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## ON THE BORDER

*Info & insights from the interface between energy healing & science*

**October 2015**



Welcome to the October 2015 edition of 'On the Border'.

I love this time of year: the russet hues of the trees, the sharp autumn air and the mist across the lake when I pull the blinds up on a morning. Gazing out of the window or going for a walk in our park I am frequently struck with a sense of awe: this time of year is just so darn gorgeous. It turns out that being awestruck makes you less selfish and might us healthier too. Or so I discovered when sifting through the science for this month's On the Border.

If that sense of being connected into something greater than yourself appeals to you, then just a reminder that you might like to take part in one of the **Self-Healing Circles** that regularly take place in Amsterdam: you can join in person or at distance to connect to your own inner intelligence. Details are below.

And if you are more into tangible and touchable awesomeness, then you might be interested in two **healthy baking workshops** that Sjoerd & I have teamed up to do together in the form of a **gluten-free workshop** and a **sugar-free workshop**. These will be given in central Amsterdam. They will give you a different take on awesome.....and hopefully plenty of awwwhhh, some more please ;=) Details are also below.

For those of you new to 'On the Border', this is Jayne's monthly Ezine newsletter about the latest information and insights into energy fields, healing and science. Each month I share with you some of the latest research and how it applies to healing, energy work & (daily) life. There is also a 'Freebie' section where you get something for nothing, gratis.

### How Awe Makes Us Healthier and Less Selfish

"Awesome" has become a common descriptor, yet genuine awe is a profound emotion: the intake of breath at a starry night sky, a shiver down your spine during live music or a lump in your throat at the sight of a silent vast crowd holding candles



aloft. Can this feeling make us better people? A recent paper in the *Journal of Personality and Social Psychology* suggests that it does.

Philosophers long ago suggested that awe binds people together. New research carried out at Professor Dacher Keltner's lab in Berkeley proves that awe can make people less self-involved and more attuned to the needs of the larger group.

In the first of five studies, the researchers ascertained, through a representative national survey, that people who report feeling awe more often are, in fact, more generous. When given raffle tickets and offered the chance to donate some, those who frequently felt awe gave away more tickets.



Then the researchers conducted four other experiments in which they induced awe in some participants and other emotions such as pride or amusement in others. They evoked awe through videos of breathtaking natural scenes and by taking subjects outside to gaze upward at towering eucalyptus trees.

In every case, those who experienced awe behaved in what psychologists call a more “prosocial” way, being more helpful or making more ethical decisions. The participants who had gazed up at the trees, for example, picked up more pens that were “accidentally” dropped by an undercover researcher than other subjects outside who had gazed at a building.

By making us feel like a small part of something grander, awe shifts our attention from our own needs to those of the greater good. Some researchers have speculated that awe might have evolved as the response to a powerful leader. Maintaining social hierarchies and ensuring membership in a group can boost odds of survival.

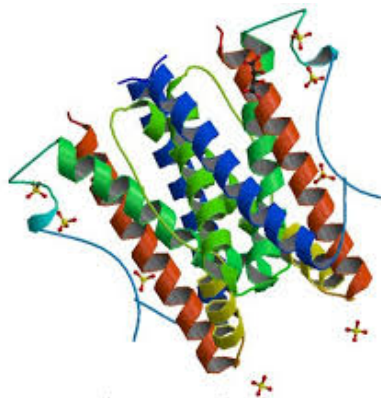
One of the researchers suggests that people try keeping an “awe diary” for two weeks and every day soak up whatever evokes it—a sunset, a bird's feathers. Shifting your focus toward something vast is can put your problems in perspective and open you to the greater world. It turns out that awe might also make it healthier too.....



Negative emotions have been linked to poor health outcomes, such as heart disease and even a shorter life span. Research suggests inflammation may be responsible for this link, at least in part. The molecules involved in inflammation

are essential for our body's response to infection and injury, but high levels over the long term have been linked to everything from diabetes to depression.

Few studies have assessed the health effect of positive emotions, so a team led by Jennifer Stellar of the University of Toronto (who also began studying awe in Keltner's lab at Berkeley) conducted two studies to investigate the link. In the first, 94 students completed a questionnaire to determine how often they had experienced various emotions during the past month. The scientists then took a saliva sample to assess levels of a molecule that promotes inflammation called interleukin-6 (IL-6). They found more positive emotion was associated with lower levels of IL-6.



