



BBSH® • InTouch

The Newsletter of The Barbara Brennan School of Healing®

Issue 15-Winter 2004



The Physical- Human Energy Field Interface, Brahma and the Zero Point Field

—By Barbara Brennan

During the Healing, Medicine and Dis-ease lectures in Class 1 in Miami, Sherry Pae, RN and I gave a healing for PS2 teacher, Glyndie Nickerson. Eileen O' Brien and Connie Cummings assisted us. A few weeks before Class 1 when Glyndie was walking in a crosswalk, she was hit by a pickup truck.

Our love goes out to her during this time of recovery.

Because of her flexible body from yoga practice, Glyndie was able to take the impact with less injuries than expected, yet must go through more healing as she recovers. I would like to share a little about the healing and Heyoan's answer to a question about the physical-HEF interface, rather than discuss the specific injuries.

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From Laurie Keene... Dean of The Barbara Brennan School of Healing *Europe*[™]

September was unseasonably warm in Austria. On Sunday, as we prepared for our first week of school, temperatures reached 90 degrees Fahrenheit. Some teachers took advantage and swam in the beautiful Mondsee lake. An annual harvest market took over the village and we strolled the streets during our lunch hour, sampling Austrian delicacies. The church (which is part of the castle where classes are held) having been the site where Julie Andrews married in *The Sound of Music*, is very popular for weddings. Every time we turned around another wedding party emerged in full regalia. Live music played everywhere.

So as we, the teachers, along with Marie and Barbara were creating the template for the first week teachings, we were infused with sunlight and surrounded by the simple pleasures that embrace and nourish life. A beautiful healing model indeed.

We came together with the students on Monday evening for the welcome reception. It was a lovely, intimate time. Everyone was excited about this new venture!

Our first-year students come from 18 different countries, ranging in ages from 18 to late 60's. 89 students in all. Everyone was open and enthusiastic to learn about healing and Brennan Healing Science.[®] We spent the week immersed in the work.

By the end, after days and evenings filled with lectures, demos, experiential teachings, healings, meditations, questions and answers, dancing and the realization that we need two-hour lunches, everyone was full.

As a lover of the creative process I was thrilled to both experience and witness the emergence of our new school. As we parted, each bound for home, I was moved by how close everyone had become in such a short time. As Eugene Vishkovski, a student from Russia, said in closing to his classmates (and I am paraphrasing here with his permission):

"Forming a community such as we have, my hope is that whenever any of us is in need of help in our lives, each of us will know that we now have 88 other souls who will be there to offer love and support."

Another beautiful model of healing.

Blessings to you, your loved ones and all life on this dear planet as we move into the new year.

—Love, Laurie



The BBSHE Professional Studies Process

*By Heyoan as channeled by Barbara Brennan for the inaugural class of
The Barbara Brennan School of Healing EUROPE, September 26, 2003*

Universal Co-Creation

As we gather together, align with your purpose in being here now in this moment. For this moment is unlike any other moment you have ever experienced. Since creation is continually forming new life, understand that one moment can never be like another. Indeed, with each thought, each idea, each movement of your body, each moment of your life, the entire universe is different. Consider the expanse of the material world and all its creatures, or maya as it is called in the Buddhist tradition; each is creating of its own accord in co-creation with the Divine. Each plant, each rock, each piece of soil, each animal, the birds, the fish, all human beings, every living thing is in constant creation and is a co-creator with the Divine.

We have focused on the creation of what is called "maya." We can also focus on the creation and fulfillment of personal needs and dreams, and yet there is much more to creation, for the Divine exists within you. It exists within every cell of your body, every cell of your being. The Divine itself expands, although this may sound like it is quite impossible since the Divine is already infinite. And so then, what can creation mean if it is Brahma, if it is already in existence in the infinite? This may be a bit difficult to understand with the linear mind, so we suggest that you simply relax the mind and enter into the heart, for within the center of the heart exists the infinite.

Entering Infinite Creation

With your conscious awareness, enter into the very center of your body, in the hara line, in the center of the vertical power current, in the center of the heart chakra. It is not only matter and energy that we are in constant co-creation of, it is also the infinite, that which is ineffable, that which is beyond understanding, that we are in constant co-creation of. It is accessed by direct experience.

Entering into the sacred now, held in the center of your heart will bring you to the infinite. In it you will find the experience of self-satisfaction, the experience of being completely satisfied with yourself, with no needs.

Continue entering into this center in your heart. In the silence, in that space you will not only experience the state of being at one with the Divine, you will also experience the infinite creating. And how does this creation come about? Through love. The vehicle for creation of the infinite, from the infinite, becoming infinite is love. And thus:

*Whether or not you know it,
you have been created into
the worlds of maya.*

*You are a manifestation, a
creation from and of love.*

Why would love create you? Consider the possibility that you are and have your being in the infinite as love and that the infinite has projected love in the form of you into the world of manifestation or maya for a purpose. That purpose is to bring love into the world of maya so that it can understand and know, remember, become, live and be the love that it already is, but has forgotten.

Maya Is Not Negative

Do not judge maya or the manifest world as something that is negative. Do not judge your life, yourselves, your feelings, your so-called mistakes, your troubles, your problems, your working on yourselves, or your unfulfillment as being wrong. There is nothing wrong. You have come into this earth to give love, to learn more about love in this form. You have come into this earth to become co-creators with the un-manifest, to bring about a transmutation of that which is called duality and to bring about joy. The first step of that is meticulous honesty with yourself, being honest with yourself about your problems, your forgetting and



From Bonnie Brandt, Director of Academic Affairs

Greetings everyone!

