

A BETTER WORLD TV

Watch Tuesdays
10:30pm_EDT

Tuesday, March 26, 10:30pm EDT:
You can Watch on TV in Manhattan
Or on-line from *anywhere*
at www.abetterworld.tv



We are exploring alternative, holistic, energy healing this evening with one of its masters, Mitchell's good friend, **Robert Peng**.

Robert is a world-renowned master of Chi-Kung and healing with an extraordinary track record of healings across the world including of people with the most degenerative of diseases.

He also travels internationally teaching Chi-Kung, an ancient Chinese form of exercise and movement, known and proven to have powerful healing effects as well as effects on building Chi.

Robert's personal story of growing up in rural China and surreptitiously studying with a Buddhist monk is extraordinary, during which time he came to cultivate his healing power.

In some of tonight's show, Robert will tell some of this awesome story.

Robert has co-authored a book about his life and work with Rafi Nasser, my colleague and dear friend--and this book will be available at www.abetterworld.tv.

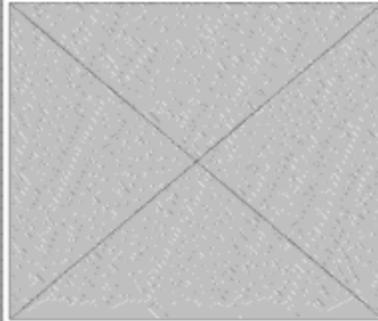
Tune in & share this show with others. It truly demonstrates the power of the human spirit.

www.abetterworld.tv

A BETTER WORLD RADIO

Listen W
6:00p

Wednesday, March 27, 6pm EDT:
You can Listen on-line at www.abetterworld.tv
Or listen by phone! [602 753-1860](tel:6027531860)

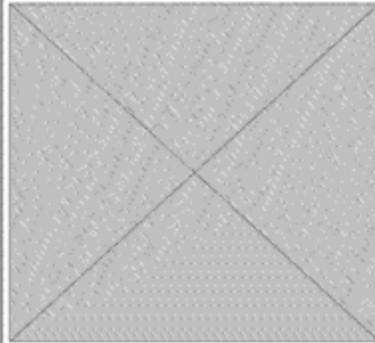


Tonight, we will be in a new form of what we should call quantum healing and welcome two guests, **Richard Bartlett** and **Melissa Joy** call Matrix Energetics.

Richard Bartlett, D.C., N.D., holds a doctorate in naturopathy from Bastyr University.

After discovering his own extraordinary healing capabilities, Richard Bartlett created Matrix Energetics as a system for people to access their untapped potential. He is author of *Matrix Energetics* and has helped thousands of people transform their lives through his national workshops and seminars.

Melissa Joy is president of Matrix Energetics and, along with Richard Bartlett's teaching partner. Her heart-filled approach has facilitated profound transformation for many. For more, visit www.matrixenergetics.com.



For the second half

show, a colleague & dear friend who I originally met in 2004, **Barry Snyder** will be discussing another form of energy which he has written up in his latest book, written with his wife and special wife, **Karen Anderson**. Barry & Karen have also authored a trilogy called *The Luminous Self*.

In Barry's own words, he came into this life as part of a group of souls that would awaken from the dream of America. He paved the way for many to follow. He was immersed in a life of wealth and success, in fact, working in the banking industry when his world fell apart. He found himself praying for a God he wasn't even sure existed.

The Divine responded as a movement of energy through his chest, just above the heart. Communing with this energy and following its promptings became his path beyond the material. He left his corporate career, sold everything, and embarked on a search of a God-realized being. There, the great teacher Sri Babaji became his guru.

Later, a Kundalini awakening opened the soul to the Divine heart, revealing the presence of the Divine as not just a concept, but the true nature, but the innermost identity of all beings. In this realization, Barry found that he could directly activate the presence of the Divine core essence in others.

