



May 2006 Newsletter

Engaging minds.....

Awakening hearts

Creating health & well-being.....

We hope you enjoy hearing about CHI activities in New Zealand and in the United States.

Bruce, Rita & Stephanie

Past News

In early April, Bruce Lipton, PhD presented a riveting 2-day seminar entitled **The Biology of Perception** in Auckland NZ. Check his website for opportunities to hear him speak. www.brucelipton.com. Note the Sept 7-10 retreat with Bruce (& Rob Williams) in Colorado entitled **The Biology of Peace, The Psychology of Change**.

The Biology of Perception and Belief

Bruce Lipton PhD



Let's try this with your daily practice!!

Deepening Your Daily Practice

We would like your participation in an experiment as a means of refreshing your Daily Integral Practice and satisfying our curiosity about some recent research on emotions.

This is what we ask you to do...

For one week of your Daily Integral Practice we want you to notice and document your facial expression first thing in the morning. You can do this by having a hand mirror by your bed and upon awakening look at your self, note your expression and jot down whatever words of description come to you on your daily page. For the next week, upon waking, upon waking in the morning immediately set an intention to make a heart connection with yourself. You may do this by simply "tuning in" to yourself or you may want to use an Intention Statement such as "I am connecting with my heart energy and I am willing to hear (or feel, or see, or know) what my heart brings to me this morning." Just be with this connection for 2 to 3 minutes then again make an observation of your facial expression as described above. At the end of the 2 weeks write us a summary of your observations.

With your permission we would like to publish one or two examples in our next newsletter with an explanation of why we have asked you to do this and the results of this subjective experiment.

Hope you will join us in the fun! We plan to do this ourselves and will be reporting in also. – by Rita Marsh

Bruce Lipton is a cell biologist with an immense determination to dissolve the myth of the mind body split that the western world has been so committed to for the last 400 years.

Whilst working at Stanford University, back in the 80's Bruce had a "eureka" experience. After years of teaching embryology and cell biology to medical students and conducting research involving cell cloning and close observation of cell behaviour, he saw with crystal clarity, that the brain of the cell is not the nucleus, not the DNA, but the cell wall. He showed that genes are potential, and that it is the environment that elicits that potential. (This is now known as the science of epigenetics.) In Bruce's 1980's scientific community, such a claim was considered preposterous. However the power of this knowledge for promoting health compelled Bruce to step away from his academic life and to teach this new understanding to a different audience.

In brief, whilst cloning human endothelial cells, Bruce saw how cells moved towards life sustaining signals (like nutrients) and into a state of growth and away from life threatening signals (like toxins) and into a state of protection. The trillions of cells that make up a human being are constantly bathed in signals that trigger either growth or protection.

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Bruce shows the links from cell physiology through to the influences of thought, conscious and unconscious, on the health of the whole human being. Simply put, we are either bathed, at a cellular level, in the biochemistry of love (growth) or fear (protection). Our perceptions, attitudes and beliefs are constantly generating this biochemistry and thus cell behaviour and health.

Bruce is dedicated to communicating that health is not about taking pills, it is about changing beliefs, about ourselves and about life.

I had a long lunch with Bruce prior to his Auckland seminar and came away feeling immensely encouraged and affirmed regarding what we are providing in Creating Health. The Core program contains all the key elements that help people to understand both the science and the practices that can turn this information into positive steps towards health and healing. By Bev Silvester-Clark, Auckland, NZ



The COHMI™ Core Program is a brilliantly designed course for anyone interested in becoming responsible for moving toward optimal health. Miracles happen when you take charge of your own healing. I personally experienced many small miracles and watched other lives transform. – Jean Wallis

Instructor's Corner

Creating Health is growing in NZ. Liz Stilwell, a very experienced health professional with a great depth of people skills is establishing CHI in Tauranga. Her first Core group is planned to commence in July. Please let family & friends in the Bay of Plenty know about this.

For information on our programs visit our website at www.creatinghealthinternational.org

Complimentary Therapies in Cancer Care

Acupuncture has proven to be an amazing therapy in the management of many side effects of cancer treatment. Psychological oncologist, Barrie Cassileth, chief of the Integrative Medicine Service at Memorial Sloan Kettering Cancer Center, reports that their facility uses acupuncture extensively. "Its good for scars that itch or hurt, for example, as well as nausea, pain, dry mouth and even hot flashes—particularly important for breast cancer patients, who are unable to treat hot flashes with hormones." Acupuncture is just one of the complimentary therapies that Cassileth has written about in her book, Integrative Oncology: Complimentary Therapies in Cancer Care.

A large percentage of the practice and use of complementary and alternative medicine (CAM) in the United States is focused on cancer, according to the US National Institute of Health's National Center for Complimentary and Alternative Medicine (NCCAM). Recent research studies have shown acupuncture to be effective in the treatment of pain and nausea. It has also been shown to improve one's general well-being and is effective in relieving symptoms of anxiety and depression. Recently NCCAM had completed 2 studies on the effectiveness of acupuncture as an adjunct therapy for cancer patients and they currently recruiting for 5 more studies.

We at CHI encourage people with cancer to consider acupuncture as a supportive therapy for the management of many cancer related symptoms. It is advisable to discuss the use of acupuncture with your physicians. We also suggest that it is important to select an acupuncturist who is skilled in this specialty.

– by Rita Marsh

**Expect to have hope rekindled.
Expect your prayers to be answered in wondrous ways.
The dry seasons in life do not last.
The spring rains will come again.**

- Sarah Ban Breathnach