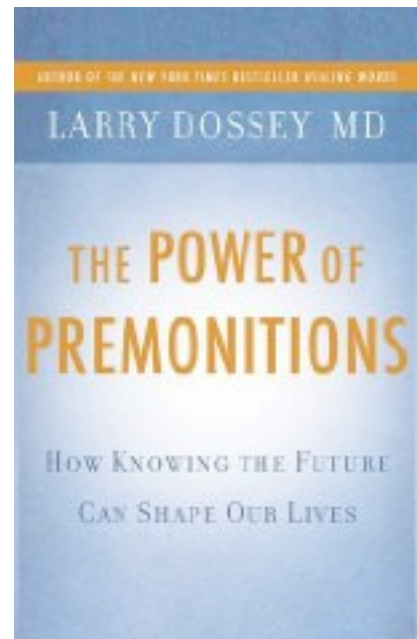
We are not at peace with ourselves because we are not at peace with the larger life community. We don't belong anymore; we don't have a sense of place. We are moving in an alienating and alienated state within the community but not even recognizing the community's existence. (p. 266)

This book is highly recommended to anyone interested in understanding our connections with all of nature.

**Larry Dossey, MD. *The Power of Premonitions: How knowing the future can sharpen our lives*, New York: Dutton/ Penguin 2009. 288 pp. \$25.95 Refs15 pp.**

As always, Larry Dossey brings us an enjoyable feast of facts, personal experiences and discussions in this review of premonitions. The book is divided into chapters reviewing examples of foreknowledge, research explorations of precognition, and then various dissections of the material to appreciate how it informs our lives and our understandings of the world.

As Dossey notes, the collective evidence from research presents results with statistical analyses showing astronomically significant findings. These include explorations of predictions of the order of cards in a deck that haven't been shuffled yet; predictions of electronically generated information; and viewing remote places (that may be many miles away) prior to the time that observations are made by an experimenter dispatched to the randomly chosen location.



As fascinating as the evidence is, it is even more interesting to speculate on explanations for how it is possible for people to transcend the accepted boundaries of future time and perceive that which will occur in seconds, minutes, days or even years later. Dossey succinctly and clearly summarizes evidence and theories from modern physics that show our world to be a place where time is not the linear river we commonly perceive and accept it to be. Modern physicists predict, and their experiments confirm, that interactions of consciousness may occur with matter in ways that clearly cross the supposed boundaries between present and future.

Important philosophical questions are raised by these confirmations of precognition. Dossey points out that some have been troubled by the seeming implication of a predestination in the universe, if we can see what will happen in the future before it happens. This would mean, according to them, that there is no free choice. Dossey's reports, however, show that there are numerous instances where precognitive awarenesses led to people averting the perceived disasters. This has been validated in research as well, with statistics confirming that people avoid traveling on trains and planes that have accidents.

Considering that premonitions often come to people as dream-like images, frequently including dream-like distortions, one could also point out that no predestination need be postulated from premonitions. A person having a premonition that s/he is going to die may just be the way that the unconscious mind puts an exclamation point after the image that is intended by the unconscious as a warning about a dangerous situation where the unconscious mind actually perceives that the person won't die, but creates the image of dying in order to motivate the dreamer to avoid the danger.

Another way of looking at this, not suggested by Dossey, is that precognitive perceptions need not indicate a predestination in the perceived actions. In retrocognitive perceptions, people have glimpses of past occurrences. John Gribbin has a collection of these in a book titled 'Time Warps.' I have never heard anyone suggest that because we can perceive events in the past they must have been pre-terminated. Similarly, there is no reason to suggest that glimpses into the future imply predetermination. These are just windows of awareness across the illusion of the separateness of past, present and future. As meditators, mystics and intuitives of many traditions tell us, all time is Now.

Dossey, as usual, provides a wealth of references for further explorations. In this book, the references

are keyed in the endnotes to phrases on relevant pages, the pages being listed in the endnotes. No endnote numbers appear in the text. (What a boon to the author and to copy editors in sorting out the text for publication!)

I warmly recommend this book for anyone interested in premonitions.

#### Reference

Gribbin, John, *Time Warps*, New York: Delacorte/ Eleanor Friede 1979.