After re-uniting with his twin soul, Karen Anderson, they began to facilitate awakenings to the soul and the multidimensional self. During the next twenty-five years, they developed a unique method and received Transmissions of Grace that powered their journey into the inner sanctum of the soul.

Many spiritual seekers believe they can bypass the material and go straight to the Divine. The work that Barry and Karen do has taught them that the path into the soul often takes people through the most painful and wounded parts of the psyche. If we can fully face and embrace whatever is shown to us, we can be shown the way through it into our divine core. This has become: Our stuff is not IN the way, it IS the way.

They specialize in assisting those who are experiencing the greatest resistance and pain in their journey to find their way through into the joy, love, wisdom and all the other gifts that are inherent in our true nature.

Join us tonight for a thrilling combination of dynamic energy. Barry, founder of Matrix Energetics, Richard Bartlett, and Karen Anderson, and Barry Snyder discussing the healing work he and Karen do with others.

www.abetterworld.tv

Listen to the Radio show live at www.abetterworld.tv. Archived here too.
[Listen on i-Tunes by Podcast for free.](#)

Watch the TV shows in Manhattan every Tuesday at 10:30PM EDT on ch.57 (RCN: ch.84 / Fios: ch.35).

Are you outside Manhattan? TV shows are web-simulcast right here at www.abetterworld.tv.
Player is on the home page.

Heal Self, Heal Planet

This is a dynamic week of interviews, which, interestingly, all envelop and articulate the theme of healing, from TV Tuesday night to Radio on Wednesday night, in an extended edition.



To start, **Robert Peng** was introduced to my colleague and good friend, Rafi Nasser, by another close "dharma brother", Michael Winn, teacher of Taoist meditative arts, Chi-Kung, etc. (see www.healingtaoretreats.com). I accompanied Michael a couple of times to China and assisted him in the second trip in 2011, visiting the sacred mountains of China to do T'ai-Chi and Chi-Kung on, and absorb the Chi of Earth & Heaven in these very earthy, very heavenly places.

When Robert first sat down with me to prepare for the interview and to give me a sense of his "healing touch", I was awed at the power, electrical power, emanating from his hands which I was feeling all over my body. Coupled with an extraordinary story of adventure with his Buddhist teacher of *everything*, he held me spellbound with both his early childhood life and then how his adulthood unfolded.

Today, Robert is a leading Chi-Kung teacher and helping to facilitate self-healing in his students around the world. This is an interview not to be missed. Please note that you do *not* have to be in Manhattan to see the Tuesday night, TV interviews. They are aired on-line at the same time, webcast, as the TV airing in NYC. To tune in, just go to www.abetterworld.tv and click at the top where it says "Click to Watch" at that time, from wherever you may be in the world. Place no longer matters in the same way, when it comes to media, in a cyber-world! Or, you could simply click on the icon right here on this Newsletter, up at the top just above the description of the TV guest. Same with Radio.

We've made it so easy for you to tune in! After the airing, the interviews are then put on Amazon for sale, so catch them free when you can! But if you are moved by it and want to share it with



others, you can then go to "Store" at our site and purchase it there. Turn the channel the next day to **Richard Bartlett**. Richard is one of the funniest, most dynamic players-practitioners I have ever met. I am not sure that he wasn't supposed to also be a comic, in fact,



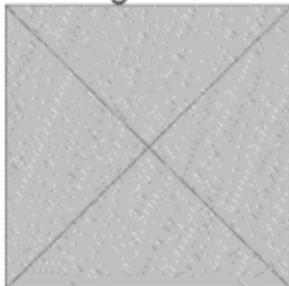
much healing occurs through his wonderful, whacky, zany wit. And the magic of his quantum-style thinking, which leads to the probability that *anything is possible!* If you try from every possible angle, of humor, position, perspective, something will 'jiggle free', open and voila, a change, a healing, a transformation can occur. It is all quite scientific and inspired--it is simply following a physics with which we are all not so familiar, but truly, it can be explained, by Richard, nothing short of masterfully.

