

The Bleeping Herald

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September, 2006

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From the Filmmakers

Betsy Chasse talks about the value of looking back and seeing how your dreams and intentions from years past are showing up in your life today, and wonders what the next five years will bring. [Click Here.](#)



Articles this issue

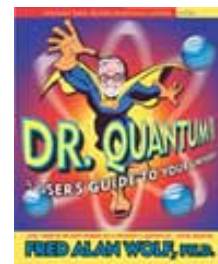
- **Discovery of self – inner city kids reframe their identity** - The Continuum Center in Minneapolis teaches troubled youth, prison inmates, teachers, health practitioners and corporate executives that attitude and how you think affect your life. [Link](#)
- **Transformational children's media – a different way to play** - In a time when three year-olds compete to enter preschool, Elora Media produces books and videos aimed not just at improving IQ, but to empowering the soul and children's innate creativity. [Link](#)
- **Enlightened Alliances, passion, and making a difference** - Janet and Chris Attwood started Enlightened Alliances, LLC, as a consulting company for enlightened peak performance training organizations, and found that a little simple *passion* was the key. [Link](#)
- **Educating for peace** - A student at the United Nation's University of Peace in Costa Rica talks about "Upeace" from his inside perspective. Can an institution created by a current international governing body truly educate for peace within the existing paradigm? [Link](#)
- **Hello again – this time from the heart** - Hello From My Heart day has expanded to an eleven day opportunity to help make a shift in the morphogenetic fields surrounding planet Earth. From September 11-21, try saying "hello, from my heart" to all who call. [Link](#)



If you would like to help Dean Radin, Ph.D. in his second experiment looking at the effects of distant intention on water crystals, then please go to psiarcade.com/crystal2/intro.html and assess 50 pictures of frozen water drops. It should take about 10 minutes. This study is a triple-blind version of his initial study. Results will appear in the *Explore* (explorejournal.com) in Sept., 2006.

A great BIG thanks to all our sponsors, vendors and volunteers who helped make BLEEPFest 2006 and rousing success!

In *A User's Guide to Your Universe*, Dr. Quantum (AKA Fred Alan Wolf) teaches that anyone can understand quantum physics. This is useful science you can learn to profoundly affect your day-to-day life. 6 CDs 7 1/2 hours of great information! [Click here](#)



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From the Filmmakers

by Betsy Chasse



How often do you wonder, “Where will I be in five years?”

Thinking back to August of 2001, I never would have guessed how my life was about to change – dramatically. Some of you may know my story of how I ended up working with Will and Mark on “Bleep.” I had created a list of things I wanted to have happen in my life: fulfillment, success, bills paid, a family, a beautiful home in the country - and within weeks of spending hours focusing on that list some of it seemed to be materializing.

But the details of how it would all play out were obscure. The details are still working their way into my life!

It’s always an interesting contemplation to focus on what thoughts the current realities in your life manifested from. I can distinctly remember the beginning of this particular phase in my life, and can see that that one moment five years ago when I asked myself, “Where am I going?” “What Do I really want in my life” lead me here. It’s comforting to know I wouldn’t change a thing.

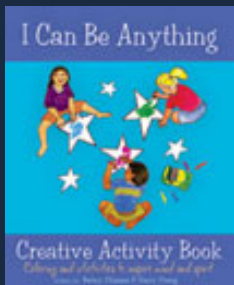
One of the things on my list way back in 2001 was to find someone to share my life with. In that moment I didn’t think of everything that would come into my life just from that one stated desire. I don’t know if it’s even possible to see all the potentials at once. There are so many possible roads to travel/tangents in anything we put our focus to!

One of the most profound potentials to show up as a result of that desire has been my daughter, Eloratheia. It’s almost unbelievable to me that she choose to come into this world during the wild time making the BLEEP and the early days of its theatrical release in 2004. Many of you may remember seeing her while I was on the road – before and after birth! I sometimes joke she came out of the womb saying “Ponder That For A While.”

In the last two years I have marveled in her ability to keep me in the now, and evoke over and over again an incredible intuitive sense of joy and wonder. I know it’s just the beginning. I wonder if she even asks herself where she’ll be in five years? Probably not – she’s so in the NOW it’s already part of her and she may already know!

Since her birth I have also marveled at what it takes to be a parent of a two-year-old and how it makes you think. For example, there is this feeling amongst many parents that videos and television are bad, and you should only read books to your children, and only certain books and then you have to look at the books, and vet the books ... and quite frankly, I kind of got stressed out about it. I thought, “Gosh, I can't let my child watch television.” And then I thought, “Well gosh, sometimes I watch television. And besides which, I’m a filmmaker!” I kind of felt like I was keeping something from her. [Next > 1 2](#)

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But it was interesting to me that, as much as I searched for them, there really aren't a whole lot of kids products that come from a spiritual, self-empowering mindset. So with

Eloratheia as my inspiration, guide and namesake, I started on my new venture, Elora Media. Desiring books and videos with messages that encourage a child's innate creativity has actually inspired me to create them!

So from one dream five years ago is born yet another dream: a new paradigm for kids' toys, books, videos and games for Eloratheia and all the children of the world.

This is the beginning of a new adventure! From Bleep to beyond! As I continue to learn new things from my daughter and to hear from you about what your children have taught you, I hope to share them in my new newsletter at www.eloramedia.com.

This issue of the Herald is kind of a back-to-school educational issue, with articles about a conscious educational curriculum in a high school in Minnesota, the United Nations Peace University, and a story about Elora Media. And finally for some recommended reading, I've just started *The Secret Spiritual World of Children* by Tobin Hart, Ph.D. with a forward by Joseph Chilton Pearce. It's insightful, inspiring and a great read even if you don't have children.

Enjoy!

Betsy Chasse

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by Cate Montana

MINNEAPOLIS, MN – Life changed for 12 year-old Careino Gurley the day Jane Barrash from The Continuum Center walked into his classroom in 1991. Placed in Harrison Secondary in north Minneapolis, a school for seriously emotionally and behaviorally disordered kids at the bottom 3% of state scholastic performance, Gurley, like every other kid in the room, had slid down the academic rungs to the last place the system would manage him.

Primarily kids of color, all the students at Harrison had been kicked out of treatment centers, other schools or hospitals. They represented the full range of problems coming from the inner city: poverty, domestic dysfunction, illiteracy, drug addiction, alcoholism and crime.

To say Barrash was met with disbelief when she started talking about how science shows humans are connected at the subatomic levels, and how thoughts and emotions and attitudes are connected to results in life, is an understatement.



“They called me ‘Crazy Lady’ at first,” says Barrash. “But after about three weeks they were intrigued.”

Following a workbook designed by Barrash and Continuum Center of Minneapolis, the children learned about concepts including the illusion of matter, the quantum leap, synchronicity, metaphor, and paradox. Pulling in West African, East Indian, Asian and Native American cultural perspectives and inner disciplines, blended with Western scientifically based self-regulation and imagery techniques, the children also learned diaphragmatic breathing and focusing strategies over the nine month course.

“We go through the concepts in the workbook with baby steps to make the material easier to digest,” says Barrash. “But at the end of it, they really understand that there is a different set of operating assumptions at play in the universe, and it's not about manipulating all the external variables - but more about developing what you've got on the inside.”

