



To get a full understanding of this website as a resource for spiritual seekers, please see the links below:

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Personal Growth: Book Excerpt of 'The Healing Path...' - Illness As An Inward Journey

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Personal Growth: Book Excerpt of 'The Healing Path...' - Illness As An Inward Journey

By Marc Ian Barasch

Illness As An Inward Journey

by Marc Ian Barasch (MarcBar1@aol.com)

The Healing Path begins with an event that changed my life as violently as an earthquake wrenches a river from its course. Its medical label, "cancer," means little. Like other words that try to describe deep human experience--- love, hatred, joy, grief---it only hides the enormity it signifies. Our most personal moments are immune to language. And disease is so ineffably ours, so much part of our own irreproducible tale, that we are almost obliged to call it by our own proper name.

But like most people, when I became ill I felt as if I had been invaded by some alien It, a Thing with little relation to the "real me." I was shocked when sickness reached into me and summoned up every unresolved emotional issue, every still-fertile hope and smoldering fear, every power of the body-mind to hurt and to heal. Cancer seemed to plunge me into an altered state, a separate reality which, despite years of inner exploring,

was as unfamiliar as the dark side of the moon.

At the time, ironically, I had thought myself quite knowledgeable about the realms of healing. As the editor of 'New Age Journal', I could recite the holistic canon chapter and verse. I knew that mind and body were powerful influences on each other, that brain, glands and organs engaged in mysterious commerce, that thoughts and feelings ricocheted off cell walls. But such formulations---now grouped under headings like "psychoneuroimmunology" and bristling with the terms and tools of molecular biology---were of little help. They failed utterly to explain how a condition of the flesh could also be a dilemma of the spirit.

For the past five years, through research, interviews with other patients, and self-inquiry, I have attempted to broaden my understanding of the role that the psyche plays in disease and healing. Not as an academic pursuit, but as a survival exercise: It was the only way I found to ride out the after- shocks of my own catastrophe, to fit back the pieces of a life unexpectedly scattered. Along the way, I began to realize a map was emerging, crude but unmistakable, of what might be called the Healing Journey.

In the course of my own quest, I have visited what, before the world shrank, used to be called "faraway lands;" crisscrossed this country to talk with some forty people who experienced unusual recoveries; been driven, a very amateur researcher, into medical libraries and sometimes out of doctor's offices. I heard answers that moved and amazed me, some prosaic, others giddily dislocating. But strangest of all were the forays---by turns comforting, agonizing, illuminating, and baffling--into my own still-dark and unknown Interior.

In our usual schema, sickness can only be seen as implacably evil; we, the hero must be unswervingly good. We fear that to make any relationship with disease carries the danger of appeasement or capitulation to the enemy. To "listen" to illness, to ask whether it might have something to say to us, even be a part of us, we fear risks sapping our will to fight. But, as psychologist Meredith Sabini has observed, the combative attitude can work at crosspurposes to the healing process:

"Often the reaction to the diagnosis of cancer is a fierce ossification of the defences and a determination to fight the disease at any cost rather than be its 'victim.' The imagery surrounding cancer reveals much about this process. One does not simply have an illness, one 'fights the big C;' one does not simply die, one 'succumbs after a valiant battle.'.... "

From this standpoint she says illness becomes "a frantic duel of opposites... a battle for selfhood." for what is at stake is our freedom to maintain old strategies of existence without changing our relationship to body of psyche; our right---the right of ego-self---to march with habits attitudes, and agendas intact without ever breaking stride.

This approach---like any attempt to plant the flag of invulnerable selfhood on life's ever-shifting ground---is ultimately unworkable. As Jungian John Sanford notes,

"We are all of us wounded people. There is no such thing as a person who is free from illness, incompleteness, and injury to his or her personality. Some of us can simply hide from our woundedness better than others. When we can no longer hide from our woundedness, we are ready for individuation.