He and Melissa are both beautiful gifts to our planet and I'm thrilled to be able to bring them to you on *A Better World*. Following that, is a very special man who has had numerous, major transformations himself. **Barry Snyder** began his professional career not in healing at all but in banking, and striving, as did his colleagues, to make plenty of money at almost any cost. But along the way, various openings and experiences began to occur, which informed him deeply that "*life ain't what it appears to be*". And his soul began to speak and Barry began to listen.



It was deep in that place when I met Barry and Karen at Oneness University outside Chennai, India, when I was there to interview the lead guru there, Sri Bhagavan. We were all intrigued with what we were told by several of his power to transmit a frequency that resulted in a permanent change of consciousness to one of enlightenment. We had many enlightening and awakening experiences there of all sorts, no question, and one of the most enlightening aspects of the journey was our meeting, and several others, to form what is a lifetime of friendship and loving support of our work that continues on. In this light, bringing forth the work of Barry & Karen on these airwaves, as described in their book *The Luminous Self & sharing it with you all*, is something I've been wanting to do. Their work with people has made a major contribution to many people's lives and I want same for our audience here at *A Better World*.

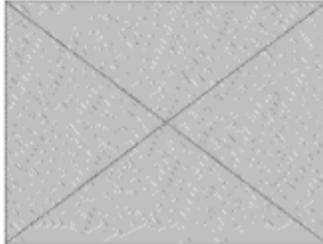
Healing in So Many Forms



Healing can take place when someone is ill and they re-gain homeostasis, to feel the way they are accustomed to feeling. When I work with people doing bio-feedback in private sessions, this phenomenon takes place pretty regularly. Even more happens than I could

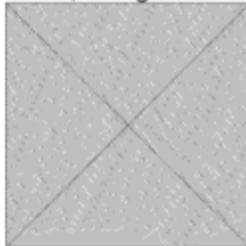
ever explain because I am dealing with some 7,000 frequencies, from those that are largely physical to psychological and emotional. All need to be in balance and harmony for fullest well-being.

Another form of healing in which I am myself involved is in Coaching and Counseling as a consultant and therapist. Facilitating people getting in touch with deep-seated feelings, helping people contextualize those feelings and thoughts, gain a history and perspective on them, release those that no longer serve and cultivate those that do, is a powerful form of change and healing. We want to remember that the word "heal" comes etymologically from the ancient Greek word, "to



make whole", from which we get "holy, hallowed, holistic and whole". Healing could be understood as bringing together that which was fractured or fragmented. Resolving conflict with a re-frame, with more information, a more holistic view, or from understanding from putting on someone else's shoes *changes everything*. Our psyche is very fragile and very skillful and avoiding pain, so many egoically-oriented interpretations take place which skew and distort reality in order to keep in tact a certain self-image, as one example of what can happen.

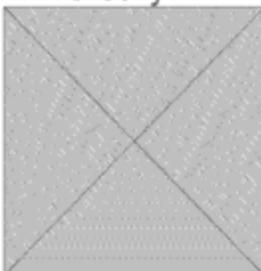
Bringing together the parts, experimenting with what's not well-developed, relating to higher levels of thought, feeling, potential and soul, along with the sacred vessel, the body, which contains it all,



is no small or simple matter. If it's a scraped knee or broken bone, the remedies are pretty simple. When it's a cold or flu, there are numerous herbs and supplements, juices and waters, which can cleanse, purge and heal. When there's a broken heart or profound self-doubt, energy medicine can help to some extent, as will compassion and love, but the person needs to pass through a portal to the other side with guidance along the way.

Due to these different dimensions of healing, from dealing with emotional conflict to ancestral/genetic issues to issues of perception and belief systems, family matters, self-image matters to low-back pain, we want to be apprised of different approaches and modalities that are available. This week's shows addresses several so I hope you can tune in.