The proof of the course's effectiveness, of course, lay in the lives of the children themselves. Although the course was only introduced for two years, and no scientific objective measurements were done formally assessing students' performances and mental health after the course was taught, for Gurley, everything changed. [Next > 1 2 3](#)

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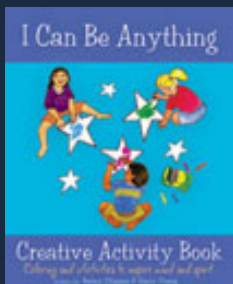
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"I was kind of a pessimist, and I think that comes just from being in the environments that I was born and raised in and not having the advantages that some other places offer," says Gurley, now 28. "I would say that I thought pessimistically about some things, especially in regards to that school. And she gave me some hope and drew on some of my strengths and let me know that I control basically how I feel about a situation. And I learned to remain in control about how I feel about a situation."

After the Discovery of Self course, Gurley chose to start applying himself in school. Soon he was moved out of Harrison and placed in a mainstream school. The first member of his family to go to college, he graduated and now is back in north Minneapolis (the neighborhood with the highest rates of crime and violence) as a mental health worker teaching life skills to kids that have been diagnosed with ADHD and Oppositional Defiant Disorder, as well as children on probation. He also serves as a football coach with Minneapolis Parks and Recreation, and works with Barrash as an associate teacher with the Discovery of Self program.

"I use the things that Jane discusses in her curriculum, and I use them a lot in preparing kids for football games, and helping them prepare for job interviews," says Gurley. "I tell people to imagine on a daily basis things going good. I tell 'em, 'Let's not focus and give the energy to what can happen negatively, but give the energy to what can happen positively; what good can happen.'"

Discovery of Self

Now taught in a variety of formats and curriculum lengths, Discovery of Self programs have been found to be equally effective for people in minimum and maximum security prisons, homeless shelters, regular schools and in corporate and medical settings.

Discovery of Self emerged from a partnership *project* with the Minnesota State Department of Education in 1984. Barrash, who currently heads up Continuum Center which was founded in 1979, started at Continuum when the two-year project, called Whole Mind Learning, was launched. WML trained 300 public-school teachers around the state in the background research and classroom applications of imagery, biofeedback, self-regulation and self-relaxation strategies. Gordon Wrobel, a school psychologist in the training, was working at Harrison Secondary.

"He saw how kids whole lives were in turmoil and they perceived that they had no control over anything," says Barrash. "He realized that using biofeedback and self-regulation strategies to control heart rate, blood pressure, respiration - those sorts of things, was a way to break into the prison of their thinking. When they found a way to create a place of internal refuge... that was a profound experience for them. Seeing that they had significant control over physiological functions when they otherwise felt absolutely no control, combined with this ability to create this quiet, safe refuge, really put these kids in a different place." [Next > 1 2 3](#)

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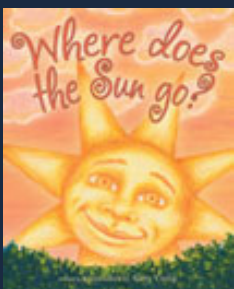
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Wrobel approached Barrash to see if together they could expand the development of those resources to create a shift in perception in students about their concept of self, and their concepts about how the universe works. The experiment started at Harrison Secondary in 1991, and a year later expanded into a maximum security prison where a strong connection was made with Native American inmates.

Since then, Continuum has served as an ad hoc resource center for many Native Americans leaving prison, helped beat the oppressive 80% recidivism rate for Native Americans leaving prison and continues to support them in a variety of ways.

Unfortunately when prison authorities realized that Barrash and the Continuum Center were becoming a resource for released inmates and thus a potential security risk, Barrash was not invited back to teach.

However, since 1995 the training program has been taken into many different organizations, businesses, shelters, medical centers and treatment programs, with great success and only minor curriculum changes necessary to match each audience. Even those familiar with many of the topics find it effective. "This material is so fresh and new that everybody is a kid," says Barrash. "The workbook was written for students operating at the level of a 12 year-old. But even to a corporate executive much of this is new information, so they are listening with the same kind of beginner's mind."

It only takes a small seed to grow into something remarkable. The next evolution of the Discovery of Self program is a Minnesota charter public middle school (later adding high school) which will be opening next fall. Called Continuum Academy: academic excellence, social and emotional intelligence, the school will carry the normal course curriculum of any public accredited school in math, science, history, English, writing, etc. Unlike any other public school Continuum Academy will also teach classes addressing internal concerns: how emotions affect bio-chemistry, how to regulate emotions and attitudes, and how to approach life with greater self confidence, self-esteem, and optimism - in other words, Continuum Academy will offer *all* the skills necessary for academic and social success.

The school, like the Discovery of Self programs, also will provide something kids rarely receive in public education: inspiration. "The stories from the kids, homeless adults, welfare-to-work mothers, corporate executives and others who take this course are just mind blowing and incredibly uplifting," says Barrash. "I think the medicine of the 21st century is inspiration. And there isn't a lot out there right now. But I think inspiration can, with some tools and proper orientation, be something that really can be used as a walking stick to move us all forward."

For more information www.continuumcenter.net

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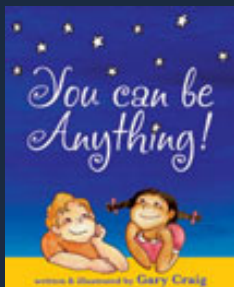
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Encourages kids to believe in themselves and their dreams. Save 10% with discount code BH906

by Mary Clarke

There's nothing like motherhood to make you think differently. Take Betsy Chasse, filmmaker for *What the Bleep Do We Know!?*.

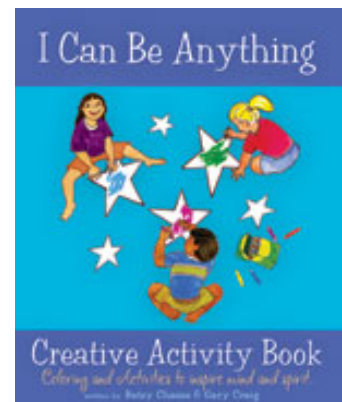
Production manager and line producer for over 30 Hollywood feature films, and president of Rampant Feline Films, producer of features, cable specials, and music videos, Betsy would be the first to admit that not every film she's worked on has taken the spiritual or moral high ground. In fact, quite a few have followed the typical popular formula of grubby human drama liberally laced with sex and violence. But now, post-BLEEP, with a two-year old daughter, Chasse admits having taken a long hard look at the world of children's entertainment and what it does, and doesn't, offer.

"I am very careful with what I let Eloratheia watch," says Chasse. "But, as a parent, whether you like it or not, you're a consumer. I can't keep her in my house forever. Everywhere you go now it seems like everybody is cross-platforming. You can't even go to a grocery store without walking down an aisle and finding cereal boxes that your child's attracted to. Try explaining to a two-year old, 'Well, we're not going to eat that cereal because we have moral concerns with the programming content it's associated with.'"

What's a mother to do?

In Chasse's case the answer was to start a children's media company. Dedicated to producing books, videos, music and games that build self-awareness, and provide children with "mental, emotional, and spiritual tools to enable them to handle life with confidence and grace," Elora Media is currently releasing three books. *Where Does the Sun Go?* written and illustrated by internationally renowned artist, Gary Craig, tells of the sun's adventures as it journeys across the sky. *You Can Be Anything* and its companion activity coloring book, *I Can Be Anything*, also written and illustrated by Craig, are thematically designed to not only evoke the creative power of imagination, but to reinforce children's capacity for personal effectiveness in the world.

