

SAMPLE PERSONAL PORTFOLIO

A. Previous Experience – Instruction

Institution attended: Stanford University

Major: Anthropology

Minor: Art

Subjects studied: Cultural and medical anthropology, sociology, biology, political science, French, and basic requirements.

Dates: 1967-1971

Grades: B.A. with honors

Institution attended: Sorbonne, Paris

Subjects studied: French, French culture

Description: Study of the French language

Dates: 1971 Summer courses

Grades: Pass, was fluent in French by the end of this period

Institution attended: University of Hawaii at Hilo, Hawaii

Subjects studied: Hawaiian culture, agriculture, horticulture, landscaping design

Description: Study of Hawaiian culture and agriculture, soil construction and tropical plant propagation

Dates: 1974-1975

Grades: Pass

Institution attended: International University of Naturopathy, Brussels, Belgium

Degree: Doctor of Naturopathic Medicine

Subjects studied: General health sciences and basic medical sciences, anatomy, physiology, philosophy of naturopathic medicine, prevention of disease, encouragement of the body's inherent healing abilities, natural treatment of the whole person, personal responsibility for one's health, and education of patients in health-promoting lifestyles. In-depth study of technologies of naturopathy – botanical medicine, diet, fasting.

Institution attended: Yoga Teacher's Training Certification

Integral Yoga Institute, Putnam, CT 1976

Subjects studied: Raja Yoga, Hatha Yoga and Extensive Yoga Psychology and Philosophy, meditation and trance work.

Description: 300 hours of instruction

Dates: 1976, residential program

Grades: Yoga Teacher's certification given, grades not applicable

B. Previous Experience – Independent Study

Study or conference topic: **Body Centered Therapy** with Arnie Mindell, Ph.D.

Description of topics covered: General principles and practice of Arnie's Process-Oriented Psychology, co-dependence, shadow work, changing channels, working on yourself alone.

Dates: May, 1992

Number of hours involved in activity: 20

Study or conference topic: **Relationship Training**, with Joyce and Barry Vissel, M.D.

Description of topics covered: Co-commitment, conscious loving and unconscious loving, conflict resolution, healing the past, emotional balancing.

Dates: June 1990, July 1991, May 1992

Number of hours involved in activity: 100

Study or conference topic: **E.S.T. Training** with W. Erkhart

Description of topics covered: Agreements, acknowledgements, unconscious deals and transformation

Dates: 1988

Number of hours involved in activity: 40

Study or conference topic: **Heart Empowerment Course**

Description of topics covered: Heart empowerment, releasing judgments, inner security, care vs. over care, holographic awareness.

Dates: June 1994, Institute of HeartMath

Number of hours involved in activity: 40 hours, received a certificate of attendance

C. **Previous Experience – Work Learning Experience** (This includes conferences or workshops I instructed as well as instructional work I have been involved in).

Work Learning Experience: **Integral Medicine – Body, Mind, Spirit** – Holistic integrated medicine and transpersonal counseling at Pacific Center for Integral Health, Soquel, CA. With Randy Baker, M.D. and Deborah Malka, M.D.

Dates: 1990 – currently

Hours applicable: 5 years (approximately 7,500 hours work) or research, study and clinical experience.

Modalities used: Hypnotherapy, guided imagery, shamanic journeying, vision and goals work, conventional medicine, ayurvedic medicine, nutrition on all levels, herbal medicine, ayurvedic medicine, nutrition on all levels, herbal medicine, orthomolecular medicine, bioenergetic medicine, vibrational medicine, acupuncture – both Ayurvedic and Chinese, homeopathy, hypnotherapy, process oriented therapy, breathwork and life-style strategies.

Subjects Covered: Psychoneuroimmunology foundation, with hypnotherapy trance work, counseling, and work with general detoxification. Worked primarily with chronic health disorders which involve the physical mental polar disorders attention deficit disorders, autism, memory disorder, chronic fatigue, hormonal dysregulations of the thyroid, adrenal, pituitary, pineal - including allergies and food allergies, intestinal parasites, bacterial and fungal intestinal ecology overgrowths, blood sugar dysregulation and chronic pain disorders.