**Laurel Parnell, PhD. *Tapping In: A step-by-step guide to activating your healing resources through bilateral stimulation***, Boulder, CO: Sounds True 2008. 290 pp. \$18.95

Laurel Parnell, trained in EMDR, has adapted this method in an interesting way. EMDR invites people to focus on their trauma memories and current symptoms while alternating stimulating the right and left sides of the body. This produces intense emotional releases that rapidly clear these issues. When the negatives are cleared, positive cognitions are installed to replace the negative ones that have been released.

Parnell focuses very heavily on the positives. She has people visualize a "safe/ peaceful place, nurturing figures, protector figures, and inner wisdom figures." (p. 45) These help people calm down when agitated, fearful, injured or upset in other ways. She discourages people from focusing on previous experiences that might resonate with the current issues.

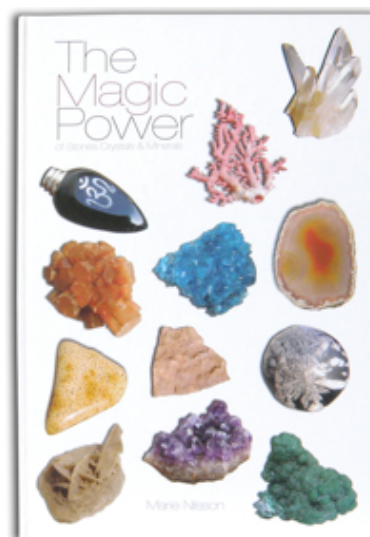
Parnell reports dramatic improvements, not only in the primary issues being addressed, but also in attitudes, self-confidence, openness to accepting positives from others and more. She also notes that with repeated practice the positive effects with her method are more easily achieved and stronger. You will find many suggestions for positive images and cognitions one can install in this book.

My hesitation about what I read is that my personal experience of clearing current issues over a period of four decades and my experience of helping clients do the same has been that current issues very frequently resonate strongly with earlier issues. In many cases, the current issues appear to be invited to occur or even to be generated by the earlier issues. Without clearing the early issues, I would be concerned that further problems could easily arise down the rocky roads of life.

**Nilsson, Marie *The Magic Power of Stones, Crystals and Minerals***. Kalmar, Sweden: Kundalini Nyckeln, 2008. 415pp.  
375 SEK for unsigned copies and 400 SEK for signed copies outside of Europe + shipping cost  
<http://www.kundalininyckeln.com> [info@kundalininyckeln.com](mailto:info@kundalininyckeln.com)

Stones, crystals, gems and minerals have fascinated humans since the beginning of time. In this book Marie Nilsson's amazing photography captures the reasons we have so often been captivated by their beauty and diversity, and the energies they hold. Many stones, crystals, gems and minerals appear like frozen glimpses of rainbows and sunlight, while others have amazing shapes, colours and textures; crystallized 'flowers' formed from the depths of the earth itself, they draw us to them like magnets.

Marie spent many hours of 'work and fun' researching each stone,



crystal and mineral - over 1000 in all, and then used her intuition to listen to them and capture a sense of their spiritual qualities. If you are a lover and collector of stones, crystals and minerals you will *really* appreciate this book – not just as a wonderful and beautiful resource for identifying those ‘strangers’ in your collection you haven’t, frustratingly, been able to name, but also for the creative and insightful manner in which she has put this wealth of wisdom and beauty together.



**Labradorite**

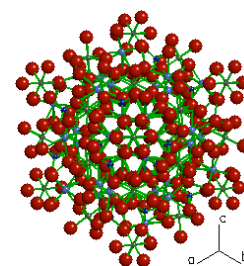
Marie writes, *“As a mechanical/electronic engineer with a good knowledge of physics, I already knew everything consists of energy and that everything segregates, radiates, and receives energy at different speeds, at all times. I also knew that thoughts and strong faith affects a person mentally, emotionally and physically.”*

Through the ages, people seem to have that same sense of the energies of these magnificent ‘flowers of the earth’ and used them for healing and protection, and for enhancing their powers and connection to the spiritual realms. Stones, crystals, gems and minerals have adorned the crowns and sceptres of royalty, and the breastplates of warriors and priests, providing them with power, strength, and deeper connections to consciousness and the divine. Rudolph Steiner once said that any being who would choose to become crystalline in nature must be closest to God. Dorothy

McLean, one of the founders of Findhorn, speaks of being humbled by a small reddish rock she picked up on the beach that introduced her to the most incredible being she ever encountered – the ‘Cosmic Being of Stone,’ that went on into infinity.