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Elora Media carries music, such as Grammy Award winning songwriter Bunny Hull's "A Child's Spirit" and "Creation," as well as other music kits on CD. The company also sells noted children's author Etan Boritzer's What Is? series on its website. His latest release, *What is Peace?*, is number eight in a series that includes the famous (or infamous depending on your point of view) *What is God?*

"Most publishing companies - they're not looking for interesting titles," says Boritzer, "they're looking to make money. And there's nothing scarier for children's publishing companies apparently than addressing things like religion. So they don't touch it. Today nine-tenths of what children are reading are these kind of Disney books like *The Little*

Mermaid - entertainment types of books. And there's nothing wrong with that. But children have the capacity and the need and desire to get into the serious conceptual matters. And this is where I think the marriage between Elora Media and the What Is? series will be wonderful."

Not only will Elora Media products dive bravely into big concepts for little people, they will unabashedly focus on strengthening children's innate spiritual connectedness, and bolstering their feelings of natural "just rightness" – something that sometimes gets lost in the Baby Einstein drive for age-bracketed developmental performance markers.

Like many parents, Chasse has devoured child developmental books to make sure she's doing all the right things to ensure her daughters' success later in life. But she also had a big "ah hah" about the modern focus on children developing early reading skills, early potty training, early math skills, early everything, while working with actress Marlee Matlin on the BLEEP set.

"I was talking about Ella and how she was starting to walk or something," says Chasse, "and Marlee looked at me with pure joy in her face and said, 'I have the epitome of a princess in my house. She is 13 months, she has no teeth, she doesn't choose to walk, and she's perfectly happy.'

"Most parents would be in total panic mode at that point if their child wasn't walking or teething or whatever it was. But she's had four children and she knew that that baby was going to do what she wanted to do, when she chose to do it. And she was allowing enough as a mother to give her the space to be able to do that. And that was a great lesson for me."

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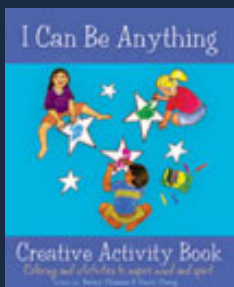
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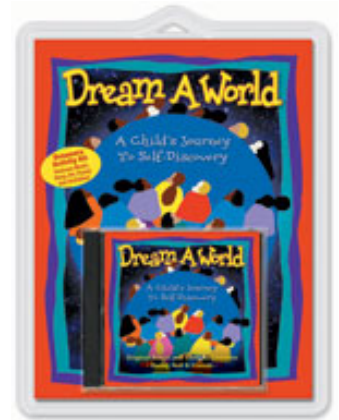
As a result of that insight, many of the Elora Media books, videos and games will be designed as interactive creativity builders that parents can use with their children that are not teaching tools so much as they are "permission tools" for children to let their natural creativity flow. It is a child's innate wisdom and powerful creative urges that Chasse believes are the fundamentals of spiritual expression - something that most books and games do not consciously foster.

"I think children's spirituality often becomes an afterthought," she says. "There's so many things we feel we need to get our children *doing* that we tend to forget who and what they really are inside.

"But if children understand and know themselves, and feel competent and confident as creators, I believe they can do anything. And that's really my intent: to create products to inspire children to know that they can do anything."

Check out Elora Media at www.eloramedia.com

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Enlightened Alliances, *passion*, and making a difference

by Cate Montana

In 2001, Chris and Janet Attwood partnered with best selling authors Mark Victor Hansen, co-creator of the *Chicken Soup for the Soul* series and Robert G. Allen, author of *Nothing Down*, the best-selling real estate investment book of all time. Together they created "The Enlightened Millionaire Program," a unique mentoring program that has taught thousands of people the principles of creating wealth in ways that benefit not only the individuals directly involved, but others and the planet as well.

Considering the dynamism of the people involved, it is not surprising the program evolved. "I remember Janet saying, 'You know, what it really feels like we're doing here is connecting so many great and wonderful people in the world and really making it possible to create a cosmic army to bring in this new age,'" says Chris. "And really, of course, we are just playing a small part in that. But out of that comment came this idea for creating alliances and long-term relationship between people who are really committed to making positive major differences in the world."

Thus Janet and Chris started Enlightened Alliances, LLC, a marketing consulting company that creates marketing programs and alliance relationships for programs like the Enlightened Millionaire, Harv Eker's Peak Potentials training programs, the Kabbalah Center, the Life Foundation Intl., and others.

The company expanded rapidly as Janet and Chris started implementing ways to increase their personal effectiveness based upon principles and methods Janet had set out in an ebook she had written years earlier called *The Passion Test*. Through the Enlightened Millionaire program the Attwoods then met Ric and Liz Thompson who had an idea for creating an online magazine called *Healthy, Wealthy nWise*. The four partnered on the magazine. Very quickly the foundational theme to the magazine's lead stories, which featured people like Wayne Dyer, Robert Kiyosaki, Neale Donald Walsch, Marianne Williamson, and Jack Canfield, became passion. Why passion?

"That's really the starting place for everyone in terms of being able to live their mission and to fulfill their purpose on the planet," explains Chris. "It really starts with understanding their passion."

Soon the magazine stories evolved into teleconferences, which expanded into tapes, transcripts and a CD series. People who ordinarily could not afford access to transformational seminars, were being assisted via the free teleconferences which soon were regularly pulling in 500 to 1500 participants. Sales of tapes and CDs to those who could afford them helped pay for the free teleconferences. **Next**

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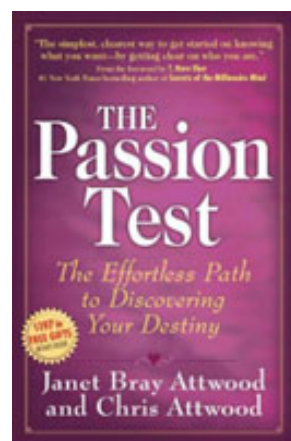
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For Enlightened Alliances it was full steam ahead. And then Jane “dropped a bomb.”

“Years ago I put as one of my top five passions that I wanted to hang out with the enlightened,” says Jane. “And I thought, ‘I’m going to do this.’ ... And I was thinking, ‘How the heck am I going to tell all my business partners that my passion is to go to India and Nepal to interview the enlightened?’

And how can I *not* do what I say my passion is when that's the book I wrote?”

She shouldn't have worried. Stoutly supported by her partners, Janet traveled to India and Nepal, interviewed over 50 avatars and other beings, and came home with about a hundred hours worth of footage from which she has created all sorts of products, including the beginning of a documentary. The trip also became the foundation for her rewriting *The Passion Test* with Chris and finally publishing it.



The book, which is now available, www.passiontestbook.com weaves the story of Janet's personal adventures in India, (which turned out to be filled with serendipitous events and connections) with an introduction to the Passion Test and a series of exercises the Attwoods have taught over the years to help people gain clarity about what their passions are and what that really means to them. It also includes intimate stories from people like Steven M. R. Covey, Jay Abraham, Debbie Ford, and John Hagelin, Ph.D. about the principles of passion and what they have learned, living life based from passion.

So far the book has garnered rave reviews from experts in the field of transformational living. “The Passion Test has given me incredible insight into what was missing in my life, where I was not 100% spot on in pursuing my passion,” writes Jack Canfield, co-creator of *Chicken Soup for the Soul*. “It’s simple, it’s easy, and it’s profound. Out of it came the creation of an organization I’d been putting off for six years and a fuller expression of my love and my commitment to my family. I think there’s nothing more important than that.”

