

## About the Filmmakers



### **Laura Kab Writer/Producer/Editor**

Laura Kab is the creator of *Life Force* as a result of her personal experience with healing from emotional trauma. As an award winning editor and filmmaker, working on “Straight Dope” for Mtv, “Ultimate Betrayal” for CBS and numerous national commercials and music videos, Laura hoped to create art that heals. Recognizing the transformative power of film, she sought to both help raise consciousness and possibly help others to heal who

followed in her path. Her incredible wisdom and spiritual insights were way beyond her years and ahead of her time, which was cut short by her death from a burst ectopic pregnancy. Her wish for this project, “her baby”, was that viewers would watch it over and over again, getting something new from it each time. She hoped they would share it, creating a force for healing and inspiration.



### **John Kabashinski**

#### **Writer/Producer/Camera/Host**

John Kabashinski is a three-time Emmy nominated writer, director and producer with over twenty years experience creating across multiple platforms. He is author of the book “I Am”, which details how his work in spirituality began when his first wife Laura died from a burst ectopic pregnancy, leading to a twelve-year journey studying spirituality and healing around

the world. Combined with trips to Fatima, Lourdes and extended stays at ashrams in India, John studied with Nicholas Demetry M.D. receiving his certification in Transpersonal Psychology & Spiritual Healing from the Etherikos International School of Energy Healing and Spiritual Development. John later became a student teacher with doctor Demetry and eventually helped teach spiritual healing in several countries. He is currently a board member of the Institute for Spiritual Health, founded by doctor Demetry as a non-profit established to advance spiritual healing modalities within medicine and science.

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John has completed Laura's original work in the documentary *Life Force: spiritual health explained* and created the companion 90-day Spiritual Health Plan and Master Class. As a creative professional his career highlights include years of television production, winning a Froggy Award from the WB for best broadcast campaign in the nation and redesigning an exhibit at Epcot for Motorola.



## **Michelle Kabashinski** **Sound Design/Camera/Editor**

Michelle Kabashinski received a Bachelor of Arts Degree in Communications from The Ohio State University. She has worked in front of the camera, as well as in production for local and nationally syndicated commercials, corporate films and news programs. She initially worked with John on Bruce Wilkenson's Seven Peaks project, where she also met Laura. John and Michelle eventually reconnected years later and married. Michelle worked with John through the years that followed as a co-owner of their production company, Sun Moon Stars. A self-taught camera operator, editor and sound designer, Michelle enhanced her production and on-camera experience with her invaluable creative contribution. Besides working on *Life Force* movie, webinars and interviews, Michelle is currently producing a short film for film festivals and her own web videos about adoptable pets.

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## Meet The Experts

### Nicholas Demetry, M.D.



### Psychiatrist/Author/Healer

Nicholas Demetry, M.D., is a holistic psychiatrist, energy healer and teacher, who has studied and taught psychospiritual work for 22 years. He studied with several spiritual teachers, healers and shamans, and has integrated techniques and methods of both traditional and alternative therapies. He received his Medical Degree from Emory University School of Medicine. His interest in spiritual healing began while studying transcultural psychiatry and mental health at the University of Hawaii, from 1976-1980, when he traveled to Papua, New Guinea, observing traditional shamanic healers and the Western, scientific medical system side by side. Dr. Demetry is in private practice in Atlanta and is director of the Etherikos International School of Energy Healing and Spiritual Development. He offers programs and classes throughout the world. Dr. Demetry has written Divine Partnership (Etherikos Press) and co-authored a book, Awakening Love (Blue Dolphin Press) which integrates collective religious philosophy, individual spiritual experience, and modern-day psychology, as a means of spiritual healing.