By the time you receive this issue of the newsletter, 2003 will have drawn to a close. For me, this is a time to reflect on all that has been accomplished and to identify new directions and themes for the upcoming year.

2003 has been a rich and expansive period for BBSH. In November, we celebrated the school's one-year anniversary as a college. As part of the new degree program, we have offered online courses in Strategies for Success, Ecology, Ethics, and Critical Thinking and Problem Solving.

Over 125 students are actively working towards completion of a Bachelor of Science Degree in Brennan Healing Science.

To better support students, we opened our on-site library at the Radisson at Class 1, and now all BBSH students and faculty have access to an electronic library service.

During this past year we redesigned our Anatomy and Physiology (A&P) program—adding more experiential work to the A&P I course and creating a new A&P II course. A&P II extends the work of the PS 2 year by exploring relationships with regard to the physical body, including how beliefs, thoughts and emotions affect the body systems and physical health.

For those of us in the BBSH office, 2003 provided us with a beautiful new workspace. This is allowing us to experience more ease and efficiency in the daily operation of the school.

We recently added an Admissions Department to the BBSH organization, and Evelyn Kannawin is offering her talents and leadership to create and implement strategies to better respond to inquiries about the school and increase enrollment.

Looking ahead to 2004, the themes that will guide the new year are just beginning to emerge. Watch for news about summer intensives for the new A&P courses, more online course offerings, and a potential new Advanced Studies program!

As many of us celebrate the holidays and offer prayers for the year ahead, I would like to wish you a new year full of growth, love and peace.



Brennan Healing Science Business Community Update

—by Patricia Pfost

In Class 1 we opened another year of exploration of bringing Brennan Healing Science and energy consciousness to organizations and groups. It was a pleasure to greet the new students at the regular Tuesday evening meeting of the BHS Business Community and also to welcome back the "regulars." It is so interesting to me to see how each year the form and product of our meetings at school gets clearer and stronger, more grounded and practical, the new year building on the prior years' talents and contributions.

This work is definitely moving forward. Our Business Community email group now has 87 participants. Thanks to all of you who have continued to participate, some actively and all certainly with your hearts, your interest and your commitment to bringing a solid and replicable form to the work.

As a group we decided that this year's meetings of the BHS Business Community will follow a new format with each meeting having a designated theme. The theme of the first meeting (in addition to voting on the themes for the year) was "Bringing Spiritual Guidance into the Workplace." Tara Halliday suggested an optional practicum assignment to sit regularly for guidance at work. (See her letter on the next page.)

The first ten minutes of each meeting are devoted to a discussion of the practicum assignment from the prior week. Then we turn our attention to the topic of the week. Class 2: Holding Unitive Consciousness in Organizations; Class 3: Communicating Healing, Energy Consciousness and BHS in Organizations; Class 4: Self-Care: How to Survive in the Corporate Culture; and Class 5: Integrating Head and Heart in Organizations, or, Keeping the Juice in the Job.

(We selected the above topics from a list that included the themes of competition; corporate integrity; physical environment; surviving the stress of corporate splits; conflict resolution; grounding—its effects and benefits; and alignment/attunement.)

I begin the topic of the week with an alignment and a guided meditation on the topic. Then we discuss, present, do group work, supervision or whatever appears, focused specifically on that topic. We end the group with a practicum assignment designed to help make this work real in our lives and then complete with a brief closing meditation.

Of course, these are short meetings, only one hour, but the very act of directing our conscious awareness deeply into an issue, in whatever form we do that, is a powerful event.

Our Florida meetings will be held from 5:30-6:30 EST on the following dates: December 9, February 10, April 20, and June 8. I invite all of you who cannot be present in body to align, tune in to the topic for these meetings and join us and the guides for the energetic work at hand. And if you would like to join our e-group for BBSH students and alumni, please contact Tara at shinehalliday@yahoo.com.

My hope for this work this year is that through our efforts in the school meetings and the e-group discussions that concrete support will be provided to all of us who so long to bring this light to the organizations in which we serve.

Blessings to all of you and to the groups and organizations who are privileged to have you working with them.

Conversations On Spiritual Guidance In The Workplace

Dear BHS Business Community:

I have worked as a mechanical engineer for the past 14 years and typically spend my day in my mental body.

Two months ago, I was working on a project that wasn't going very well. A deadline was fast approaching, my boss was getting anxious, and I was, probably for the first time ever, completely out of ideas about how we move forward with this project.

So I decided to ask for guidance. (Well, why *not*?) I closed my office door, faced a different direction than I normally work in and sat in a chair with pen and paper on my lap. I closed my eyes, grounded, breathed, spun my chakras, raised/expanded my awareness to 6th and 7th levels, and very specifically asked to get useful guidance to help me solve my problem.

I got a whole bunch of stuff and I wrote all of it down. Then, when I wasn't getting anything more, I took a short break and came back to look at what I had written.

Some of it was bunches of words that made no sense to me, some of it was strings of numbers, which also made no sense. But I did get three messages of unconditional love ("Everything's going to be alright," "You are loved," etc.), which I actually needed to hear quite badly. And I also got two ideas that related directly to my problem. Two things I could try. So I tried both,

and one of them led me to the solution to the problem I was having! Problem solved, deadline met, my boss was very happy, and so was I.

Phew!!!