And just think. It all starts with a little *passion!*

To order the book *The Passion Test* go to www.passiontestbook.com A huge number of supporting gifts are available FREE from the world leaders in transformational living and wealth to those who purchase the book during its September release special! For information on Enlightened Alliances, www.enlightenedalliances.com

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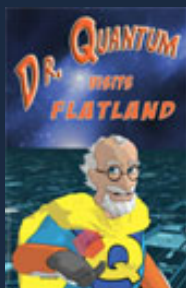
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Educating for peace

by Geoffrey West

Ciudad Colon, Costa Rica - Costa Rica is a country rapidly gaining in popularity as an eco-tourist destination. Located south of Nicaragua and north of Panama in Central America, this small country of about three million people is famous for its rainforests, exotic wildlife, and volcanoes. What is not so well known is that Costa Rica is the only country in the world that has voluntarily disbanded its military - a testimony to the world that it is possible to live in a war-torn region, and still be a model for peace.

Costa Rica, and Ciudad Colon are also home to the United Nations-mandated University for Peace, a unique educational institution that has been set up with the intention of preparing a new generation of peace-oriented people to enter the workforce with a commitment to change the world.

A short 15 minute bus ride up the picturesque hills above this town brings students and visitors to the University. Established in December 1980 as a Treaty Organization by the UN General Assembly, the Charter of the University states the mission of the University for Peace is to: *"provide humanity with an international institution of higher education for peace with the aim of promoting among all human beings the spirit of understanding, tolerance and peaceful coexistence, to stimulate cooperation among peoples and to help lessen obstacles and threats to world peace and progress, in keeping with the noble aspirations proclaimed in the Charter of the United Nations."*

This independent Charter, which has been endorsed by the UPEACE Council, was approved by the UN General Assembly to ensure academic freedom. The University is not subject to UN regulations and is directed by its own Council. This has allowed the University to move rapidly and to innovate, focusing its new, rigorous academic program on the fundamental causes of conflict through a multidisciplinary, multicultural-oriented approach.

The wider mission of the University should be seen in the context of the worldwide peace and security objectives of the United Nations: The central importance of education, training and research in all their aspects to build the foundations of peace and progress and to reduce the prejudice and hatred on which violence, conflict and terrorism are based is increasingly recognized. The Charter of the University calls for UPEACE *"to contribute to the great universal task of educating for peace by engaging in teaching, research, post-graduate training and dissemination of knowledge fundamental to the full development of the human person and societies through the interdisciplinary study of all matters related to peace."*



Picture of the monument at UPeace park

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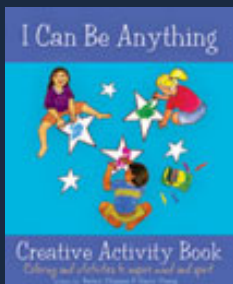
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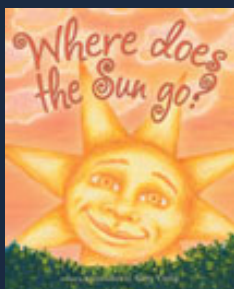
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Educating for peace - Page 2

Funding of UPEACE programs comes from the support of a number of donor governments, foundations and institutions who believe in the mission of the University. Fundraising for an endowment fund is in progress.

The vision of UPEACE is to become a network of collaborating UPEACE centers and activities in different regions, guided from its headquarters in Costa Rica and cooperating with a large number of universities, NGOs and other partners on education and research for peace.

Academic Programs

As a higher education institution, the University for Peace is committed to the teaching function, mainly at the graduate level. The research undertaken at the University is intended to be a meaningful source for strengthening its teaching function. Furthermore, research at UPEACE is intended to inform policy making in conflict prevention and global peace building.

At the present time, there are eight masters-level programs being offered through the university: Environmental Security and Peace; Gender and Peace Building; International Law and Human Rights; International Law and the Settlement of Disputes; International Peace Studies; Media, Conflict and Peace Studies; Natural Resources and Sustainable Development and Peace Education. The 2005-06 school year had roughly 110 students from 40 countries attending.

The majority of the academic programs have all their classes at the main campus in Costa Rica . What is new for 2006 is that Peace Education program will be experimenting with a dual-campus program, with part of the courses taking place in Costa Rica, some other courses in Toronto, Ontario, Canada, and then returning again to Costa Rica to finish up the year.

Life at UPeace

Life at Upeace is very much like a small, global community. This comes with its own challenges and its own rewards. Although the students are committed to doing something better for the world, there is one thing that remains at the heart of the experience – we are HUMAN. When I write this, I mean that every student who attends arrives with the “baggage” of her/his culture, religion, gender and life experience. No matter how hard many people try, it is sometimes hard to “let go” of certain aspects of ourselves. [Next > 1 2 3 4](#)



Geoff with my four “African brothers”

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During the past year, I am not aware of any significant tensions that have come up, but there must always be in the back of one's mind the willingness to keep the mind open to the experiences of others, and to be sensitive to the wisdom, and the "truth" that each beautiful, unique person is bringing to this melting pot of global awareness.

When the students arrive, usually during August, it is the rainy season, and by December it starts to dry out. It gets very windy here during late November and December and the hot, dry season takes over until roughly the end of April. Like most countries experiencing the effects of global climate change, Costa Rica is no exception, and this year has been noticeably cooler (thankfully for ME!!) with longer periods of wind and rain. This ALONE should be a good reminder to all of us of the importance of doing our work to help make our world better through making better choices that serve LIFE, instead of our individual, personal interests.

The year offers a chance for lifelong friendships (and even some relationships) to form, and this often is considered to be the greatest reward of what is shared between the students and faculty. I consider myself personally to be so very blessed and enriched by what each and every one of the students has brought not only to me, but also to the university itself.

It's not ALL about work however, and there are opportunities to relax, socialize and enjoy various events around campus and around the region. Some of the more interesting events that have gone on this year include the annual UN model conference, which takes place in March each year. This event brings participants from schools around the region to do a "mock" UN simulation of the General Assembly, the Security Council and various other committees. Participants can choose to be a representative of a country delegation, of various international organizations, or of the media.

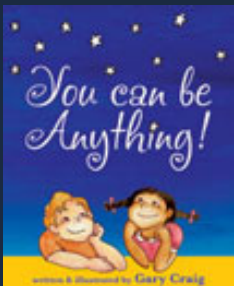
Another new event for this year was the introduction of Asian Fest, which was a presentation of food and cultural dress, and dance by all the students from Asian countries. This was a highly successful event, and led to a much greater awareness of the Asian cultures. The possibilities are almost endless, if one has the desire and the time to commit to doing something to help share knowledge, smiles and laughter across the many borders of our world! Of course there are the usual house parties going on if one feels so inclined to do so! Every so often, Mother Nature throws in an earthquake or three, just to stir things up a bit, and make it a rockin' good time around here!

Challenges facing UPeace

The guiding principles are honorable, as are the intentions of many great people who have, and still are, contributing to enhancing the reputation of this institution. [Next > 1 2 3 4](#)



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Like much of what is present in our lives these days, there are challenges. Like all educational institutions, they are forced to adhere to international standards for research, writing and grading to ensure that the degree the student leaves with at the end of the year will be one that is recognized internationally. Although this may itself not seem so “challenging”, what it does mean is that the university must still play “the game” within our society’s framework, as we have created it.