### Jyoti (Jeneane Prevatt, Ph.D.)



### Center For Sacred Studies

Jyoti (Jeneane Prevatt, PhD) is an internationally renowned spiritual adviser and psychological consultant. Her background includes education in cross-cultural spiritual practices, social service program development, training at the Jung Institute in Switzerland, and extensive international travel. She is one of the founders of Kayumari, a spiritual healing community located in the Sierra foothills of California, the North Bay of San Francisco, New York, Switzerland, Prague and the Brazillian Amazon. She is the Spiritual Director of the Center for Sacred Studies(CSS), a church dedicated to protecting and sustaining the spiritual practices of first-nation peoples around the world as they join

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their hearts in a prayer for world peace. She was one of the original conveners of The International Council of Thirteen Indigenous Grandmothers, which is one of the programs of CSS. The Grandmothers also have named her their Ambassador Charged with the Mission. She has devoted her life to bringing unity to the planet by facilitating the development of alliances between individuals who are the guardians of indigenous cultures and traditional medicine ways.

## **Bonnie Greenwell, Ph.D.**



## **Clinical Psychologist**

Bonnie Greenwell has more than 25 years of experience as a transpersonal psychotherapist and is known internationally for her work with kundalini. She holds a Ph.D. from the Institute of Transpersonal Psychology and she is currently on the adjunct faculty there. She is licensed as a counselor in California and Oregon, and has specialized in working with spiritual emergence, and training others to recognize and support spiritual awakening. She

was a founding member and director of the Kundalini Research Network, and authored *Energies of Transformation: A Guide to the Kundalini Process*, as well as contributing to other spiritual anthologies.

## **Charles Whitfield, M.D.**



## **Author – “Healing The Child Within”**

Dr. Whitfield is the bestselling author of the groundbreaking book, *Healing The Child Within*. He is a pioneer in addiction medicine and trauma recovery, including the way we remember childhood and other trauma and abuse. He is a physician and frontline psychotherapist, specializing in working with people with addictions and adults who have been traumatized as children. Dr. Whitfield has

a private practice in Atlanta, Georgia. He is a consultant at the CDC, and was a faculty member at the Rutgers University Summer program for 23 years. He is certified by the American Society of Addiction Medicine, a founding member of the National Association for the Children of Alcoholics, and a member of the American Professional Society on the

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Abuse of Children. He is on the editorial boards of several professional journals and since 1993 has been voted by his peers as being one of the “Best Doctors in America”.

## David Nowe



## Spiritual Teacher/Former Monk

David Nowe, is a producer, filmmaker, spiritual teacher and a former director of the community outreach program, The Bridge Network. David has a wide array of knowledge studying many spiritual beliefs that is grounded with his experiences living as a monk for over ten years in India with Baba Muktananda. In those years, David was asked by Baba Muktananda to become the founder of his Santa Monica ashram. This background provides his extensive knowledge of Eastern wisdom teachings. He currently lectures on a purely non-dualistic approach to spirituality that is not aligned to the doctrines of any religions or denominations, focusing on how to harness the divine energy within.

## Russell Park, Ph.D.



## Clinical Psychologist

Russell D. Park is a licensed clinical psychologist specializing in transpersonal psychology and neurotherapy. He is currently working with the California Department of Corrections with inmate assessment and treatment programs. Russell is a contract faculty member for the Institute of Transpersonal Psychology and the Union Institute. As the former research coordinator for the Spiritual Emergence Network, founded by Stan and Christina Grof, Russell has taught professionals in Europe, South America, and the United States in the diagnosis, treatment, and transformative potential of spiritual emergence phenomena. In addition, he has background in clinical laboratory medicine and alternative healing approaches. Other interests include personal empowerment, the interface between psychology and spirituality, drug additions, and the use of visual and auditory media for psychological change. Russell, together with his wife, Jyoti, teaches

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seminars and workshops on the transformational process to an international community of professionals.

## **Linda Rayner, M.D.**



## **Holistic Family Medicine**

Dr. Linda Rayner obtained her medical degree at McGill University, Montreal Quebec, with a Board Certification in family practice. She moved to the U.S. in 1999 and made the switch to a holistic practice model in 2002, incorporating natural healing remedies into her practice such as herbs, nutrients and supplements. She obtained Board Certification in Holistic Medicine in 2004. Since 2005, she shifted her focus to study a variety of healing modalities that focus on optimizing the subtle energy systems of the body, including training as a Professional Kinesiology Practitioner, K-Power instructor, Touch for Health, Resonance Therapy, White Winds Institute for Energetic Healing certification, Etherikos Transpersonal Psychology & Spiritual Healing certification, Bach Flower essences and Eden Energy Medicine.