In Vedic times, gems were used whole and placed or worn on the body, or crushed and ingested as a powder or drunk as an elixir. Somehow, humans through the ages have ‘sensed’ the vibrational powers of stones and their potentials to influence the subtle energies of human beings. As Marie explains, *“You can use stones, crystals and minerals to dissolve different types of energy blockages within your physical body as well as within your subtle bodies or within the chakra system. It can for an example involve emotional or mental blockages. It also can be within another area where you need to dissolve blockages.”*

Science is finally beginning to explain what the ancients sensed, and to develop the knowledge and tools to analyze the structure and properties of gems. Quantum physics is giving us the answers to some of the questions about their almost magical vibrational properties. Programs like XtalDraw, from the University of Texas at Austin, are able to show us their beautifully symmetrical atomic structures. As solid and dense as stones, crystals, gems and minerals might be, like everything else in this plane of reality, they are actually made up of specific patterns of vibrating atoms and molecules and space. As an example, humans have magnetite crystals in their brains.



**Atomic structure of a garnet crystal**

In ancient healing it was determined that specific gemstones or crystals could be used to heal specific parts of the human anatomy. We now know that this is because each organ vibrates to a specific frequency. When disease is present the specific vibrational frequency of that organ is altered. Through the principles of resonance and ‘dominant field theory’, crystals and gems are able to restore health and vitality.

In another application, using a quartz crystal as a miniature microphone, researchers have developed a prototype virus detector that can ‘hear’ viruses. They predict that this listening technique using crystals will eventually be used to provide instant diagnosis.





**Quartz  
Crystal**

Today, gems and minerals are also used in technology to transmit and magnify energies in many different ways. Rubies are used in lasers for microscopic surgery and quartz crystals are used in ultrasound devices and watches. Diamonds cut through the hardest substances and garnets are used to polish things. Quartz crystals provide us with the 'chips' that conduct and hold memory, and help us communicate through cyberspace.

Like myself and many of us, Marie always had an interest in the mineral kingdom, but it wasn't until about five years ago that she delved into this passion with greater intensity. To her surprise and disappointment, she found that there were very few books around containing photographs to help her identify her mineral friends, so she decided to create one herself. She painstakingly taught herself the art of photography and then lovingly took over 700 pictures of gems and minerals from all over the world.

Marie begins her book with her story of how she was able to make her book happen with the help of family and many friends, business contacts, and healers from around the world. As with many things that are meant to be, the universe sent her and lent her all the stones and crystals she needed for this huge undertaking in the most amazing ways. As Marie says, stones, crystals, gems and minerals have a habit of 'appearing' and 'leaving' wherever and whenever they are in need!

The book contains a clear and simple, yet useful introduction that includes choosing stones, crystals and minerals, and then offers her insights into how one can clear and use them in varieties of ways. Marie provides colourful illustrations of how they may be used with the chakras and affirmations, and shares information about the subtle energy bodies/the aura and kundalini energy. Charts of birthstones and gems for the days of the week and birth hour are provided from several different astrological traditions.

The greater part of this book contains 350 beautifully laid out pages of photographs of stones, crystals, gems and minerals, accompanied by information that Marie encourages you to use as a guide in your journey of self discovery and healing, or as you see fit. All the information is provided in both Swedish and English. Each page contains five photographs. On the opposite page you will find an affirmation, the chakra with which it is associated for healing, and its properties, as in the example below



**Brecci Jasper**



**Golden/Honey Aragonite**

**AFFIRMATION:** *I choose to live with open senses, here and now.*

**CHAKRA:** *naval, solar plexus and crown*

**PROPERTY:** *It helps you stabilize and calm your emotions at the same time as it increases your energy. It helps you see the whole picture of a problem, the cause and the solution. It also helps you live with open senses and be present in the moment.*

(p. 82-83)

In part of this section of her book Marie illustrates and explains all the different types of healer crystals, providing additional properties and names, depending on the shape of the crystal. For example, Generator Crystal, Record Keeper Crystal, Isis Crystal, Grounding Crystal, Channelling Crystal, Laser Wand Crystal, Lemurian Seed Crystal, and more.