The institution also seeks funding from many countries and organizations around the world, and this also tends to have at least some influence on what is taught. Presently, I don’t think there are any government officials that would support the kind of education that would truly bring peace, (ie: connecting people to the idea that we are all ONE, for example) because if such a model were to be implemented, that government would no longer be able to justify its existence in its present form.

I believe a true education towards Peace must assist people in finding the tools that will contribute to their own personal inner peace first, before they can be expected to go out into the world and show others how to live in Peace. There are institutions that teach Peace. There are institutions that help people to attain inner Peace. I do believe one day we will combine these two kinds of institutions, because I am confident that more students will have higher expectations of their education.

This is NOT to say that UPeace is “bad.” I’m merely pointing out that it may not be appropriate to arrive with an expectation that miracles occur here. However honorable the goals are, it is like any other institution at this time. The good news however, is that many, if not all, of the faculty do allow at least some flexibility for sharing one’s own message. I am an example of this. Although part of the Peace Education program, I am writing my thesis on a document that I have been working on for years, a Blueprint For A New Society. I have been critically questioning many elements of the program and of society through my personal spiritual and social beliefs. Many professors have found this a bit refreshing, and indeed I hope many future students will continue to follow this path!

So, while not perfect UPeace is one example of place where possibilities...maybe even YOUR possibilities, could begin!!

Written by Geoffrey West, Masters-candidate, Peace Education, University for Peace. 12APR06

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Hello again – this time from the heart

PORT RITCHIE, FL – A year ago The Herald reported on the Hello from My Heart movement started by Gary Schineller, an ordained minister in the Universal Brotherhood Movement, a Reiki Master and founder of the Council of Metaphysical Ministries. Originally organized as a simple county-wide “Hello Day” in Pasco County in 2000 by Schineller and other ministers who were looking for ways to improve the friendliness quotient of their community, the movement has blossomed.

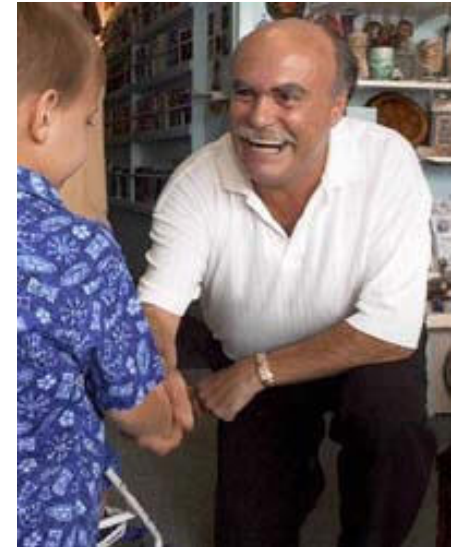
The idea is a simple one: for one day a year answer the phone, and greet people in person, not the usual way, but with a smile and a warm, “hello from my heart” and see what a difference it makes. “Try it,” urges Schineller. “See for yourself.”

By 2003, the movement had spread to over three dozen counties around the U.S. and 22 countries, and the local Winn Dixie food stores and the Tampa Tribune were onboard. By 2004 Schineller was compiling crime statistic comparisons from the sheriff’s departments in the participating counties to see if the simple greeting made a difference in the crime rate for one day. Although not a scientific study, Schineller says he saw a noticeable decline.

Since 2004 Hello From My Heart Day has been held on September 11th as a way to counterbalance the national grief surrounding the Trade Towers’ destruction and other terrorist acts that day. This year the day has expanded into an eleven day celebration of peace and goodwill, running from September 11 through the 21st, the United Nations International Day of Peace.

“We can create a happier, healthier, and more peaceful planet,” says Schineller. “Will you be a hero and participate? Will you say, ‘Hello from my heart?’ It’s really that simple. But it takes commitment.”

For more information about Hello From my Heart, www.hellofrommyheart.com



INSIDE THIS ISSUE:

Applied Kinesiology and its evolution

by Dr. Gordie



Due to the many inquiries I receive about muscle testing, I have decided to again review the wholistic concepts of applied kinesiology with some thoughts on its evolution.

What is "AK" or applied kinesiology ? Today I hear the term "kinesiology" used synonymously with "muscle testing." Like many topics these days the term has been used yet not completely understood within the context of its original

definition.

Muscle testing was developed in the 1940's at Johns Hopkins as a means to grade physical disability. Kinesiology is simply the study (ology) of motion (kinetics). All of the systems of "kinesiology-muscle testing" stem from the genius of Dr. George J. Goodheart Jr., DC. In 1964 Dr. Goodheart used this muscle testing method to examine a patient's shoulder problem. He was able to achieve diagnostic results previously unattainable. Since that beginning, Dr Goodheart and many others have added numerous techniques of examination and treatment to this diagnostic system, which is based on using the immediate feedback of a change in muscle strength.

One could guess that "applying" the study of motion to the body, particularly in this sense, would be to "apply kinesiology" to the body. In hindsight applied "physiology" (the study of the function and organ of a living body organism) would now be more accurate a name, as the information of this testable system has expanded far beyond the original idea of motion. Today what is immediately "testable" ranges from the simple function of a muscle acting on a joint, to the relationship of nutrition, chemical toxicity, meridian energy flow, lifestyle habits, thought patterns, and on and on. One could well ask, "What cannot be tested? Where is the limit? How do we know we are staying real and valid in our scope of evaluation?"

AK uses functional neurological evaluation to assess the important aspects related to health, and is unique in today's health discipline as it produces a means of measuring the effect of a therapy IMMEDIATELY. In fact, a therapy is only applied/prescribed after it demonstrates an immediate improvement in muscle strength.

There are three main areas that need to be addressed when dealing with personal health. The first and often most important is structure. This is the relationship of one body part to the next. This is where the great majority of sensual input comes from and nervous output goes to. The physical alignment and smooth efficient operation of the skeletal, muscular, skin, visceral, cranial, and neurological systems are in this category.

Individual perceptual and emotional experience has a lot to do with the proper alignment and function of the physical tissues. You do not wake up in the morning and say, "Oh my amino acid one is really killing me today!" You wake up and take notice of your bodies' "physical" parts, likely to say, "Oh

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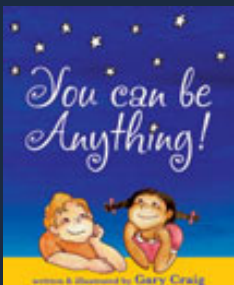
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Applied Kinesiology and its evolution - page 2

What are those “structures” made of? How do they repair, regenerate, grow, and communicate with one another? Chemistry. The tissues are made of cells, which are made up of molecules. These molecules we can call chemistry. So at a deeper level the presence of proper chemical molecular substances, the presence of improper chemical molecular substances (toxins) and the proper “direction” of those molecules is vital to health.

The saying at Grandmas National Foods (the health food store where I worked when I was 15) was, “You are what you eat.” More accurate to say, “your physical body is what you can assimilate (digest or absorb), then direct into play by the proper usage of those molecules relative to the information presented to the surface of the cell at the receptor site, as guided by thoughts which work within your current genetic capacity as directed by your soul’s agenda, until you change your mind, to change it all!” Most people find it easier to say you are what you eat”.

AK looks at a third category of “emotions.” Forming a triangle ([see picture](#)) of STRUCTURE CHEMISTRY AND EMOTIONS. Personally, I chose to evaluate this into STRUCTURE, CHEMISTRY AND ELECTROMAGNETICS (ENERGY) ALL EXISTING WITHIN THE FRAMEWORK OF THE SOUL’S AGENDA ON CHOICE OF DNA, ULTIMATELY PLIABLE BY CHANGE OF MIND.