Now, I'm lucky enough to have an office, but you can also sit in a bathroom cubicle, in your car or outside on a bench. Anywhere where you can get a little space. For PS1 students, you'll learn techniques for getting guidance this year I believe, but there is also a description in one of Barbara Brennan's books that you could take a look at.

The interesting thing for me was bringing the spiritual into the corporate world, realms which I've previously kept very separate. I'd like to invite all of you to try this out for yourselves, if you haven't already, and share how it works out—or if it doesn't. Please feel welcome to add your own experiences of guidance in the workplace both here, in the newsletter, or on the email group.

—Lots of love and light...

Tara Halliday, PS3

Dear BHS Business Group:

My job is dealing with software—I'm the technical leader (not management leader) for a group of about 60 people who are validating the quality of a software platform used by

tens of millions of people around the world (Java).

In the past, when I was writing or debugging software, I would occasionally find myself "stuck." Sometimes I'd remember to ask for guidance, and other times, I wouldn't. I noticed, way back then, that the times I asked for guidance the solution would come much quicker. But I still don't always remember.

This afternoon I just had a similar experience involving my leadership.

I had been given a task to define a process to accomplish some vaguely defined goal and was about to meet with two coworkers to clarify and define the goal and the process. I had no clue what to do, where to take it, how to clarify the goal, etc. Well, a few small clues, but darn near zero, and I was feeling rather worried about "how do we do this."

So, it's 5 minutes before the meeting is to start. I have no idea what to do, and I'm the one who is expected to come up with something brilliant.

Connecting to guidance, I made a quick prayer and connecting with the divine plan and positive intentionality... went into the meeting.

Wow, this was one of the most productive meetings I've ever been in! We came up with a diagram for not just the one process/goal but for much more, and this is a picture the team has needed to have for quite a few months. We have great clarity on the immediate question, and like I said, much more.

Gosh, this stuff works, eh?

*David Herron, '01
Silicon Valley*



Longings of a Recent Graduate

—by *Natalie Rastegar, '03*

All through the four years at BBSH, I can remember sitting in class, feeling uncomfortable with my feelings and conflicting emotions about expressing myself. Every time the microphone was offered I wanted to run and grab it. I always had a feeling or thought that I wanted to share, but mostly I didn't want to be seen as the microphone hog. More importantly, I could sense something growing inside my soul seat as a strong yearning, a desire.

What was this yearning? Was it my ego's efforts to get attention? Why was it so uncomfortable?

My superego would chime in and repudiate any thoughts my ego had of being seen. Believe me, my ego had many ideas of how to get attention. Delusions of grandeur circled around my head daily in class. I looked for opportunities to be seen, to be heard. My superego was stronger and would succeed with words like, "Who are you to speak?" "You're not an expert."

My superego not only succeeded in keeping me down, but also judged and compared me to others. It sometimes judged and ridiculed others for their opinions and actions, especially those classmates who had the courage to share a lot. So I sat with this feeling for four years although it didn't really start

to emerge until the PS2 year when we were told to look at our shadows.

By the PS4 year it was a monster issue.

It had not been resolved through the previous years of therapy and it was getting bigger,

stronger and uglier. By graduation,

I sensed it coming on big

time. Graduation came and went, still no resolution. Then in October, four months after graduation, came the breakthrough.

I went to see my BIP. In one session he helped me pinpoint the cause of all this turmoil. As a result of all the work that we do in BBSH, we are uncovering a tremendous amount of essence. As our true selves emerge, we have a desire and longing to be seen in the world. We start by testing this out in the safe container of our small and large classrooms in BBSH. Because we have agreed to make this a safe place for everything in us to emerge, we have created a container for us to test ourselves. What I had mistakenly believed to be my ego's need for attention was really my soul's longing to be seen. Feelings of wanting to be seen and the superego's judgment of our actions creates a period of turmoil and conflict. We must go through this period in order to create what we are most comfortable with, for the only way out is through.

BBSH also creates a forum for our true selves to come forth through our creative projects and performances in week four and through our teachers' and classmates' reflections of these efforts back to us. We are like fledglings learning to take flight. When we graduate, some of us are more ready than others to start testing the forums of our communities and later the world.

Step by step we keep expanding our boundaries, testing the waters, contracting and then expanding again as our essence is constantly emerging in ever greater spheres.

As a recent graduate, I am in the process of starting my own practice. This is a big process for me, moving from working for others to working for myself. I am learning how to interface with the public as Natalie Rastegar, Brennan Healing Science Practitioner. I have a lot of fears and trepidations about this and I know many of my classmates are in a similar position, each emerging in their unique way.

However, essence continues to emerge, sometimes in the most surprising events. Paralleling my experience, my 71-year-old father recently opened his own medical practice. He had been working his entire life for others and just recently shifted to working for himself, paving the way for me. (Or did I pave the way for him by going to BBSH?) Essence is not stopped by old age nor does it remain static for very long.

What a relief to recognize and see things for what they are, not through the spectacles of fear, but through the broader perspective of our souls' desires and vision for us.



Natalie practices Brennan Healing Science in San Rafael, CA

The Path To Intelligent Muscles: Exercising Consciously

—by Dori Steiman Schoonmaker

Dori Steiman Schoonmaker (below), class of 2003, is a BHS practitioner living in South Orange, New Jersey with her partner and their son, Tyler. When she feels ready for more school, she intends to study to become a physical trainer.

Person A is on the bike at the gym. She is slumped in the seat, each peddle agony. She watches the seconds *sloooowly* tick by. She tries reading a book. She tries watching TV. The seconds tick by.