According to many patients I talked to, the struggle to maintain the "old self" began to seem like one of the lynchpins of illness, and surrender the beginning of the recovery of health. Many said that simply acknowledging their own pain felt strangely healing. Said Carol Boss, an improbable long-term survivor of terminal metastatic breast disease, "We cancer folk are not just shepherds of our strengths, but the custodians of our frailties."

Our fear is understandable. Illness is an awful summons, a hellish grinding between millstones. The road to healing has its own stations of the cross. The model common in traditional societies that a sojourn in the Underworld might also gestate healing strikes us an alien and even a dangerous notion. Spiritually, particularly as repackaged for the New Age, is often a confection of love and light, purified of pilgrimage and penance, of defeat and descent, of harrowing humility. But most journeyers I interviewed seemed to find that healing begins where country music lyrics have always insisted: Deep, Down. Inside. (Or as the Taoists would have it, the low, the dark, and the small.) In the broken place.

The archetypal stories seem to tell us that the path of healing is not back from where we have come, but beginning a new cycle of life. Though we go move through the cycle from illness to health, we do not return to where we began, but to a place of new, open potential. At the end of the story, the person who arrives at the destination is not the same one who departed. "Man is born a Spector," said poet William Blake, "and requires a new Selfhood constantly."

Those on the healing journey learn to surrender to the process of change, for as the Chinese proverb has it, "Changelessness is death." Sometimes the things that go wrong in our lives, even including physical illness, may come when we have refused change when it is most called for---when we ignore a killing job; a toxic relationship; a self-harming habit; when we refuse to stop what we're doing even when we do not feel well doing it; when we neglect to ask ourselves, 'What's the matter?'. The story disease tells, if we listen, may be as much one of the self as the cells---a story may have forgotten or perhaps never really heard. These stories, which in their extremity enlarge the proscenium of the human drama, are hard to hear--- they are too awful, too odd. But I believe they pertain not just to the ill, but to anyone who has ever collided with their own soul and there encountered a stranger. They show that what people do to make peace with their bodies may sometimes be startlingly similar to what they do to heal their deepest heart.

Book Reviews: Health

by Daniel Redwood, D.C

The Healing Path by Marc Ian Barasch. Jeremy Tarcher.

*Marc Ian Barasch was the successful, hard-driving editor of the New Age Journal when he was diagnosed with thyroid cancer. His illness forced him to confront all that he was and all that he wasn't. Now he is a survivor with a most worthwhile tale to tell. This book has received rave reviews from many of the pioneering figures of the holistic health movement-Bernie Siegel, Larry Dossey, and Joan Borysenko among them-and it deserves them in entirety. Barasch is a clear and deep thinker, as well as a superb writer. This book is inspirational on many levels and on many subjects, not least among them the role of dreams in healing. Barasch first realized he had cancer when he awoke drenched in sweat from a dream in which his throat was being burned by red-hot coals. Thus, his appreciation of the dream-world is more than hypothetical and intellectual. He writes with deep feeling not only about his own amazing story, but about those of many others he interviewed in the course of preparing this book. He explores a wide range of important health topics, from herbs to chemotherapy, from radiation to visualization, never shying away from controversy and never becoming so wedded to any particular health ideology that he risks losing his remarkable clarity. This is perhaps the finest book yet about coming to terms with the push and pull between conventional and alternative medical approaches. Barasch has a keen sense of the strengths and weaknesses of each. One theme that recurs throughout *The Healing Path* is the need to fully face oneself in order to be able to get well. In interview after interview, and in dream after dream, healing breakthroughs occur after insights that changed the way the ill person perceived his or her illness. Clarifying one's ideals and higher purpose in life, and then making a serious effort to live in a manner consistent with this insight, is often an essential element in the healing process. It can also be of great value even in those cases where physical recovery proves impossible. We all die sometime, but this need not prevent us from walking the healing path.*

Biography: Marc Ian Barasch, author of 'The Healing Path: A Soul Approach to Illness' (J. P. Tarcher/G. P. Putnam, Jan. 1994), is a contributing editor to both 'Psychology Today' and 'Natural Health' Magazine and the former editor-in-chief of 'New Age Journal'. He is also a producer/writer for film and television (his 1992 Turner Broadcasting System special on the Earth Summit was seen in over 100 countries). He can be reached at MarcBar1@aol.com

'The Healing Path: Illness as an Inward Journey'(J. P Tarcher/G. P. Putnam, Jan. 1994) is (c) 1994 Copyrighted by Marc Barasch. All rights reserved. You are free to copy it as long as this copyright and text is reproduced unchanged.