The chemical molecules are made up of atoms, which are made up of subatomic particles. As Amit Goswami says in What the Bleep “atoms are not things they are tendencies.” The particle wave/ dilemma! The body is solid, or at least seems so, yet it is made up of sub atomic “particles” that are actually “waves” until observed. Which implies something (or some “one”) is observing your body into its health and its disease. Right?

Why this tangent? With this information we should throw all our other knowledge away and just change our minds. Right? Gladly yes! Yet clinically it usually doesn’t work that easily. First we need to develop the ability to observe (focus) deep and long enough to make instant lasting changes on these chemical and structural systems.

AK wisdom has taught us that health is a balanced triad of structure, chemistry, and energy, having an effect on mind and emotions and visa versa. Any side of the triad affects any other side.

Every muscle in the body relates to a specific organ or gland, and acupuncture meridian. Each organ has specific chemical requirements to do its job (produce other chemicals). Each meridian has a specific energy flow, season, food, emotion, and strongest hour of influence. So when a skilled AK practitioner is testing your muscles, they are not only testing the muscles, they are testing the cranial bone relationship, acupuncture energy flow, structural joint integrity, specific organ relationship with specific nutritional needs. and the presence of toxic substances. The specific muscle can represent all of these factors (and more) if the tester has knowledge of how to do the tests properly. [Next > 1 2 3](#)

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“Kinesiology” is often reduced to a parlor trick where the tester is using the strength of someone’s arm (usually in a non-specific pull-down test) to demonstrate the effect of some product or device (often that they are trying to sell). Whether the product or device is valuable not, this type of test leaves a lot of room for question.

There are various forms of “kinesiology” that have been developed that focus on only one side of the triad. Many of these help people, and that is a wonderful thing. Where difficulties begin is where, for example, a practitioner is looking for an emotional cause for a problem when the patient is suffering from a thyroid chemical imbalance that has caused excessive emotional behavior; or the doctor is trying to correct candidiasis, giving all the right supplements and the patient cannot produce enough hydrochloric acid in the stomach due to thoracic spinal misalignment and cranial due to a whiplash injury.

Applied kinesiology, or holographic kinesiology (which I practice), or educational kinesiology (insert your favorite here), are all excellent evaluation tools. And yet they are only as great as the question you can ask, based on your knowledge.

“Applying” kinesiology to the spiritual realm is another matter. I once designed an experiment with a well-trained colleague to test various unknowns using muscle testing to “remote view”. Our answers (the testers were blinded to variables) averaged no better than guessing. What does that say about using kinesiology to explore unknown realms? Maybe the test is only as good as the testers’ ability to see beyond present time.

Further investigation is required with people proven to be reliable as valid remote viewer because if it is impossible to check on the validity of a test we must, as true scientists, take care not to treat it like science “fact.” All of the AK principles can be, and have been, checked with other means of investigation. Holographically I practice with the hypotheses that the soul directs the DNA (we know environment does - see Dr. Bruce Lipton’s work), and that the mind and its choices affect all of the above. I have based this hypothesis in phenomena I have directly experienced, and which I have witnessed other people who practice active forms of meditation and focus experience).

With so many types of kinesiology out there what is one to do? Start your information search at www.ICAK.com. This is the original organization based on Dr. Goodheart’s work. They try to maintain the highest of educational and scientific integrity, and are the only kinesiology organization that requires passing a test at the end of a course. They have various levels of “certification.” As with any organization they have their limitations, but it is a good place to start. Also Dr. Robert Blaich D.C. DIBAK has an excellent book on AK for the public available through my office. Find a good AK doctor and go get tested for what ails – and heals you.

To your health,
Dr. Gordie. www.drgordie.com

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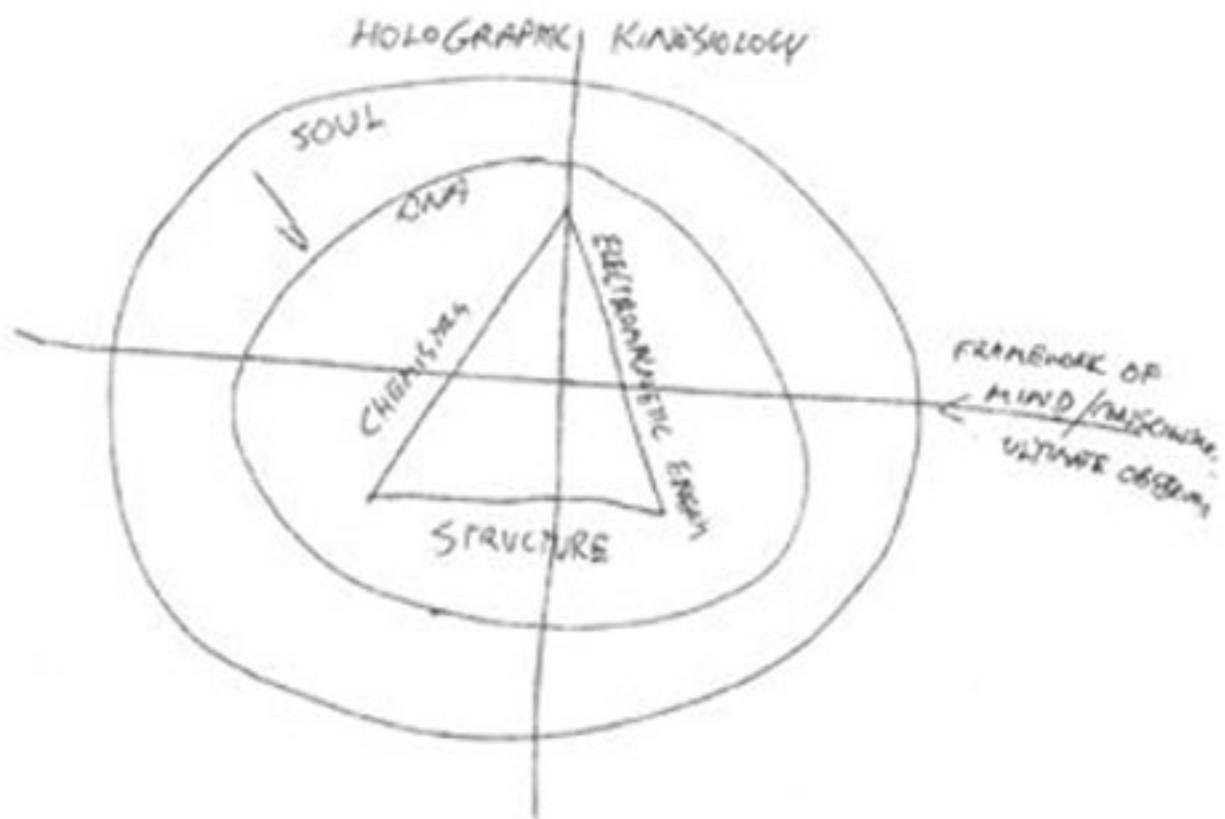
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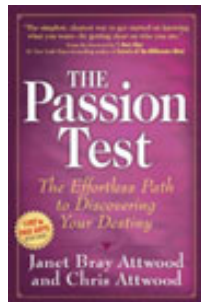
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The Passion Test: The effortless path to discovering your destiny



Review by Cate Montana

Everyone wants to know who they are, why they're here and what wonderful destiny is lying in wait for them. In *The Passion Test*, Janet and Chris Attwood make it clear: there isn't a wonderful destiny *waiting* for you. You've got to create it.