Person B is on the next bike over. She is sitting up straight and tall. She is breathing in a deep, rhythmic

manner. Every peddle is executed cleanly and specifically. She is focused. They both peddle for 15 minutes.

Which woman do you think got the better, deeper, more effective workout? Having been both Person A and Person B (sometimes in the same workout), I can guarantee you the answer is Person B.

As with anything we do, the more present we are, the deeper the contact with ourselves, and the clearer our intention... the more amazing the work. We exercise to improve our health and well being. We exercise to strengthen our circulatory system, flush the lymph system, and build strong

muscles and bones. Our fields are stronger and clearer after a good workout. We have better endurance and more physical capacity if we exercise regularly. We live longer and healthier lives.

We also exercise to look good—healthy vanity is a good thing!

But for many of us, exercise is so darn hard! Here's the thing:

Exercising is a wonderful opportunity to apply the Brennan Healing Science Awakening Skills.

Why is person B getting so much more from her 15 minutes? As with giving a healing, her intention is set, she is in deep contact with herself, she is witnessing her work, asking herself how to make it more proficient, making adjustments, experiencing the work, witnessing the change. She redirects the superego telling her it's too hard. She is fully present in this moment.

Let's look at it in the form of a bicep curl:

- What is my intention? To work this muscle, to tone and shape the muscle, to tire it out so it builds strength.

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The Zero Point Field

Continued from cover

While I restructured the Human-Energy-Consciousness System (HECS), Sherry worked deeply into the body. As we worked together, I noticed that Sherry was working very deeply into the physical body with her HECS. She could bring her consciousness deeper into the physical than I had ever witnessed before.

The results of the healing were profound and physically evident. While Glyndie had been in pain and had had difficulty walking to and getting on the healing table before the healing, during the last part of the healing she was stretching with physical pleasure before she got off the table. Her body regained its synchronicity and she flowed off the table. She slept the entire day after the healing and by Friday night she even went to the school dance for a couple of dances. Since I spoke about what Sherry was doing during the healing, a student asked a question and Heyoan answered. Here is the transcript of that conversation:

Q: *What is between the physical and the non-physical?*

A: BB: Heyoan is saying, "Nothing."

BB: Heyoan is saying that, "Although you, now in your conscious awareness, experience the physical and non-physical separately, before you learned of this work they were even farther apart. (You may have believed in the separation of energy and consciousness. You may not have experienced the HEF at all.)"

"In doing this work and learning to experience your being in every cell, you will eventually experience that there is no separation. At this point in your training, the levels of the field are a tool to help you go one step at a time, from the physical into the energetic. Yet there is no way to separate them in truth. They are only a tool to help you experience, shall we say, expanded states of consciousness, because in the past, you have been trained to only experience the five senses in a certain range of awareness and therefore you have defined life as such. When you expand and allow a broader reality into your belief systems, then the so-called interface will dissolve and oneness will be experienced as a normal daily life thing.

"Right now in your language you use the words 'being in presence' to speak of who you are in the moment and that presence can be in the physical. Being and presence always are grounded in the physical and also can be expanded outward. The difficulty here is one of boundaries and one of experiencing the self within a limited

boundary. Eventually, you will experience yourselves as existing everywhere in the so-called physical, meaning all of the physically manifest world and the so-called non-manifest, but there really is no difference. It is actually a matter of perception." BB: "He is joking."

"Are you looking for something like glue? That's the problem." BB: "He is saying."

"But still the body supposedly dies; however what it does is change form."

BB: "Oh ! Goodness!...He is giving me the example of the Vibuti! Of course! He is saying..."

"Do you think that the ashes that are left from your so-called body do not still have the consciousness of you?"

"Do you think at death you have completely separated from those Holy Ashes?"

"Do you think that you are completely different at death?"

"Do you not honor the Ashes of loved ones? Do you not dig up bones of ancestors and move them around?"

"Why do you do this? Because you know that that is Holy Ground."

"Have you not noticed on the beach, that you are walking on the bodies of many living beings that are still there and still maintain that consciousness?"

"Do you think that evolution is only for human beings in a human body rather than the entire world? So called manifest and un-manifest?"

"Do you not know that each life you live, every portion of your being maintains all of that knowledge no matter what the physical form is?"

"Consider the possibility that not only are you connected to this body and all others that you have had in so-called past lives, or parallel lives, or whatever the word you like to use from that limited perspective. But consider the possibility that you have experienced all physical matter there is and that you are indeed in that consciousness always, whether or not you are self-identified with only one body at this time. The difficulty here is the boundaries that you place around yourselves. You can find your identity in any piece of matter there is. No matter what the kind of manifestation."

BB: So he is saying, "I am sure that we have not satisfied that longing to find the glue, but glue is not the thing to search for, rather it is the experience of your true life that includes yourself in everything."

"So why then dear friends would you take on a limited self-identity other than to focalize consciousness in a certain area of being that needs to awaken? There is no other reason for such limitation. Thus you have come into this type of limited matter identity in order to enlighten that particular consciousness that is associated with that matter. You have created this vehicle to do so. But that is certainly neither the end nor the beginning."

“And so in this moment feel, know, see and hear. What this woman did so well in the burn ward as a nurse was to be in the body of the burn victims entering fully into that experience while holding hara, as you call it, holding complete presence in both bodies and thereby tremendous healing took place, because of the fusion of consciousness there. So we have two beings with tremendous knowledge and the consciousness becomes fused!