**River Crystal** (p. 222-223)

*[This form of crystal has many names such as River egg, Window Quartz, "Seer" stone, Dragon Egg or Ema Egg]*

**AFFIRMATION:** *Now I have a deeper insight of the different dimensions of life.*

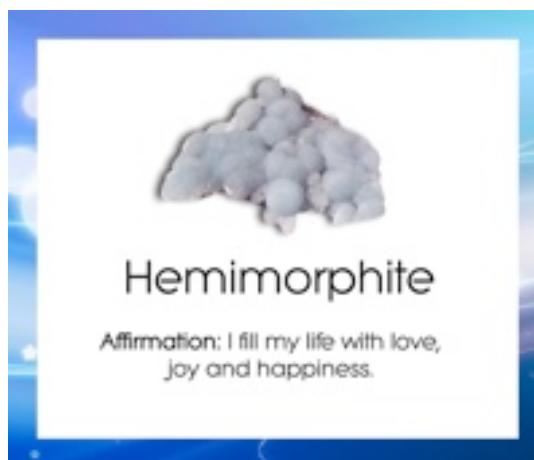
**CHAKRA:** *according to the crystal or stone it is made of*

**PROPERTY:** *It brings you the possibility to see another dimension of life which otherwise is hidden under the surface. It provides you with insight and understanding of deep emotional circumstances. It has a very powerful and protecting energy that purifies, balances and harmonizes thoughts, emotions and spirituality. It facilitates and strengthens your psychic growth.*



A convenient index is provided at the end.

Colourful affirmation cards with photographs of a variety of stones, crystals, gems and minerals, are in the works.



Just as some healers and psychics are able to read a person's energy using a photograph, some healers have reported that they can feel the energy of the crystals in Marie's book simply by holding their hands above the pictures, while some have perceived different visions just holding the book in their hands.

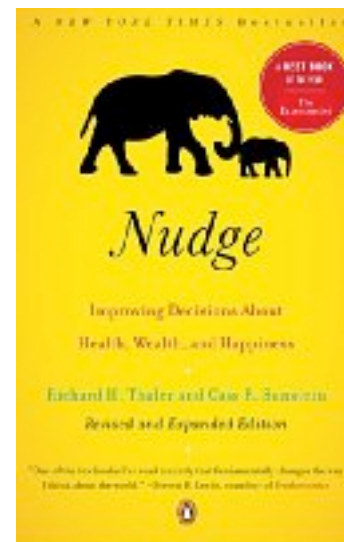
As someone who has worked with and come home with pockets, bags and suitcases full of 'rocks' of all sizes and descriptions since I was a child, having a book like this on hand to find my 'friends' has been wonderful. I've been able to identify a number of mysterious stones, crystals and minerals to give them their proper names. I can also appreciate the mammoth effort it must have taken Marie Nilsson to create this masterful presentation of the mineral kingdom in all its wonder and beauty, and crystallize her insights regarding how we can utilize their vibrational frequencies to expand our consciousness and enhance our well being. This is a 'must have' for any serious lover of rocks or for

those wanting information on how to use stones, crystals and minerals as tools for personal transformation.

Review by Rachel Finney  
Essence practitioner and producer of gem-based essences  
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**Richard H. Thaler & Cass R. Sunstein. NUDGE-Improving Decisions About Health, Wealth and Happiness, Yale University Press, 2008**

Thaler and Sunstein offer suggestions that encourage individual responsibility by altering behavior "in a predictable way without forbidding any options or significantly changing their economic incentives." The authors emphasize human fallibility, herd instinct and the incentives of welfare, often sickfare or DEPENDENCE on government largess and have led to decreasing personal responsibility for the past 70 years, with little evidence of improvement in the quality of life or encouragement to rise above dependency. One of the best examples the authors give is the tendency of unwed teenage mothers to stay in the rut of total dependency on welfare child after child. By offering a small incentive, such as one dollar a day for the times of non-pregnancy, the authors suggest a far better potential for these unfortunate teens. I think most of us could support this simple but potentially highly rewarding nudge.