[Body Mind and Soul](#) is one of the topics in focus at [Global Oneness](#). To understand more about this website as a resource for spiritual seekers please visit:

- [Newsletters](#) - We have both daily and weekly newsletters. Choose what interests you most.
- [Global Oneness Commitment](#) - a project for global oneness starting with the Venus Transit 2004 and ending with Venus Transit 2012
- [Global Oneness Community](#) - an Internet community working for global oneness
- [Global Oneness Festival](#) - festivals dedicated to spiritual growth
- [Global Oneness University](#) - focusing on spiritual wisdoms from around the world
- [Spiritual Retreats](#) - about retreats, festivals and courses
- [Site Map](#) - a quick overview of the extensive content on this website

The Experience Festival and The World University

Always in February & August, Golden City, India

The Experience Festival - Always in February & August

The Experience Festival is an odyssey in spiritual wisdom teachings with the roots in ancient cultures, lectures in related sciences, experiential workshops and whatever that inspires the body, mind and spirit.

The World University - Always in February & August

The World University is an Educational and Scientific institution dedicated to the rediscovery, documentation and teaching of wisdoms and sciences developed by ancient cultures from around the world.

What you can get an experience of at the festival you can explore in depth at the world university.

Spirituality is not in the idea, but in the experience

Spiritual retreats and a festival

The Spiritual Retreats, in the Golden City, is a place where spiritual seekers from all over the world come for one purpose; to attain full spiritual awakening (the Spiritual Retreats and the Golden City, are located 80 km north of Chennai on the south-east coast of India).

In cooperation with Golden Age Foundation, we organise The Oneness Festival, at one of the [spiritual retreat centres](#) in Golden City. The purpose with the festivals is to create an opportunity for both seasoned and new spiritual seekers to find the very best teachers at a place with truly strong energies. The idea is that anyone regardless of faith or background but with a mutual interest in the spiritual side of life can get together to explore teachings and spiritual practises from all corners of the world. Read more about The Spiritual Retreats and what you can experience at the Oneness Festival.

The Spiritual Retreats

There is a place outside a small village 80 km north of Chennai on the Indian south-east coast where spiritual seekers from all over the world come for one purpose; to attain full spiritual awakening. The village is Varadyapalyam and is surrounded by different spiritual retreat centres that are a part of what is called The Golden City. The purpose of The Golden City is the complete enlightenment of mankind. Kiara Windrider just visited the spiritual retreat where the Oneness Festival campus is located. Read about his experience here: [Kiara at Spiritual Reatreats](#)

Twice a year there is a festival, The Oneness Festival, at one of the [spiritual retreat centres](#), once in February and once in August. The purpose with the festivals is to create an opportunity for both seasoned and new spiritual seekers to find the very best teachers at a place with truly strong energies. The idea is that anyone regardless of faith or background but with a mutual interest in the spiritual side of life can get together to explore teachings and spiritual practises from all corners of the world.

We believe that although different traditions use different words, metaphors and techniques, they describe the same reality. There are differences because they have described the same reality from different perspectives. But if we go a little bit deeper we can see that they have much, much more in common than separates them. The

opportunity for all of us searching the truth is that this diversity of perspectives is a tremendous help in finding our own personal truth of life. This is what the festival is all about to give each individual the opportunity to find his or her own personal truth.

During, and in connection with, the festival there is a number of different workshops, courses and processes for those who wish to go very deep in their spiritual growth and development. More about that further down this page.

What is happening at The Oneness Festival?