## **Lawrence Edwards, Ph.D.**



## **New York Medical College**

Dr. Edwards was awarded his Ph.D. in Psychoeducational Processes, clinical psychology track, in 1986 by Temple University, where he was honored as a University Scholar. He was the vice-president and assistant executive director of a private Jungian psychiatric treatment center for young adults and has been in private practice since 1989, offering transpersonal psychotherapy and meditation training. In 1997 he began practicing biofeedback and neurofeedback. He has been on the faculty of New York Medical College as a clinical instructor in the Department of Family Medicine since 1998. Dr. Edwards was certified in hypnosis in 1991 by the New York Society for Ericksonian Psychotherapy and Hypnotherapy (NYSEPH). He has taught meditation internationally for over 35 years and trained teachers in numerous meditation approaches. He is licensed by the state of New York as a mental health counselor (LMHC). He has relocated his practice to

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Ohio and will continue doing programs in New York where he offers transpersonal psychotherapy, meditation and peak performance training for adults.

## **Yvonne Kason, M.D.**



## **Author – “A Farther Shore”**

Yvonne Kason, MD, MEd, CCFP, FCFP, MGPP, is a family physician and transpersonal psychotherapist based in Toronto, retired in 2006. Dr. Kason was an assistant professor in the Department of Family Medicine at the University of Toronto, and on faculty at three Toronto teaching hospitals. She was the founder of the Spiritual Emergence Research and Referral Clinic and a founder of the Kundalini Research Network and the Spirituality in Health-Care Network. In 2002 she chaired the University of Toronto’s first international conference on Spirituality and Health-Care to promote multi-faith and multi-professional dialogue relating to spirituality and healing. Dr. Kason has been a guest on numerous television and radio shows across Canada and the U.S. Her near-death experience has been re-enacted on “Sightings”, as well as in two television documentaries. A recognized international expert and Canada’s foremost authority on near-death, kundalini and mystical experiences, she is in demand as a lecturer and media resource.

## **Andrew Newberg, M.D.**



## **University of Pennsylvania**

Dr. Andrew Newberg is Director of Research at the Myrna Brind Center for Integrative Medicine at Thomas Jefferson University Hospital and Medical College. He is also Adjunct Assistant Professor in the Department of Religious Studies at the University of Pennsylvania. Upon graduating from the University of Pennsylvania School of Medicine in 1993, Dr. Newberg trained in Internal Medicine at the Graduate Hospital in Philadelphia serving as Chief Resident in his final year and subsequently completed a Fellowship in Nuclear Medicine in the Division of Nuclear Medicine, Department of Radiology, at the University of

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Pennsylvania. He is Board-certified in Internal Medicine, Nuclear Medicine, and Nuclear Cardiology. Dr. Newberg has actively pursued neuroimaging research projects, including the study of aging and dementia, epilepsy, and the neurophysiological correlates of acupuncture, meditation, and other types of complementary therapies.

## Judith Miller, Ph.D.



Columbia University

Dr. Judith Miller is a Professor of Developmental Psychology at Columbia University, teaching human development and its unlimited potential, with a focus on spiritual development across the lifespan. She is the author of *Direct Connection* and is a practicing Clinical Psychologist in Haverford, Pennsylvania. In addition, she currently assists individuals who seek to expand their

conscious self by helping them to understand experiences, which may be buried in the subconscious or understood only through a shift of consciousness. Such experiences, according to Dr. Miller, initiate the individual on the path to spiritual awakening. In her work, she co-founded a three-year program in Germany with families of former concentration camp workers and guards as well as holocaust survivors in hopes of finding empathy and forgiveness as a path to healing.