More importantly the authors provide multiple examples of the sheepish herd instinct which appears to drive a majority of individuals to avoid personal choices. For instance, in relation to suspension of free speech when "society is threatened" only 19% agreed; but when confronted with the opinions of only four others, 58% agreed! Similar examples of remarkable lack of individual thought and total group interdependence dominate elections. The brainwashing of the media, Madison Avenue and political campaigns as emphasized by the authors, reminds me that in my experience in many medico-legal cases the best actors are likely to win. Another example of the frailty of personal choice is the optimism of most couples entering marriage-virtually 100% state they are unlikely to be divorced but the current divorce rate is around 50%. Most people proceed to marriage with minimal discrimination and rush into parenting without first assuring that the marriage is solid. In fact many decide to "have a child" to save a marriage! Disaster for children and the couple. All too few couples appear to adjust to the constant shifting of individual dynamics essential for personal growth.

Although they offer a few weak incentives for the major health problems, smoking and obesity, one might expect Thaler and Sunstein's gentle nudge to include a surcharge on unhealthy food or perhaps a surcharge on the larger servings of food that are so promoted by the Fast Food Industry. This may be unrealistic BUT the rise of unhealthy fast food has been a major cause of obesity (see UNHEALTHY NATION). Similarly, the only nudge that works to some extent is significant taxes on tobacco, etc. Competition works when there is a reasonable reward for those who succeed.

As a strong Libertarian, I found this book fascinating. Personally I have not found much inspiration from either major political party. I can, therefore, endorse Libertarian Paternalism as better than anything the current two parties offer.

The major problem with Libertarian Paternalism is that it requires great wisdom and detached impartiality to offer healthy nudges and incentives. We have seen little such collective wisdom in the



past century. In theory it should be far superior to our current situation! Definitely a book to read and ponder.

Review by C. Norman Shealy, MD, PhD

From Dr. Shealy's newsletter, *Health*

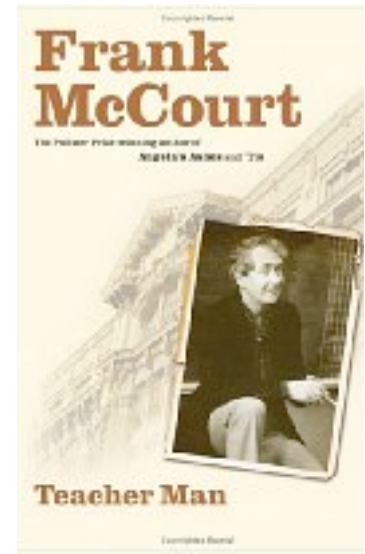
<http://visitor.constantcontact.com/manage/optin/ea?v=001GEtTiJRQgs313EP22ObJeQ%3D%3D>

**Frank McCourt, *Teacher Man, a Memoir***, New York: Green Peril Corp/Scribner 2005. \$26 272pp

Excuses, Excuses: An Excerpt from *Teacher Man*  
My students forged the notes. I turned them into a lesson plan.  
From Reader's Digest, Originally in *Teacher Man*

I was in my third year of teaching creative writing at Ralph McKee Vocational School in Staten Island, New York, when one of my students, 16-year-old Mikey, gave me a note from his mother. It explained his absence from class the day before:

"Dear Mr. McCort, Mikey's grandmother who is eighty years of age fell down the stairs from too much coffee and I kept Mikey at home to take care of her and his baby sister so I could go to my job at the ferry terminal. Please excuse Mikey and he'll do his best in the future. P.S. His grandmother is ok."



I had seen Mikey writing the note at his desk, using his left hand to disguise his handwriting. I said nothing. Most parental-excuse notes I received back in those days were penned by my students. They'd been forging excuse notes since they learned to write, and if I were to confront each forger I'd be busy 24 hours a day.

I threw Mikey's note into a desk drawer along with dozens of other notes. While my classes took a test, I decided to read all the notes I'd only glanced at before. I made two piles, one for the genuine ones written by mothers, the other for forgeries. The second was the larger pile, with writing that ranged from imaginative to lunatic.

I was having an epiphany.

Isn't it remarkable, I thought, how the students whined and said it was hard putting 200 words together on any subject? But when they forged excuse notes, they were brilliant. The notes I had could be turned into an anthology of Great American Excuses. They were samples of talent never mentioned in song, story or study.