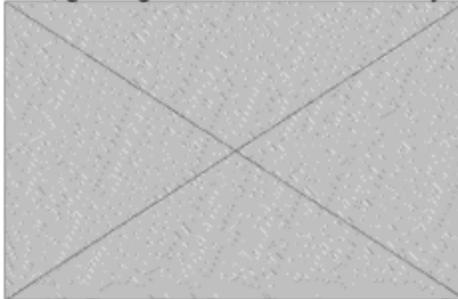
A Better World TV on the Air for 20 Years this Month--our 20th Anniversary!



Hard to believe but true. Inspired by radio host and celebrity Gary Null

back in 1990 when he interviewed me numerous times on his radio and TV shows, invited me to speak as an expert on Stress Management on PBS documentaries that he was producing in the early-to-mid '90's when he began to (and still does), I was recognizing the power of the Media in a more personal way, for communicating, educating and healing. In fact, a large part of healing is both communicating and getting educated and here was a formidable tool to do it.

And now, 20 years and over 2,000 interviews later, Mitchell Rabin and A Better World continue to forge forward and in fact, gaining momentum. The weekly radio show began on



Progressive Radio Network and continues now on Blog Talk Radio, though I have been a guest and co-producer on WBAI many times over the course of 20 years, and new venues are beginning to open up.

We are holding a Celebration-Fund Raiser at the MetaCenter, through the kindness of my dear friend, Jodi Serota, Director of the MetaCenter, on Monday, April 8, 7:30-9:30. There is a small fee to attend the fund-raiser and be part of the celebration, and space is limited, so if you are interested in helping to both celebrate and support A Better World for the launch of its second 20 years, email ahead of time to reserve a space at:

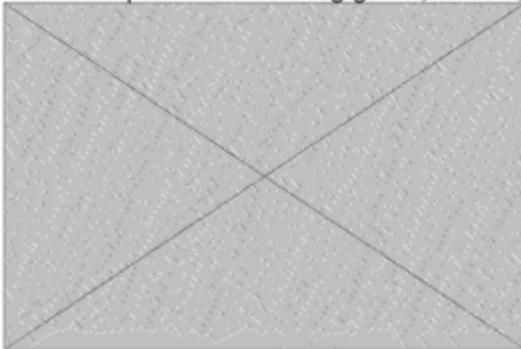
abetterworldinfo@yahoo.com.

Many, actually most people who receive and read this Newsletter every week, are not in the New York area (we have readers & audience across the country and the world) but you can participate in the celebration and fund-raiser as well. Just go to our website at www.abetterworld.tv to the **Donate button** in the left-hand column and whatever amount you can contribute is so appreciated. We want to be strong and thriving, and the way to do this is to have our audience and readers add something to the support and show their appreciation for alternative media and what it brings forward in a world of virtually commercially censored, highly manipulated and skewed information, news, designed for market purposes and entertainment, not to inform, educate and inspire, assisting people to come into their greatness, the way A Better World Radio & TV seeks to do every single week without fail.

No one here is paid for our service except for the occasional stipend, but we have a dedicated, if small staff who churn this Newsletter out every week, updates our website every week, edits shows, shoots them, delivers the shows to the TV station, all based on love and belief in our mission. This is a powerful form of love and making high use of their God-given Life-Force. They believe in The People's Media and know that for it to survive and thrive, *someone* has got to do it! And indeed, we are. On that note, I would like to deeply thank a few of our dedicated, volunteer staff and interns, David Katzmire, Phyllis and Randy Fryar, Mandi Duleen and several others who help out at times of need including interns from A Better World, Hunter College, and on. We are able to do what we do because of these people.