Crystal Structure of Human IL-6

In the second experiment, 105 students completed online questionnaires designed to assess their tendency to experience several specific positive emotions. They later visited the lab to provide saliva samples. Joy, contentment, pride and awe were all associated with lower levels of IL-6, but awe was the only emotion that significantly predicted levels using a strict statistical test.

These results do not establish whether awe actually causes changes in IL-6 levels. In fact, the authors caution that the relation probably operates in both directions: having a healthier, less stressful life may allow a person to experience more awe. They point out that awe is associated with curiosity and desire to explore, which they contrast with the social withdrawal that often accompanies illness or injury. We know positive emotions are important for well-being, but these initial findings suggest they're also good for our body.

## **The Self-Healing Works: Healing Circles**

Start your journey to well-being with a Self-Healing Circle.

Jayne has joined forces with healer & colleague, Carmen O'Dwyer, to offer a healing space open to the public. Through the experience of our Self-Healing Circle, you will reconnect and activate the inner intelligence of your body, mind and spirit. You also bring well-being to your life in a new, effective way.

The sessions are being held in the centre of Amsterdam, close to the Jordaan, in the spacious Instituut-Amsterdam. The Self-Healing Circle sessions last approx. 45 minutes to 1 hour and cost €30 per session. You can participate in as many sessions as you like.

Interested? Please visit <http://www.theself-healingworks.com> for more details on this Self-Healing Circle, the agenda and the link to the registration form.

## Healthy Baking Workshops

Many of you already know that for the past two years Sjoerd & I have been running a community bakery from our home and our increasing family of ovens.

Called 'Bakken voor de Buren' (Baking for the Neighbours) we spend the entire day each Friday baking home-made breads and patisserie to order, and then the neighbours come and pick up (and pay for) their orders between 17-18:30u. What started with 5 loaves and a few chocolate brownies has now grown to between 20-55 loaves each week. 'Neighbours' is now a loose term since it encompasses regulars from much further afield than Amsterdam Noord. To have a glimpse at our BuiksloterBakery adventures and misadventures please go to <http://www.bakkenvoordeburen.nl> (see the archive section too) or you can follow us on Facebook at <http://www.facebook.com/bakkenvoordeburen>.

We don't constrain ourselves to one particular type of baking or philosophy, other than we love doing what we do. Since we do all the bread making by hand it gives all that healing energy somewhere to go ;-) In the course of the last two years we have developed many gluten-free and sugar-free recipes that have amassed a following of fans: the gluten-free Brick (het mega-meerzaden brood/ the multi-seed bread) is a best-seller that has even found its way onto a high-end restaurant menu. As a result of this interest we've decided to give two workshops:

**Gluten-free baking: Sunday 22<sup>nd</sup> November 2015**

**Sugar-free baking: Sunday 10<sup>th</sup> January 2016**

Each workshop costs €55 per person and takes place from 14-17u at the Amsterdamse Kookschool in the Nieuwmarkt area of Central Amsterdam (Binnen Bantammerstraat 15).

Both workshops are low-key, enjoyable and informative...plus you get to take home all the recipes and everything that is made on the afternoon.

**Want to register for yourself or for a friend/relative/partner?**

**Need more information?**

Feel free to contact us via email at either [contact@jaynejubb.com](mailto:contact@jaynejubb.com) or [buiksloterbakery@kpnmail.nl](mailto:buiksloterbakery@kpnmail.nl)

## October Freebie

In this section you get the chance to get something for nothing. Helemaal gratis. Always a pleasure!

This month I am hoping to give you double pleasure with **two** freebies (you're welcome!).

When talking about awe we are usually referring to some splendid visual scene. But what happens if you can't see colours? The story of colour-blind artist Neil Harbisson is an eye-opener, or rather an ear-opener....

<https://www.youtube.com/watch?v=Ss8UGJnKPYY>

(Thanks to Carmen O'Dwyer for this tip)

This month we also have a TEDx talk from Dacher Keltner (the Professor from the study above) on compassion, awe, love, and beauty, and how emotions shape all kinds of judgments. He postulates that we are born to be good: inspiring!

[https://www.youtube.com/watch?v=KsFxWSuu\\_4I](https://www.youtube.com/watch?v=KsFxWSuu_4I)

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### **Back Issues**

If you have missed any of the previous issues, then the main articles and full newsletter pdf links can be found at [www.jaynejubb.com/backissues.htm](http://www.jaynejubb.com/backissues.htm) The Freebies each month are only valid for that month....

### **Subscription Management**

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