Work Learning Experience: Scientific Advisory Board, Institute of Heart Math, Boulder Creek, CA.

Hours Attended: 1994, including lab programs 60 hours

Subjects Covered: Psychoneuroimmunology and cardioneuroimmunology, leading edge research in the science of consciousness and stress management.

Work Learning Experience: Primary Care Physician Assistant, 1994-1995, New anti-depressant pharmacology and application in clinical practice with Doctors on Duty Clinics, Santa Cruz & Watsonville, CA.

Hours Applicable: 40

Subjects Covered: prescribing psychotropic drugs & evaluating mood disorders in the elderly.

D. **Previous Experience – Research Methods**

Title: The Effects of Designer Music on Immune Function Enhancement as Measured By S-IgA

Summary Description: The effects of music designed specifically to facilitate mental and emotional balance along with the self-generated feelings of appreciation on heart rate, balance along with the self-generated feelings of appreciation on heart rate, heart rate variability patterns and biochemical changes in the immune system.

The results confirmed findings of an earlier Harvard study (McClelland, 1988) that demonstrated feelings of care were associated with increased. Next, participants were asked to listen to Heart Zones music in a mentally active mode similar to driving a car or working; again, their IgA levels increased. Finally, study participants were asked to listen to Heart Zones while simultaneously focusing on the feeling of appreciation. Significantly higher S-IgA levels were obtained than with either positive feeling or music alone – as much as 250% in some individuals. The results of this study indicate that positive emotions can stimulate one's immune system as indicated by increased S-

IgA levels, and that designer music such as Heart Zones is effective in enhancing one's experience of positive feeling states.

E. Previous Experience – Projects, Manuals, Books, Pamphlets, Media Productions

Title: Ayurveda, The Fire of Life – Energy Medicine for all Time

Description of written material: Ayurveda for Westerners, includes basic philosophy and practice of Ayurvedic medicine with emphasis on self healing and preventative approaches, 350 pages, 1990.

Type of documentation that will be submitted: Book available upon request.

Title: Causes of Disease in Ayurveda and Naturopathy: A Comparative Investigation

Description of written material: A summary of the methods of inquiry and practice in the understanding of disease and its causes.

Type of documentation: Text available upon request.

Title: The Energetics of Love: Consciousness, Evolution & DNA, 1994

Description of written material: Workbook summarizing how and when the heart and mind merge, scientific research demonstrates that love creates coherent wave of energy which radiate from the heart and transform our bodies, right down to the DNA itself. Evolutionary transformation can best be measured physiologically at the DNA level.

400 page teaching and reference text of theory and practice formulated primarily as a disease listing and summary of treatments protocols.

Type of documentation: Text available upon request

Title: Orthopedic Protocols

Description of written material: 75 pages of anatomically illustrated protocols for the practice of orthopedic medicine

Type of documentation: Text available upon request.

Title: The Energetics of Love: Consciousness, Evolution & DNA, 1994

Description of written material: Workbook summarizing how when the heart and mind merge, scientific research demonstrates that love creates coherent waves of energy which radiate from the heart and transform our bodies, right down to the DNA itself. Evolutionary transformation can best be measured physiologically at the DNA level. 400 page teaching and reference text of theory and practice formulated primarily as a disease listing and summary of treatments protocols.

Type of documentation: Text available upon request.

F. Previous Experience – Internship

Internship: Ayurvedic Medicine with Baba Hari Dass, Ayurvedic master . 5 years of residential instruction.

What was learned: Fundamental of Ayurvedic medicine, pulse diagnosis, pharmacology, diagnosis and treatment.