Now by create it they don't mean a dogged, willful manipulation of circumstances to force events. No, no, no. They mean you have to *discover* what your innermost, most glorious, fulfilling, unique-to-you, outrageous passions are, get clear on them, intend them, and then let Life/God/Grace/Serendipity/Source/The Universe – whatever you want to call it – magnetize the events, people and circumstances into your life that resonate with and can fulfill those passions.

Sounds easy doesn't it? Well it is, especially with as fun and readable a guide to the process as this book is. I mean, they even boil it down to one mantra: *What you put your attention on grows stronger in your life.*

Perhaps you've heard that before? Well, *The Passion Test* shows you how to do it by laying out step-by-step techniques to discover your passions and create their fulfillment. And it does it in a way that makes the pages practically skip by. Blending light-hearted yet effective methods with the inspiring story of Janet's personal journey pursuing her own greatest passion (traveling to India and Nepal to meet enlightened saints!), the book also supplies interviews with some of the world's leading transformational teachers like Jay Abraham, Debbie Ford, and Stephen Covey.

Meaty, delicious and truly inspiring, *The Passion Test* is a book you will find next to impossible to put down. Better yet, it will probably change your life ... if you let it.

To order the book *The Passion Test* go to www.passiontestbook.com

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Book Review

Generally we review new releases in the book reviews. However, there are some books that have been out for awhile that I've found many people are not aware of, or, if they are, they think, "Oh, that's some book from the 60s" (or whatever). [Next > 1 2 3 4](#)

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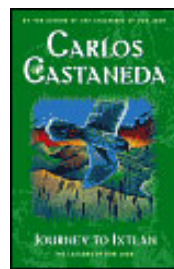
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Personally I think the books of Carlos Castaneda are among the finest books ever written . So for this issue I asked to have reviewed Journey to Ixtlan. For those starting in on these books, it's really the place to begin. (After that go to Tales of Power. If you want more I'd skip Second Ring of Power and go to The Fire from Within.) If you decide to embark on The Journey with Carlos - you're in for a real treat!

Will Arntz

***Journey to Ixtlan.* by Carlos Castaneda**



Review by Katie Elliott

Journey to Ixtlan is one in many books by Carlos Castaneda that unravel the authors' journey toward learning the way of the warrior. What makes it so interesting is the relationship between Carlos and his mentor, a Yaqui Indian named Juan Matis. Don Juan, as he is called throughout the stories, is a laid back, old wise man with a great sense of humor and a huge abundance of knowledge and power. Carlos is an intellectual skeptic who seeks out don Juan with the hopes of gaining more knowledge on psychotropic plants. Soon Carlos finds himself as the new apprentice of this strange sorcerer and fortunately for us, took excellent notes on the teachings of don Juan along the way.

The book is set up so that each chapter has a different lesson on a specific topic which, when accomplished, creates the path to becoming a warrior. In each of these chapters Carlos plays the perfect foil for don Juan's antics which keeps the reading light and humorous while presenting important lessons and techniques for gaining personal power and mastering the path. Carlos must learn lessons like losing self-importance, using death as an adviser, being inaccessible, and becoming accessible to power while he battles with himself about the validity of the teachings and the overall sanity of don Juan. Carlos is constantly questioning and doubting don Juan and is constantly boxing himself into corners where the only way out is by applying the teachings he is so unsure of.

One of the many important lessons for Carlos is the realization that our everyday world is really nothing more than a description of the world that has been presented to us at birth and reiterated over and over again. "For don Juan, then, the reality of our day-to-day life consists of an endless flow of perceptual interpretations which we, the individuals who share a specific membership, have learned to make in common."

This is important information. The world as we know it is colored by our own perceptions, experiences, knowledge, etc., and the only way to get around that is to acknowledge this fact and open our eyes and minds to new possibilities. So don Juan has the major task of teaching his apprehensive apprentice to "see" the world rather than just to "look" at it. [Next > 1 2 3 4](#)

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“One had to learn the new description in a total sense, for the purpose of pitting it against the old one, and in that way break the dogmatic certainty, which we all share, that the validity of our perceptions, or our reality of the world, is not to be questioned.”

One cannot learn the way of the warrior or the sorcerer without knowing how to “see” the world differently. In a way, it’s a lot like math. You can’t learn fractions until you understand division. Just like some of us have a tough time with math, so Carlos has a tough time with “seeing.”

“Fortunately, in the case of my apprenticeship, don Juan was not concerned at all with whether or not I could take his proposition seriously, and he proceeded to elucidate his points, in spite of my opposition, my disbelief, and my inability to understand what he was saying. Thus, as a teacher of sorcery, don Juan endeavored to describe the world to me from the very first time we talked.”

Even though at times it is hard to imagine a student more resistant than Carlos, he is able to learn the information and bring to himself his personal power. Don Juan is a patient teacher. Neither he nor his teachings are judgmental, and, as he presents the steps, he often sits back to laugh even while helping Carlos struggle through. Somehow he knows Carlos will eventually come around to accomplish great things, and he does come around.

Don Juan is a most interesting “spiritual teacher.” Fifty years ago this information would be hard, if not impossible, for a person to get their hands on. Fortunately for us, we live when this information is more readily accessible! The lessons presented are unique and powerful, and they provide a lot to think about. There is no better partner to go on this journey with than Carlos Castaneda, because at times you will find yourself thinking, “Well if he can do it, I can do it!”

BATTLESTAR GALLACTICA



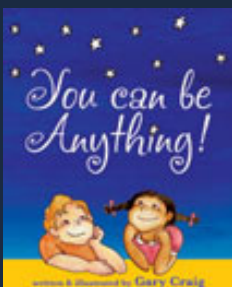
Review by Kate Ansell

Yes, it’s a remake of a 1970s TV sci-fi series, I know. Just hang with me for a moment.

Gritty, taut, riveting, and sometimes astonishing, Battlestar Galactica, now entering its third season this October, takes an uncommonly introspective look at the topic of artificial intelligence and where it might be leading us. That’s right. Leading us.

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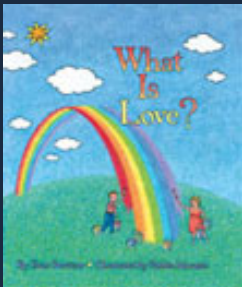
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In his book *The Quantum Brain*, psychiatrist and physicist Jeffrey Satinover writes, "For precisely the reason that consciousness is in some mysterious way associated with a certain kind of organization of matter - the densely integrated, nested hierarchy of matter engaged in parallel computation - we are one day soon very likely to create conscious devices, for good or for evil... I think it quite possible that, in my lifetime, we will have at least come close to creating devices whose intelligence and capacity to self-propagate and evolve even further will greatly outstrip our own."

"Perhaps the first appearance of truly self-evolving machines will mark the end of our own evolution. In any event, I think it far more likely that we will either exceed or destroy ourselves than that we will understand ourselves."

It is precisely this knife-edge vision of AI that *Battlestar Gallactica* examines. And it does so in a way that leaves us in no doubt as to who is potentially the better "man" in the struggle between humanity and its cyber off-spring. Unfortunately that revelation varies depending on which episode you've just watched. A teeter-totter, nail-biter, you're never sure who you're rooting for - or who you *should* root for.