Your contribution to A Better World, from attending our celebration and making a contribution there, or from afar, from wherever you are, for however much is reasonable for you--believe me, we understand! helps us stay in the air and move forward. From afar, just go, as said, to www.abetterworld.tv to the **Donate button**. If you are contributing a more sizable amount of \$500 or more, it would probably be best to contact us for our address to post a check so the Paypal fees don't eat up the contributions! But any size, truly, is helpful and appreciated. This allows us to continue forward at a time when good news, truthful news and inspiring stories and information, practical, sustainable information--how to make choices in a difficult, challenging world, where to live, how to live, how to eat, how to protect ourselves from EMFs, GMO'd food, how to be pro-active in being green, and on, is needed more and more.



As Rev. Jesse Jackson said, "We may have all come over on different boats then, but we're **all** in the same boat now!" In advance, thank you, and if you do want to attend the April 8 celebration in NY, email us first at abetterworldinfo@yahoo.com to reserve a place. We'd love to have you! We'll have some entertainment, live music, a little roasting, some footage, laughter, good cheer, some eats and lots of good will and love. And contribute what you comfortably and reasonably can. All contributors will be given a special *A Better World*, eco-friendly tote bag to take home with them. For contributions of \$250+ from afar, please send us your mailing address and we'll send one to you too, & it'll be almost like you were here.

Drop Out of Being Part of the Problem & Become Part of the Eco-Solution



A Better World has made available a Hand-Held, Portable Water Filter which you can take wherever you go. It's the size of a plastic, toxic bottled water bottle, but it's made of high-grade poly-propylene (does not leech), BPA-free of course, or stainless steel.

You'll be drinking filtered water every time for a drop in the bucket compared to the cost of bottled water, which also bottles up the environment, endangering fish, dolphins and toxifying land-fills. Become part of the solution through A Better World. Just click on the bottle here or on our website, www.abetterworld.tv.

You'll be helping your health, our environment, A Better World and your pocketbook all at the same time.

Read Mitchell on Huffington Post & Natural News



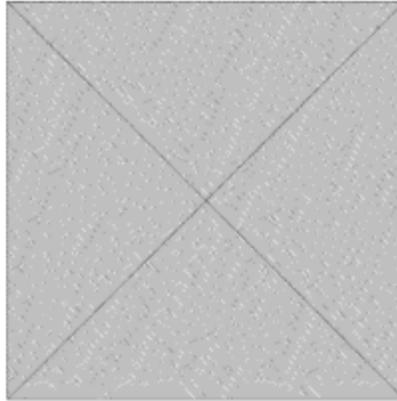
For over two years now, Mitchell, invited by Arianna Huffington, has been writing for the Huffington Post. The subjects range from how to deal with stress to socially-conscious business, from challenging hydro-fracking to how to develop sustainability, green-thinking and humanity in the new-paradigm corporation & society.



Then there is Mike Adams' www.naturalnews.com which is another place where I've published articles on Health, Stress, Total biology and Wellness, a site that tells so much about what's really going on in our society, you really don't want to miss it!

Go to: www.huffingtonpost.com/mitchell-j-rabin for a list of all the blogs/articles and http://www.naturalnews.com/Author_Mitchell_Rabin.html for articles I've written there. And after reading, comment away! I love to hear from you and learn from your feedback.

Promote Your Books, Films, Events & More At A Better World



A Better World Healthy Products, Places & Services Directory now has a very affordable arrangement for those who seek to promote their events, workshops, lectures, concerts, films and the like. We have a large list of like-minded people who appreciate the kinds of offerings we have been making available for decades and who hold deep, humanitarian, ecologically-aware, spiritual values that want to see the world evolve into a new, harmonious and wonderful culture and planet. If you'd like to promote your event, concert, film etc., contact us at:

abetterworldinfo@yahoo.com for information.

Or promote your practice, healthy restaurant, yoga center, spa, retreat center or film, we are now putting together **A Better World Healthy Product & Service Directory**. Contact us for costs and details at abetterworldinfo@yahoo.com

And "Befriend Us" at A Better World (and Mitchell Rabin) on FB & follow us on Twitter:



We appreciate feedback at A Better World It helps us grow. Yes, the good, bad & ugly.
Please keep it coming.

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