Hours applicable: 1,000

Letter of commendation: see attached documentation

Internship: in integrated health care and psychoneuroimmunology, working with Barry Vissell, M.D., and Kathryn Morris, M.D., 1990-1994.

What was learned: Worked with patients with chronic fatigue syndrome, immuno-compromise, environmental sensitivities, autoimmune disorders, individuals with cognitive and immune boundary problems, and general clinical strategies.

Hours applicable: 1,000

Letters of commendation: available upon request

Internship: as an Orthopedic Physician Assistant, Santa Cruz Medical Clinic, Santa Cruz, CA. Internship with Mark Wainer, M.D., orthopedic surgeon, 1986-1989.

Hours applicable: 300

Subjects covered: Thee physiological and psychological effects of caring and compassion in general orthopedics, clinical knowledge of diagnosis and treatment of orthopedic disorders and injuries. General Primary Care Medicine diagnosis and treatment – General primary care medicine including comprehensive history and physical examination, diagnosis and treatment of musculo-skeletal problems (worked 2 years in orthopedics), dermatologic problems, respiratory problems, ear, nose, and throat problems, eye problems, genitourinary problems, basic endocrinologic problems, basic gastrointestinal problems, basic cardiovascular problems, basic neurological problems, basic constitutional problems, eating disorders, and basic behavioral and psychological problems.

G. Future Goals and Directions

Vision of future I hope to achieve:

Personal, educational and professional goals or direction:

Immediate and long term projections:

My personal goal is to fully embody my soul and higher purpose and be a conduit for the Divine Will. My educational goals include completing my degree and dissertation as a step in my own evolution and a service to awakening humanity. I feel the foundation of all education is the learning process itself or what actually becomes a learning process of “de-hypnotizing ourselves back into a more conscious state”. I feel a commitment in myself to continuously remove any resistance I might have or acquire to new learning and maintain an open heart and open mind to all life. My professional area of focus arises from the calling in my heart and open mind to all life. My professional area of focus arises from the calling in my heart to be of highest service. I feel my right livelihood is an integral part of my service and I am endeavoring to a bring my means of income more into alignment with my life purpose and true destiny.

My clinical work in Integral Medicine is progressing well. As a naturopathic physician and physician assistant I focus on helping clients to hear their own inner guidance and strengthen their own self-healing capacities. Currently I integrate Ayurvedic medicine, naturopathic medicine, bioenergetics, conventional medicine, sound therapy, homeopathy, acupuncture, nutritional and orthomolecular therapies in my work. I would like to further develop my practice to include the Sound Energetics technologies and integrate the shamanic journeying-hypnotherapy work I do with this technology.

My interest in research centers on what I term the science of coherency. Coherency according to Webster means:

- To become united: in principles/relationships/interest (i.e. intention and higher Purpose)
- To be logically and aesthetically consistent
- Systematic connection.

I am interested in developing and testing both innovative technologies and “wake-up in the moment” tools for stimulating internal coherency. It is my experience that technology can serve as training wheels for stimulating and measuring ourselves back into wholeness. The focus of this endeavor is on awareness and how tools can be developed within each of us to wake-up from our hypnotized separation and connect with the very source of our awareness and essential self. Three categories of this work are useful to delineate:

Head (Light): This involves developing quantum “learning” with increased efficiency and clarity of whole brain coherency and super-conductivity.

Heart (Love): Developing heart/mind guidance to help us realize our full human potential and essential connectedness. With this alignment come the service of synergy and community building that will facilitate our collective awakening.

Will (Power): This is alignment of our will and creativity in synchronicity with natural law and divine creativity. This ensures our awareness of cyclic processes and creates sustainability of our endeavors.

I would like to research specific tools for consciousness I have been developing and practicing. This system, called the *Aloha System* helps to maintain an awakened presence in the moment and shift back to heart-based perception then any reactivity or judgement arises. It utilizes shifts in perception, breath awareness and powerful forms of focused mental imagery as tools for enhancing self-direction and empowerment.