How could I have ignored this treasure trove, these gems of fiction and fantasy? Here was American high school writing at its best—raw, real, urgent, lucid, brief, and lying. I read:

- The stove caught fire and the wallpaper went up and the fire department kept us out of the house all night.
- Arnold was getting off the train and the door closed on his school bag and the train took it away. He yelled to the conductor who said very vulgar things as the train drove away.

- His sister's dog ate his homework and I hope it chokes him.
- We were evicted from our apartment and the mean sheriff said if my son kept yelling for his notebook he'd have us all arrested.

The writers of these notes didn't realize that honest excuse notes were usually dull: "Peter was late because the alarm clock didn't go off."

One day I typed out a dozen excuse notes and distributed them to my senior classes. The students read them silently, intently. "Mr. McCourt, who wrote these?" asked one boy.

"You did," I said. "I omitted names to protect the guilty. They're supposed to be written by parents, but you and I know the real authors. Yes, Mikey?"

"So what are we supposed to do?"

"This is the first class to study the art of the excuse note—the first class, ever, to practice writing them. You're so lucky to have a teacher like me who has taken your best writing and turned it into a subject worthy of study."

Everyone smiled as I went on, "You didn't settle for the old alarm clock story. You used your imaginations. One day you might be writing excuses for your own children when they're late or absent or up to some devilment. So try it now. Imagine you have a 15-year-old who needs an excuse for falling behind in English. Let it rip."

The students produced a rhapsody of excuses, ranging from a 16-wheeler crashing into a house to a severe case of food poisoning blamed on the school cafeteria. They said, "More, more. Can we do more?"

So I said, "I'd like you to write—" And I finished, " 'An Excuse Note from Adam to God' or 'An Excuse Note from Eve to God.' " Heads went down. Pens raced across paper.

More at <http://www.dailygood.org/more.php?n=3781>

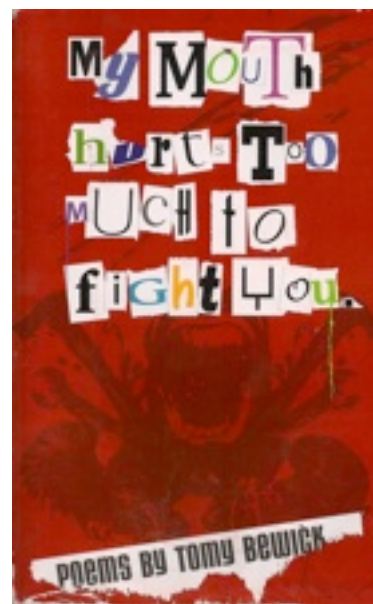
**Tomy Bewick, My Mouth Hurts Too Much To Fight You:**  
**Poems by Tomy Bewick**, Lulu and More 2008, p. 79-81.  
[grnstar@hotmail.com](mailto:grnstar@hotmail.com)

I was pleasantly surprised to sit on a lawn at the Guelph, Ontario Hillside Festival to hear poetry recited by Tomy Bewick. (The Hillside Festival is most known for its music.) His presentation was rivetingly dynamic and his poems touched the heart and often the funnybones at the same time.

When I approached him for permission to publish one of his poems in the IJHC, he graciously handed me a copy of his book, with permission to publish whatever moved me.

See one of his poems from this excellent book on our poetry page.

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



**Athena Thompson. *Homes That Heal And Those That Don't: How your home may be harming your family's health.*** New Society Publishers, Gabriola Island, BC, 2004

Increasingly, news about the rising numbers of childhood asthma, autism and cancers – as well as learning and behaviour challenges – is being linked to indoor air quality, the health effects of mould, and the overall quality of the buildings we inhabit.