“What better way of healing?”

“And so, you feel the presence here in this quiet being, because this quiet being has integrated an enormous amount of presence, presence of consciousness, not only what was supposedly born into this body, but all of those individuals she cared for as a nurse. That is why the interface has been so captivating for you in the healing demonstration, because of this continued fusing of the physical and energetic consciousness each time. And so within this being is that sense of calm knowing. Knowing that which is beyond, shall we say, the normal description of physical life and boundaries. It is integrated into Sherry’s cells.

“Notice that the answers that we can give you to these supposedly “unsolvable problems” in this limited language are always answers of an order that takes you outside of the assumptions that are automatically made by you in your questioning.”

Let us look at what Heyoan is talking about from the perspective of physics.

So Heyoan is saying “Nothing^o” is between the physical and the energetic. What exactly is Nothing?

Much of the physical science we learned in high school and college is outmoded. Yet a lot of our concepts of reality are unconsciously based on it and help keep us confused. They are leftover from the view that the world is composed of little round solid ping pong ball-like atoms surrounded by a field of energy. If it’s not solid or a field, it is nothing at all. Thus, when we die, our body solids turn to dust, there is no organizing factor of energy or consciousness, so we become nothing at all. So Heyoan said it was “nothing.” From the classical perspective nothing is just that, but when we look at quantum physics, we get a different answer as to just what “nothing” is. Don’t get me wrong—these ideas of classical physics took us to the next step of evolution, but they were just a jumping off place for the next evolution, as are all new ideas.

As scientists dug deeper into the realm of subatomic particles trying to find the basis or foundation of all matter and its relationship to energy, new concepts had to be awakened within the scientists to understand the phenomena they were observing. One of the accepted old theories of thermodynamics was that when you make something cold

enough, (way colder than ice at 0 degrees Centigrade), all movement slows down and stops. Therefore there would be no energy or matter left at all. This was the idea in physics of the completely empty void of nothingness, the temperature at which all movement was to stop. (Sounds like death, doesn’t it?) Dr. Kelvin, one of the physicists who worked in thermodynamics, created a new temperature scale that went to zero at the point of the empty void of nothingness and named the scale after himself. So zero degrees Kelvin, to all physicists at that time, was the void, the Zero Point of nothingness, like death.

Yet, more experiments proved that one could not find a dead empty void at the Zero Point. Instead, Quantum physicists found a field of life. They called it the Zero Point Field. They learned that the Zero Point field is the field out of which subatomic particles constantly rise and fall into and out of existence in mini mini microseconds.

I first heard about the Zero Point field in 1978 when I was presenting a paper on the HEF at a special Institute of Electricity and Electronic Engineers meeting in Boston. I was so excited! Finally, there was a bridge between hard science and what I had been perceiving with HSP. They had finally found it; the zero point field is teaming with life!

It is the closest physicists have come to the boundary between matter, energy and “nothing,” but the “nothing” part just wasn’t “nothing.” In fact, “nothing” did not exist! Actually the “nothing” has more energy than all the manifest universe! Dr. Hal Putoff showed that there are fluctuations in the Zero Point Field. If one could tap into the energy in these fluctuations, it would provide all the energy we would need

to travel any distance in space. In one square meter of the zero point field in space, there is enough energy to boil all the oceans of the earth!

Now, since according to the laws of thermodynamics there is no energy at 0 degrees

Kelvin, there is something amiss with the laws of thermodynamics. Thus, we can also challenge the idea that all things slowly disintegrate (the second law of thermodynamics, called entropy). Rupert Scheldrake has done this beautifully with his teachings about the harmonic resonances of self-organizing living systems.

A key point about the zero point field is that it seems to have all the characteristics of the spiritual “void” or Brahma, referred to by many of the world’s sages. My use of the term Human Energy Consciousness System (HECS), can be considered to include all the fields of life, material and beyond the material. This would include what is called the “void,” the level of consciousness of no-thoughts and no self. But there is a catch! No thoughts and no self do not exclude the experience of aliveness or awareness. Yet the “who” that is aware is not an isolated self, as we can experience in deep states of meditation.

The BBSHE Professional Studies Process

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of course your love, that which you may be shy to bring forth.

Human beings spend a great deal of the time judging themselves as being wrong. We guarantee you that if you concentrated on your positive qualities as much as the negative ones, you would be much happier. Yet the first step of that process is to be truthful about all the aspects of yourselves, the so-called negative ones, that are still in forgetting. They are your aspects who have forgotten the divinity within them.

The Three Processes of Remembering

The first process of remembering (bringing each part of yourself into the full membership of unity) taught in this

school is one of transformation, looking into the self, becoming more honest with the self, accepting what is in a loving manner in order to transform and heal it.

The second process taught in this school

is transcendence, expanding and directly experiencing the higher aspects of yourself that you no longer identify with, those that are directly in communion with the Divine. Accepting the spiritual quality of yourself or whatever you name it.

And the third process of remembering is one of transmutation that will be taught later. Transmutation is experiencing both your transcendent qualities and your dualistic forgetting aspects at the same time. Transmutation requires not putting either aside, but holding it all and transmuting that which is held in separation. Transmuting it to unity.

The Importance of Direct Experience

As you walk your path in this training, we will seek to bring you direct experiences of higher concepts. Human language is very limited in terms of describing these aspects of human beings, so direct experience is required to learn.