The writers of *Battlestar* are apparently in some agreement with Satinover, for they hone in on the same vital questions. Will humanity blossom into some semblance of self-understanding before it creates the tools for its own destruction? Will a cyber race (known as the Cylons in *Battlestar*) outstrip us in the "humanity" department, developing deeper compassion, moral strength and spiritual insight than we ourselves are capable? Will they become our teachers? Will they mirror our darker side and eradicate us in a bid for power and dominion? Or like us, will they struggle endlessly between the light and dark within?

For those bored with the Star Trek squeaky-clean vision of space-faring, *Battlestar Gallactica* will provide a refreshing change. Its radical cinematography makes each episode more like an in-your-face-I'm-really-here experience than a TV show. The characterizations are incisive, and unrelentingly real. And the producers never lose sight of the deeper questions that drive the show.

The first two seasons are available on DVD. I highly recommend catching up on the previous seasons before diving into the third season opening show next month. Enjoy. [page 1 2 3 4](#)

INSIDE THIS ISSUE:

Bleep Groups Update

by Janet Rae



Hi from all the groups around the world. The growth and connection of the Bleep Study Groups continues to astound and inspire us. The growth is faster and larger now than ever before! We are now forming a first of its kind worldwide community — with groups in 15 countries and 5 continents. The coordinators of these groups are moms, engineers, salesmen, computer programmers, etc. -- all with a desire to evolve, grow and connect with like minded people. The groups gather to socialize, to study, to practice creating life, and even just to feel connected to like-minded people.

You can either join an established group or form your own. Those who decide to start a group will be “on the court” in creating something from nothing in the Quantum Field. It is truly a rare and unique adventure. Some of our coordinators have become quite skilled at creating life and have made major moves to other parts of the country while creating new work or career paths. We provide a structure to support all the group coordinators through conference calls and online support. If you are interested in finding out if there is a group in your area, go to whatthebleep.com/groups and fill out the form. If you are interested in finding out how to start a group go to whatthebleep.com/group and fill out the form for to be a Bleep Group coordinator.

As always, we highlight a Bleep Group every month. This month’s group is from Noosa, Australia. The group coordinator, Margo Gibbs fills us in:

Our group is going from strength to strength. We have had three meetings so far with seven active members attending plus a couple of others who mainly receive our meeting updates by email. We have started working through the Noetic Sciences’ Beep Study Guide, although we haven't even finished Chapter 1 yet. This workbook has been an excellent discussion starter. During one meeting we had a lengthy discussion on how do paradigms shift. Many of the group found that from their experience, pain, trauma or some other sort of dramatic action seemed to be attached to their own paradigm shifts. Whilst we concluded it is possible for paradigms to shift without some kind of pain, for most of us this, at least in the past, was not the case.

We are also excellent audio material that I access through 'Shift in Action'. We have listened to Amit Goswami’s Living Deeply audio material and hope to use more in the future.

Last week we had a screening of 'The Secret' and I have encouraged our group to have a look at Wallace Wattles material since it was his book "The Science of Getting Rich" that started the producer of the movie on her quest to learn more about the law of attraction.

Keep up the wonderful work,

Margo Gibbs

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Letters to the Editor

To the Editor –

Hello there. I'd like to respond to the question that Betsy Chasse posed,

“Can we just be the change we want to see? Is that enough?”

I too have wanted to help the world in some way and have felt my own pain inside about that feeling of inability to really make a difference. There are so many aspects to mastering this part of consciousness for me but I'll share what I can. A really good lady friend of mine brought something to my attention about my attitude here and it was this:

"Do you really think that each individual, and the world, for that matter is not capable of taking care of themselves? What kind of judgment are you placing on the world or anyone that they need fixing? Do you really believe that there is anything not in perfection? It's all just a matter of perspectives. Take the high road and remove yourself from the aspect of drama that creates pain for your self.

Both my partner and I have had dreams of the destruction and annihilation of humanity and the planet, and we were given a glimpse beyond the apparent drama to the actual source on the other side. The source was love. Endless love. The dreams were symbols of the truth, or signs pointing to the truth. Not the truth itself. So I don't see the world ending badly anytime soon.

See yourself changing the world through the letting go of your own sorrows, your own pain body, your own negative thoughts, your own limiting patterns. Visualize whirled peas, or whatever it takes to stay "light" in the world but sincere. Reduce stress. Have a good time. Love someone, starting with yourself. Have some really good connected sex

There. Doesn't get any better!
- Allen Smith. Tucson AZ

Dear Editor,

Your article on water in Health Matters is somewhat outdated. It completely ignores the extensive scientific research of Dr. Huldah Clark who has definitively shown repeatedly the harmful effects of chlorine, especially that of chlorox in common laundry bleach. Chlorox contains the 5 toxic ingredients common to every cancer tumor analyzed for their presence. Spring water may be no safer than other water if it is stored in bottles that seep chlorox or if laundry bleach has been used to clean equipment or anywhere in the processing. Also filters can make water toxic and lethal to drink if carbon in the filters has not been treated properly before use and most do not remove chlorox. [Next >](#)

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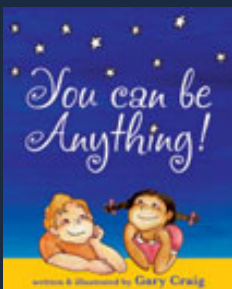
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Letters to the Editor - Page 2

The world needs to know that NSF bleach is the only safe one to use and that removing chlorox entirely from our environment would go a long way toward improving health matters worldwide.
- Joyce Wilkinson

Dear Editor –

Hi, and thank you for your work. We all know the world could use it. Knowing that we create our realities, I feel that an awareness campaign on the issues of peace and global warming would be of benefit to all.

Maybe you could start a "Think Cool" campaign to combat global warming. What the Bleep has such a wonderful following and has gained a group of 'like minded' people that could immediately set about on the project in meditation.

Similarly, a "Think Peace" campaign could do wonders too. The fear mongers are doing their job - maybe too well. A major effort to offset them is probably just what we all need. I, for one, would appreciate your efforts in this regard. Keep up the good work and thanks again for the movies!
- Gary Mawer

To the Editor:

Articles like the one by Theodore Dana Hall and Betsy Chasse's hijacking WTB for her political belief system under the auspices of "Enlightened Activism" diminish the ability of WTB to raise consciousness. If you are going to enter the arena of politics you need to find conscientious people with different points of view, who get WTB, and publish more than one side of an issue. Make writers write about what they learned from the person(s) with the opposing viewpoint(s), and what they became aware of by taking the time to understand someone with a different perspective. WTB has such enormous potential to raise consciousness and bring people together. Betsy Chasse of all people should realize things aren't always the way they appear to be even if you are surrounded only by people that agree with you. It is a great tragedy to see WTB become another low vibration source of divisive points of view. WTB is about coming together, not dividing people.

- Mark Erwin. San Diego, CA

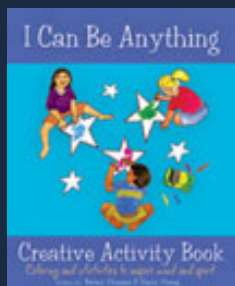
Dear Editor –

I very very much appreciate the love and sweat that was poured into this production. I especially appreciated the background information. Hearing about the thought process and evolution of the film was invaluable to me. Thank you so very much for your love and service to humanity! Many heartfelt thanks.

- Hadas Weinstein

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