During seven days you will be able to choose from up to 12 different workshops per day. There is 4 blocks of workshops per day. In each block there is 3 different workshops going on simultaneously. The topics varies from [Enlightenment](#) to [Womens Spirituality](#) to [Spiritual Parenting](#) to [Tibetan Medicine](#) to [Flower Essences](#) to [Vaastu](#) to [Native American Dance](#) to [The Mayan Calendar](#) to [Neuro Linguistic Programming](#) to [Traditional native Indian sweat lodge](#) to [Meditation, stress and the Immune System](#) to [Medical Astrology](#) it is a truly abundant array of topics presented! In the mornings there is guided meditations and yoga, in the afternoon games like volleyball and cricket and in the evening rituals, music, performances and social gatherings at the campfire and campus bar (great juices and tee). If you love nature scenery you will definitely be on a tour to the nearby jungle. There are both half day and full day tours going on throughout the week.

To get an overview of the festival please see the list of [Teacher & Topics](#) and also check the [preliminary festival schedule](#) giving a good idea about how each day will going to look like.

Yes, but how is it really?

It is of course impossible to describe the feeling of being at the festival with words. Pictures are much better. Please check out the [Picture Archive](#) from the last festival.

You can also download video clips from the last festival with [interviews of teachers and participants](#).

What can I expect from the festival and the spiritual retreat in Golden City?

The [Golden Age Foundation](#) is a spiritual institution, created with the one objective of *Helping humanity to discover and experience the truths of the ancient principles and live in harmony with the Universe.*

The purpose with the festival is as said before to offer a real diversity within spiritual topics from different traditions so each individual can find his or her own spiritual truth.

The purpose of the spiritual retreat itself is however nothing less than enlightenment. Some people may have a great desire for enlightenment while others may not even believe in its existence. Whatever your view, you wouldnt have come to this website if you didnt believe that life can be different. And that this difference might come from working with the inner side. Whether you want to reach enlightenment or some form of improvement, you have concluded that a life with conflicts, anxiety and fears is simply not good enough. At the spiritual retreat you have the opportunity to utilize the services of the monks of the Golden Age Foundation, regardless of your faith, race or background. Read more about the very deep spiritual cleansing called [Samskara Shuddhi](#) and the [Enlightenment 5-day process](#). The later one will be offered on a continual basis for the first time for westerners in February 2004. Both of them are available for participants of The Oneness Festival. Samskara Shuddhi (a 3-day process) is scheduled between 23rd and 29th of February and the 5-day Enlightenment Process 9-13 of March (the 5-day process 1-5 of march is unfortunately already full).

If you want some personal experiences, please read any of these from Kiara Windrider; [Kiara Windrider 1](#), [Kiara Windrider 2](#) or [Kiara Windrider 3](#) . Another great teacher is [Carl Johan Calleman](#) the world wide renowned expert on the Mayan Calendar, there are several articles written by Carl but read this one as a start: [Mayan Calendar and humanitys path towards Enlightenment](#).

Also, take the opportunity to view the video interview with Grace Sears. She is the wife of Kiara (who was invited as a teacher to the festival in august 2003), the video clip is recorded 3 days after she attended the equivalence to the 5-day Enlightenment process that was offered at that time. You will be very touched! The video is here: [Video Archive](#).

Anette Carlstrom also reached a tremendous state, view the interview with her here: [Video Archive](#).

[Kiara Windrider](#), [Grace Seers](#) and [Anette Carlstrom](#) are all contributing teachers at the coming festival. Click on the links to read more.

The World University of Consciousness

The name of the spiritual retreat is The World University of Consciousness. For a few weeks immediately after the festival the programme is expanded and covers all sorts of topics related to spirituality and spiritual growth. Read more about the [university courses at the spiritual retreat](#) here.

The purpose behind the website

Our ambition with the website, www.experiencefestival.com, is to create a resource for spiritual growth and knowledge. It is true that *spirituality is not in the idea but in the experience*, but on the other hand, it can be very exciting to read about other peoples experiences as well as indulging in all sorts of knowledge in the vast universe that can be called spirituality.