Exploring Your Betrayal of Your Body

And so now, sit in your body feeling the aspects of your



Marie Ponsot and Laurie Keene assisting a student at registration

body. Where there is pain, where there is pleasure, where there is light, where it appears to be dark. Walk with me through your inner space, in your body. As you walk through each part of your interior notice that you are more familiar with some parts of your body than with others. Notice that you love some parts of your body and perhaps do not like, to put it mildly, other parts. What are the demands that you place upon your body that are unfair in the sense that your body is not yet equipped to do what you ask it to do? How do you, each day, betray your body? And what has been the result of this betrayal?

Now find the parts of your body that you have betrayed and misused. Expand the very center of your heart to include those places in tender, loving care. Simply fill those places of your body with love. Love is the experience of the timeless infinite.

Consider the possibility that that which is called disease or illness, that which is called pain, that which is called a negative feeling or emotion is simply ignorance.

Ignorance is the inability of any portion of your being to experience what it truly is, a personal experience of the infinite.

All creation arises out of the infinite and the manifest comes into being. What causes pain is that the “material world self” forgets that it is completely of the infinite. Rather than judge maya, or manifestation as negative, notice that you have simply forgotten your true ground of being in areas of yourself that judge. Those disconnected areas of your being create misconceptions to explain reality and out of those misconceptions of life arises an entire way of being in duality that is split in half.

And yet, of course, there is no way any of this could exist without your ground of being, the infinite, the presence of the infinite, the Divine which holds you firm and safe.

Your Spiritual Teachers

We of the spiritual worlds are simply here to teach you these very simple ways of being. Our main purpose is to help you reconnect with your ground of being in the divine; to help you directly experience the divinity within you and the true



Austrian students lead the Viennese Waltz

joy, which is the true life. Feel it now vibrating through your body, through those parts of your body that you have directed to serve you when you believe you have disconnected from the infinite. Yet, of course, that isn't possible.

These apparent disconnections from the infinite are caused by your desire to have something now that you have not yet fully co-created in your life. They are caused by split belief systems that have been handed down generation to generation as you have seen in the healing the



BBSHE Faculty (from left to right) Christine Waite, Irene Tobler, Sue Hewitt, John Shordike and Jan Janssen

You are taught ways to behave. You are taught not to trust the divine core of your being.

The Broad Scope of Healing

All of human history is full of experiences in which people thought they were connected to the divine core and then used the misinterpretation of love and religion to harm another. And so when we speak of healing, we are speaking of healing human kind, the human species.

This pain goes back through many generations, through many cultures. We are here to teach you that guilt is self-judgment; replace it with love. Your judgment of others is simply projecting your own problems onto another. Maligning and speaking negatively about other people is a sign of your experience of weakness and ineffectability, your inability to affect a change in an area of your life that you want to. Hatred is not the opposite of love, it is profound disconnection from pain that is then projected out onto another as if the other is causing the pain.

We are here to remind you that the universe is a divine, abundant, loving place and that it is your belief systems that cause your pain. And so this training is a retraining of how to be. It results in personal healing. It then gives you the ability to utilize the healing techniques to help the healing of others.

Healers simply bring out the ability of others to heal themselves. Healers simply remind others of their own truths; healers recognize, honor and confirm others. Healers do this in many ways, utilizing all aspects of human beings and all forms of communication.

We are here to hold you in the light, to recognize you in the light so that you might remember and recognize yourselves in the light of the divine that is within you and all around you.

It is through the personal process work that you will re-educate those portions of your being that are held in profound forgetting, that are no longer on the creative pulse of life, that have not been renewed with fresh energy and therefore are dark. They are not evil. They are simply profound forgetting.

“Evil” is conscious negative intent. That is when one is completely aware of the intention to hurt and then does. Of course there is a large scale of what that hurt could be. Yet under that negative intent that is conscious is still a belief system that is held in duality. There will always be confusion in any kind of negative intent. And thus from our perspective, evil does not exist, there are only beings that are still held in darkness, the darkness of forgetting, the darkness of duality, the darkness of believing that the world is terrible, dangerous and one must separate in order to survive. And yet it is impossible to separate.

Welcome to this Training

And so we welcome you into this training. We are here with you. Each of you has personal guardian angels and guides. Yes, we will speak to you now, and then help you meet your personal guides. Do not deny your personal spiritual experience.

What is Your Longing?

Who is it my dear friends that you long to be? Who is it



Students celebrating their first week at BBSHE

that you long to become? What are you drawn to? What does the spiritual, sacred longing in your high heart draw you to? Clarify now for yourselves who it is you long to become. Who do you want to be with all your heart? Feel it, see it, know it clearly throughout your whole body now.

Exercising Consciously

Continued from page 7

- I look at the muscle. I use my HSP. How does this muscle work? Where is the insertion and origin? What is my plane of motion?

- I make contact with the muscle. There are several ways to make contact with the muscle. Pre-contraction is the best way to communicate your intention to your body and get in contact. A great way to pre-contraction is to create an “as if”: *“As if the weight is 100 pounds and I can’t move it but I’m really trying.”* Then I lift my arm with that intensity. This informs my body, and specifically (in this case) my bicep, of my intent.

- So now I have very specifically and intently experienced one bicep curl.

- I was Witnessing my Experience. Now I ask, “On a scale of 1 to 10, how hard was that? Can I make it harder [more intense, efficient]?” Sure, choose an adjustment: “Are my shoulder blades pulled back and together [supporting the body in proper form]? Okay, now ‘as if’ it’s too heavy, I’m in there, lift the weight. Am I breathing?”