*Homes That Heal* addresses both of these developments, revealing that our own homes may be making us sick. Easy-to-read, solutions-oriented, and humorous, this book is full of advice and stories that empower families to take back their health on a daily basis. Topics covered include:

- a Healthy Home Quiz that enables readers to evaluate the health of their own home and identify many of the common home health hazards
- factors impacting indoor air quality
- a room-by-room examination of typical challenges and solutions
- toxic materials used in building a new home, or renovating
- cleaning products and other consumer hazards found in the home



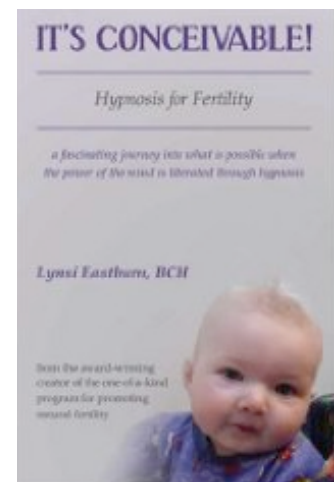
This is an easy-to-understand introduction to the science of Building Biology – an internationally recognized approach to healthy design and construction.

Review by Joseph Barry Martin, PhD

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**Lynsi Eastburn, BCH, *It's Conceivable! Hypnosis for Fertility.*** Victoria, BC Canada: Trafford Publishing, 2006. PB 132 pp \$21.00.

If you have experienced the emotional blow of being diagnosed as infertile and yet you “know” there is a baby in there or you have been given a diagnosis of unexplained infertility, then *It's Conceivable* will help you to understand how your body/mind connection affects this process. “The creation of new life goes far beyond...scientific understanding into the realm of deep mystery... To stand at the edge of this mystery is one of the most exhilarating and sacred of all human experiences.” (Jia Gottlieb, MD Introduction).



Lynsi Eastburn is a National Guild of Hypnotists Board Certified Hypnotherapist and Certified Instructor as well as a Certified

HypnoBirthing® Childbirth Educator, specializing in Fertility. She has created a Center for Women's Wellness in Colorado where women have access to professionals in complementary modalities including hypnotherapy, psychotherapy, acupuncture, nutritional counseling and massage. She developed the Certified HypnoBirthing Fertility Therapist program and the Gestalt-based Hypnotherapy program and is co-owner and instructor of the Eastburn Institute of Hypnosis in Colorado. She is a faculty member of the Leidecker Institute in Illinois and the HypnoBirthing Institute in New Hampshire. She has received awards for her groundbreaking work in the field of hypnosis for fertility and is a regular presenter at the National Guild of Hypnotists Convention in Marlborough, MA, the HypnoBirthing Conclave and Colorado Free University.

*It's Conceivable* details how the power of the mind, liberated through hypnosis, connects the mind and body into a single unit, allowing the body (a complex biochemical machine) to create new life. "Our bodies know how to procreate and they know how to give birth... this is why hypnosis has been so successful with fertility assistance – it facilitates the mind/body/spirit balance which is simply in harmony with nature." (p. 17)

There is incredible pressure placed on a woman before the age of 35 by the medical profession that considers pregnancy after that age to be of high risk. These pressures have a debilitating often devastating effect on a woman wanting to get pregnant.

An insensitive comment, intentional or not, can have a distressing effect and should the subconscious interpret the words, *high risk*, to be too dangerous, it can instantaneously put up a roadblock to pregnancy. According to hypnosis professionals, these words are called "*painted words*" and become imprinted in the subconscious mind. "Because the language of the subconscious mind is emotion, any words which elicit emotion will have a hypnotic effect." Therefore when a woman is told that she is *high risk*, these words trigger a fear response, which automatically bypasses her critical factor, deeply imprinting the suggestion that she is high risk. (p. 18) Insensitive comments are not limited to the medical world as well intentioned family members or friends often times use "*painted words*" that are equally devastating. "Fortunately, hypnosis can quickly and often easily reverse the effect." (p. 18)

A young woman friend trying to get pregnant and who has experienced the effects of such statements told this reviewer, "We're constantly bombarded with news stories about infertility, ads pushing the need for drugs, and even well-intentioned people putting negative messages in our heads, that subconsciously I think it can be a huge factor in an individual's well-being." She continued, that she had found the summaries of the case studies in *It's Conceivable* to be the most inspirational and "a good way of reinforcing... that this book doesn't just explore theoretical concepts but actually presents how these positive thinking techniques have been able to get real women pregnant." (LM, my friend)

*It's Conceivable* has 16 Chapters, explaining how Hypnosis will assist you in using your whole brain; how to stop negative thoughts; how to find the source of the problem; how to release subconscious blocks; a short section with wonderful case studies and a final chapter on creating your own reality. It is a lovely, hopeful, empowering book.

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