You can get a detailed overview of the content on the website at the [Site Map](#):

To make it easier to find relevant information we have categorized it into what we call Resources. Examples of resources are [Enlightenment](#), [Spiritual Parenting](#), [Womens Spirituality](#), [Spirituality and Health](#), [Spiritual Practises](#), [Spiritual Awakening](#), [Sacred Geometry](#) and [Sacred Space](#), [Spiritual Rituals Spiritual Ceremonies](#) , [Spiritual Art, Music and Dance](#), [Spiritual Storytelling](#), [Golden Age Foundation](#), [Kalki](#) and more are coming step by step.

Here is an overview of all resources [Overview of Resources](#)

The resources reflect the content of the festival and partly the ongoing activities at the Spiritual Retreat between the festivals. The material is predominantly contributions from or articles about teachers and topics at the festival.

Where is the spiritual retreat?

The spiritual retreat and the festival is located 80 km outside of Chennai on the southeast coast of India.

The Address is:

Sri Kalki Spiritual Retreat

Govardhanapuram Village

Varadaiahpalem Mandal

Chittoor District - 517 541

ANDRA PRADESH

Phone: +91 85762 75266

Email: expfest@rediffmail.com

Click here for a [map of India](#).

You can find travel instructions here: [Travel Info](#)

What is the cost of the festival and courses at the spiritual retreat

Festival: Adults 600\$, young adults 16-22 years 300\$, youth under 16: free entrance.

Courses at the spiritual retreat: There are different courses with different length. The cost for a 3-day course is usually around 300\$.

Here you can find all details about Facts & Figures: [Facts & Figures](#)

How to sign up?

There are three ways to do it:

1. You can sign up at the website: [Sign Up](#)
2. You can send us an email to info@experiencefestival.com (Remember to include: Name, Address, phone, email, Country, Age and what you sign up for.)
3. Or you can contact a local representative in your country. You find the list of local representatives here: [Local Representatives](#)

Newsletter and Poster

We regularly produce a newsletter that can be downloaded here: [Newsletters](#).

The latest newsletter, No 8 (031125), is here (PDF):

- [Experience Newsletter Nr 8 November 2003 \(390 kb\)](#)
- [Experience Newsletter Nr 8 November 2003 \(724 kb\)](#)

And here is No 7 (non-graphic):

- [Experience Newsletter nr 7 \(031021\)](#)

Here is the festival and university poster for the event coming in February 2004!

We would be very happy if you would like to help us market this event in your neighbourhood and within your network!

Please download it and print it and distribute it in as many copies as possible!

Thank you!

Medium resolution (72dpi)

- [Experience Poster Feb 2004 \(72 dpi\) \(872 kb\)](#)

High resolution/print quality (300dpi)

- [Experience Poster Feb 2004 \(Print quality 300dpi\) \(1.43 Mb\)](#)

Who is organizing the spiritual retreat and the festival?

The spiritual retreats in The Golden City is run by [Golden Age Foundation](#) and its founder [Kalki](#) .

The Oneness Festival is run in cooperation between The Experience Foundation and The Golden Age Foundation.

The Experience Foundation is headquartered in Sweden having a global network in more than 30 countries. Its purpose is to provide an opportunity for great teachers and fine representatives of spiritual traditions to share their wisdom on how to create a global transition.

I still have a question!

For all sorts of questions send us an email to info@experiencefestival.com

For questions about travel arrangements you can contact your local representative in your country. You find the list of local representatives here: [Local Representatives](#)

If you would like to have more information about the spiritual retreats conducted in Golden City or in your neighbourhood, please contact your closest representative for The Golden Age Foundation:

- Europe and Russia: kalki@aha.ru
- North America and Australia: rdasa@trueawakening.org
- South America and Spain: exp.festival@yatraexpedition.org
- India (HQ): expfest@rediffmail.com

Please feel free to ask all questions you might have!