- “*Oh! This is too hard!*” shouts my little girl. “*You can’t do this!*” shouts my superego. This is where many of us put down the weight and do something else. Would we stop a healing here? No, we would do something with that nasty voice. Perhaps talking back, “*I can and I am!*” Or perhaps asking that voice to really get in there and see how intensely we’re working.

Or maybe I purposefully admire my bicep and think about that new sundress I just bought. (Vanity can help!) When that wounded little girl speaks up I include her. I talk with her about why we’re doing this. Or I let her have a fit—“*I don’t want to!*”...while stomping and throwing my arms around. And often with every rep, after I pre-contraction the muscle, I say, “*I won’t! You can’t make me!!!*” Or try cursing on the out breath. I love pushing away my problems, getting things off my chest every time I do a push-up. Ask yourself, what’s here now? Then use it!

Do this with every rep of every exercise. One of the major benefits of exercising mindfully is doing a lot more in a lot less time. If I can do 25 push-ups, I’m not doing them very well. If I do more than 2 minutes worth of crunches, I’m not really in there. Less can be so much more!

Many of us exercise punitively. We all hold wounding in our bodies. We all hold self-hatred. It often seems that our relationship with exercise is a holding of this pain. There are so many cultural shoulds about our bodies and exercise. So many places to hold the hurts. Exercising consciously is treating our bodies and our intelligence with respect and love.

Try it. Baby steps.

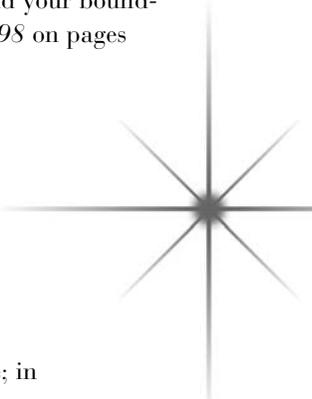
And remember—those little baby steps are hugely profound. A baby’s step is the movement of his entire universe and being. In every moment change can happen. Every rep is an opportunity to do it differently.

The Zero Point Field

Continued from page 9



The void, that can be directly experienced while in a deep state of meditation, can be found on the level of the Core Star,[®] both in the center of the Core Star and at its outer perimeter stretching out infinitely. The “black velvet void,” as I like to call it to take away the fear that many people project onto it, is teeming with unmanifest life. It is possible to directly experience this “black velvet void” and its teeming unmanifest life within the Core Star. The direct experience of this infinite boundless life is quite wonderful. It is the source within us and within every cell of our bodies out of which we build our human-energy-consciousness system, our bodies and our lives. The Core Star is our first manifestation out of the void into individuality. The Core Star is like the opposite of a Black Hole. It spews out manifest life! Heyoan described the Core Star, the Black Velvet Void and your boundaries in *Seeds of the Spirit 1998* on pages 105–120. I teach that information in PS4 Class 3.



All Brenman Healing Science graduates know how to work with the Core Star. Not so surprisingly, it is essential healing to be done in either organ removal or organ transplant surgery! Why? Because it is our source; in this case, the source of the organ. Retrieving core essence to the body area of the removed organ holds the energy of the organ in place and enhances healing. Switching core essence of the donor that was in the transplanted organ back to the original owner helps heal the original owner, whether or not he is still alive in the physical. Replacing the donor’s core essence with the recipient’s core essence from the discarded organ speeds healing of the transplant and makes it easier for the body to accept the new organ.

Since the Black Velvet Void, Brahma and the Zero Point Field are the source of all manifestation, I think they are one and the same. One is looked at from the perspective of direct spiritual experience and the other from the perspective of quantum physics. On the personal spiritual level, we tap into it with a clear intention to create life, what we want in life and our awakening. From the point of view of physics, we hope to expand our understanding of the physical world, develop equipment that will solve our energy problems, measure and heal our HECS and physically take us to the stars.

This beautiful, full individual that you wish to be with all your heart is who you are. It is who you are now. Consider the possibility that this is truth. Feel it, see it, hear it, know it. Human beings have a habit, and many of you in this room probably have this habit, of believing that you are who you are not. You self-identify with the negative, with the forgetting and you long to become who you already are. Yet, you think you are this other person!

Multicultural Mixing

Your narrow view of yourself is held deeply in your culture. Each culture of the world holds rigid boundaries of these negative views of individuals. I am sure you have noticed it. Each culture does it a little differently. One of the wonderful things about this training is that there are people here from many cultures. It is in the mixing of the cultures that you can learn how, in your own culture, you are held in rigid belief systems that help you stay identified with your limited self that is held in duality, that is split, while the greater portion of your being is who you wish to become.

We will walk with you step by step in this process, helping you, in your own timing, walk into a new broader experience of yourself that includes all of the aspects of yourself. So on one hand you may have identified with a narrow view of spirituality and tried to ignore the negative and then at other times you might switch and have a lot of self judgments about what's wrong with you and judge that you, in fact, do not have these wonderful, positive qualities.

Notice that as you live moment to moment, you change your self-identification according to how your physical and energetic systems are working, according to your environment, and according to the rigid beliefs that you have held for thousands and thousands of lifetimes.

We are giving you this information today to convey to you the broad expanse of this work, because each of you here who continues through this training will change and when you go home to your loved ones you will feel that, because there has been a definite change inside and you will be challenged, because you will be walking into your old environment with different energies.