## How did the movie get made?

After years of working in television for broadcasters like MTV, CBS and the Turner Networks, award winning filmmaker Laura Kab and her husband John started to create *Life Force* in 1998 to provide guidance in healing through spirituality. Laura had struggled with the many effects of her own childhood abuse. Frustrated by all the pills prescribed for each symptom, like panic attacks, migraines, eczema, etc. Laura realized there were no quick fixes. The answer finally came through a direct experience with spirit where she was told to “help other people.” She even appeared on a television show describing her life-changing encounter.

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Laura soon understood that by reconnecting to her soul through this direct experience of spirit, she was being led to the healing she needed. As an experiment in healing, she decided to help others by creating a film she called *Life Force*. The goal became to discuss the relationship between spirituality and healing in an open, straightforward style and with strong scientific support. The experiment became to see if *Life Force* could help the viewer heal from traumatic experiences including loss, abuse, and neglect while providing a self-help look at improving spiritual health. *Life Force* would be an entire spiritual health class packed into one-hour, meant to be watched over and over again. Armed with information and proven techniques, the ultimate goal was to inspire viewers to discover their true beliefs through a real spiritual connection.

Laura and John finished shooting interviews with the top experts in the field of spirituality and healing by the Spring of 1999. Laura became pregnant and soon after she miscarried. Laura began editing *Life Force* night and day, determined that this was the baby that she would deliver. She finished the first draft by the end of the summer and to celebrate, she and John went to the beach. While away, Laura died from a burst ectopic pregnancy. They didn't know it, but there was a twin pregnancy.

John was determined to finish what Laura started as her legacy. Even though she finished all the interviews, Laura wanted John to connect the ideas of spirituality from each interview with his narration. The problem was that he needed to understand spirit as deeply as Laura did in order to do it. This began John's twelve-year journey studying spirituality and healing around the world, teaching it and eventually working as a healer. Along the way to finishing the film, John wrote about Laura and his own direct spiritual experiences in the book *I Am...*, completed the 90-Day Spiritual Health Plan® and wrote a second book which became the Master Class. *Life Force* became both Laura and John's life's work, combining all they knew about spirituality and healing with gems of wisdom from the greatest minds in the field. Ultimately *Life Force* is more than life-changing information. It is the real secret to tapping into the incredible power of belief.

## What does the movie offer?

*Life Force: spiritual health explained* is a densely informative and inspirational film that explores the incredible power of belief. It's like an entire course in spirituality and healing packed into just one-hour! Host and author, John

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Kabashinski weaves his unique insights with interviews of top experts in spirituality and healing to uncover the mysteries of spiritual energy and the real benefits of raising our consciousness. We know that science has proven that spirituality can lead to faster healing, reduced stress and even happier, longer lives, but how and why does it work?

*Life Force: spiritual health explained* provides incredible mind-expanding ideas to broaden personal horizons, including the three keys for everyone to tap into this tremendous power to achieve personal mastery and spiritual realization. You can then take the innovative ideas from the documentary, leveraging the power of emotional and spiritual exploration and integrate it into your own developmental growth.

First, you will be able to watch the documentary over and over as intended, either on DVD or through an online experience via the membership website. There you will find a deeper discussion with experts and viewers, in bonus webinars allowing for a deeper understanding of the ideas and topics covered in the documentary. Also, you can create your own Spiritual Health Plan®, a unique 90-Day program providing a path of surprising discoveries towards spiritual growth in as little as twenty-minutes a day, with a unique Spiritual Health Score to measure your progress. Finally, you can take the Master Class, an advanced look at spiritual healing which leads you to the next steps towards greater wisdom and deeper meaning.

Our goal is to have *Life Force: spiritual health explained* seen around the world, helping everyone find their own answers, raise consciousness and make their own spiritual connection. Beyond benefitting directly, we ask that if *Life Force* helped you, please tell your friends about us, like us on facebook and tweet about us. If *Life Force* succeeds, it is because of your support.

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