Thus, individuals who go through this program are not the only ones that change. Your entire family will. So hold sweet loving caring for the members of your family who will be profoundly affected by this training, but will not be as privileged as you to be directly here. So many times in the beginning there is a struggle. Yet all families experience gratefulness because what you will bring home is more love, more caring, more presence, more empathy, and the ability to be with each family member. You will find new openings occurring everywhere.

Returning Home After Class Week

Do not try to become a healer of your family members. Do not try to explain if no one wants to hear; bring it back inside of you. We recommend that if you do not already have a place or space in your home that can help you enter into the spiritual, that you create one. Perhaps you can set up a little area in one room, perhaps a corner. You need to set up a place that is very personal, perhaps an altar. If an altar is not acceptable to your family members, then something else. Something in the physical world that will help you bring yourself to your center that you may be feeling now; perhaps a crystal; perhaps a work of art; perhaps some statue or a painting; perhaps a place you go and walk outside of the home; perhaps in the forest, on a mountain or a lake, find a place for you, that you can go to and be in the silence for yourself alone.

Perhaps a small crystal or statue of something that you carry in your pocket will help bring you to your center. It doesn't really matter what it is, but find something that another member of your family will not make negative comments about. Have it be accessible to you. A physical object is very useful to bring you back to center.

Another thing that is very helpful is a particular meditation or mantra. When you begin this path that does challenge your life, yourself, and your energy system to become present, it is good to have these simple supports; perhaps a book that you can open up and put your finger on a page and read. Probably many of you already have such books, and there are many, to help remind you to center. There are many, many things that are available now. We highly recommend that you have that and we would recommend that if you have that that each person here bring it tomorrow morning and put it on the front of the stage so that we can give a blessing to these objects. So find something before tomorrow morning and when you come in there will be a space on the front of the stage for you to place your object.

Aligning With Your Purpose Now

Align now with your purpose in being here. Align your hara line; experience this hara line like a tube, almost like a laser going all the way down to the very center of the earth. With this line of light, set your purpose once again, why you have come to this training; what it is you wish to accomplish, whatever that means to you now, and align it within yourself. Notice how this commitment aligns with your purpose to incarnate in this lifetime. Feel the presence of your guide and guardian angel in this room now. We are here to support and be with you. We do not do your work for you, yet we are here each moment to help you remember the truth of who you are.

As you align with your creative purpose, feel the confluence of energies from the Divine, that are coming down through you now. Once one is committed to a purpose, all manner of miracles occur, for you are opening to co-creation with a greater universe and so many energies come to you, for you have opened to them to flow through your fields now, here.

So be it.

Mark Your Calendars!

Annual Alumni Intensive

Class 5
June 8-12, 2004

Complete program schedule and registration information will be mailed to alumni in March!

We are delighted to invite all alumni to participate in the 2004 Alumni Intensive. This week-long program will be an opportunity for you to deepen your healership, connect with your colleagues and friends and re-experience the energy and magic of BBSH. The class week will include:

*Class and Channeling
with Barbara Brennan*

Advanced Healing with Class Deans

School Update

Professional Development

Alumni Class Facilitator, Judy Krusell

Supervision group

Alumni Luncheon

*Fun and Sun with
Old Friends and New Ones*

All BBSH has to offer

*We all look forward
to welcoming you!*

Barbara Introduces A New Workshop For The New Year:



“Creating Successful Relationships”

How we relate to each other greatly influences how we experience life...and our experience of life greatly influences how we relate to each other. Discovering the secret to true happiness lies in our ability to create healthy, nourishing relationships. Participants of this special weekend workshop will learn:

- *How the past affects their relationships*
- *How they attract the people they do*
- *How to understand what is happening in their Energy-Consciousness System*
- *Why they have difficulty in relationships and how to regulate their energy field to improve them*
- *Basic healing techniques centered on healing relationships*

2004 Schedule

Tokyo, Japan
March 19-21, 2004

Miami Beach, Florida, USA
April 16-18, 2004

Mondsee, Austria
May 19-21, 2004

London, England
January 9-11, 2004

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I WANT TO SHARE WITH YOU SOME OF MY FAVORITE
QUOTES FROM *SEEDS OF THE SPIRIT*® 2003,
CHAPTERS 5 AND 6, THE CHANNELING OF LAST YEAR.

—LOVE, BARBARA

“Your transmutation of life energies is not just the reuniting of energies that have been split. It is also bringing about a greater unification of life energies that have never been unified before. It is taking the process of evolution to the next step of unity in the awakening process of all life.”

“Love is pure. Love has no boundaries. Love has no conditions.”

“There is much more power in being centered in core than in maintaining boundaries of separation.”

“Choosing sides means supporting duality. Choosing sides enhances the split and makes it worse.”

“It isn’t that you represent the presence of the Divine. It is that you are the presence of the Divine.”

“Recognize your total and complete right to have joy in every moment of your life.”

*“Do not live a life of sacrifice. Live a life of sacrament.
Never give up anything that is healthy for you, for God.”*

*“Never deny yourself a true and real need, in the name of God,
that is sacrifice. The twenty-first century is a century of sacrament, not sacrifice.”*

Seeds of The Spirit® 2003 Is Now Available

If you’re a current BBSH or BBSHE student,
you can purchase your copy at class, or visit:

www.barbarabrennan.com



—Barbara Brennan

With Love, Gratitude and Respect...

Let gratitude abound!

See the love and light in each one.

Enjoy these times with your friends and families.

a happy and healthy new year.

I want to send you my best wishes for

H i E n e r y o n e !



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