

Career and Publications

Overview

Extensive experience in Alternative Healing, Consulting, Business Software, and University-Based Research & Teaching. Unifying threads that run through these activities are strong interests and highly developed expertise in:

- **Wellness, emotional, spiritual, physical**--making individuals healthy & happy
 - **Networked systems**--their effects on the health of organizations and individuals
 - **Effective communication**--connection, conceptual clarity, emphasis, metaphor
 - **Best methods**--in these areas, exploring, designing, articulating them in writing
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Activities by Area

Counseling, Healing (24+ years)

Founder, Principle Teacher, Author1989–1994

The Lower Hudson Bear Tribe *New York City*

Native American inspired, shamanic Spirituality and Healing Techniques (Circles, Sweat Lodges, Vision Quests, Workshops, Articles). I was trained by Sun Bear and other native elders between 1986 and 1994. (Some of my teachers do not wish to be named; see Apprenticeship below or call me if you have questions.)

Founder, Principle Teacher, Author1995–2007

Walk In Balance *Philadelphia*

Native American inspired, shamanic Spirituality and Healing (Circles, Sweat Lodges, Vision Quests, Workshops, Articles)

Healer, Trainer, Author2008-Present

ReddyWorks *Philadelphia*

Family Constellations, Energy Psychology, Coaching, and Shamanism--teleclasses, workshops, private sessions in person or remote, professional & popular articles and books, conference presentations

Consulting (7 years)

Owner, Project Manager, Author1980–1986

Michael Reddy PhD Consulting *New York City*

Systems Analysis, Rapid Applications Development, Creation of IT departments and data

centers, Articles, Papers. Notable clients—NYC Board of Education, Couristan Carpets, Money Magazine

Senior Project and Relationship Manager, Author2007–2008

Soliant Consulting Philadelphia

Management Consulting, Systems Analysis, Custom Software Development, Technical Papers. Helped set up third regional office in Philadelphia, published several technical papers

Business (21 years)

Owner, Designer, Project Manager1987–1997

Exceptional Woodwork NYC, Philadelphia

Marine, Residential, and Commercial woodworking projects. This business formed a grounded, flexible support system for me while I was apprenticed to native teachers, and later running the Lower Hudson Bear Tribe

Director of Organizational Development 1997–2002

Chief Technical Officer 2003–2008

Music Together LLC Princeton

Design, Implementation, and Management of Human and Electronic Systems that helped this early childhood Music Education company to grow from 6 employees to 60. A very profitable business that did good in the world

Teaching, Research (10 years)

Research Technician 1967-1971

Argonne Cancer Research Hospital University of Chicago

With considerable physics and math in my undergraduate background, I became part of a diagnostic radiology team investigating the frequent occurrence of small-lesion false positives in liver scans made using Technetium 99m as the radioactive agent. I became the team's developer when we modelled the behavior of early "collimators" using Fourier transforms programmed in FORTRAN IV. This problem was solved in a most interesting way and I was named as a contributor on three publications, and as first author on another (see citations below).

Assistant Professor 1972–1978

Columbia University New York City

Joint Appointment in Linguistics and English. Taught graduate and undergraduate semantics, humanities, writing—trained expository writing staff. Original Research on the role of underlying Conceptual Metaphors in human language. See [The Conduit Metaphor: A Case of Frame Conflict in Our Language about Language](#). (My groundbreaking article on a coherent, underlying “folk model” for human communication found in the English language. For the article, [click here](#); to see the extraordinary number of references to it, [click here](#). Google “conduit metaphor” to learn more about it or see references to my work; or see the [Wikipedia](#) article covering it)

Education and Trainings

PhD, Cognitive Linguistics of English University of Chicago
BS, Philosophy and Physics University of Santa Clara
Advanced German Conversation Goethe-Institut, Luneburg, Germany
Jr Yr Abroad, Freiburg, Germany *Ordentlicher Student* Albert-Ludwigs-Universitat

Systemic Constellation Training

Systemic/Family Constellations Hellinger Institute of Western PA (Mark Wolynn)
3rd US Summer Intensive 2010 U of Connecticut, Family Systems Dept
4th US Summer Intensive 2011. U of Connecticut, Family Systems Dept
5th US Summer Intensive 2012 U of Connecticut, Family Systems Dept
 (Without listing all the workshops and private sessions, I have represented for and/or done personal work with **Hunter Beaumont, Ulrich Bold, Andrea Bosbach Largent, Thomas Bryson, Dan Booth Cohen, Stephan Hausner, Judith Hemming, Ed Lynch, Francesca Mason Boring, Claudia Mengel, Vernon Morin, John Payne, Eve-Marie Schaeffer, Heinz Stark, Mark Wolynn, Chris Walsh, and Carolyn Zahner.**)

Shamanic Training

7 Year Apprenticeship in Shamanic Healing Native, Mixed-blood Teachers
 (I began working with Sun Bear in 1986 and through him connected with two others who do not wish to be named [call me if details are important]. Trained to lead healing circles, sweat lodges, vision quests, journey-work, soul-retrieval, and various ceremonies--I began public work in 1990. Teachers I learned from and supported during the 90's include **Wallace Black Elk, Hawk Little John, Grandfather Albert Ward, Dhani Ywahoo, Slow Turtle, Medicine Story, Granfather Ellis and Charles Chipps, Brooke Medicine Eagle, Grandmother Parisha, Brant Secunda, Spirit Eagle, Hollis Little Creek, Bear Heart, and Vince and Mom Stogan.**)

Training as a Coach

Sales and Management Communication Sandler Institute President's Club
Core Energy Coaching Institute for Professional Excellence in Coaching iPEC
Energy Leadership. iPEC
"Book Yourself Solid" Marketing Trainer Trained Personally by Michael Port
Book Breakthru Gold Mentoring Janet Goldstein, Elizabeth Marshall

Energy Psychology Training

ACEP's EFT Certification, Levels 1, II, & III Tina Craig, Michael de Molino
 (ACEP--Association for Comprehensive Energy Psychology)
ACEP's Comprhensive Energy Psychology I & 2 Stephanie Eldringhauf, et al
Professional Training and Personal Work in TWR (WHEE) Dan Benor

(TWR--Transformational Wholistic Repatterning)

Professional Training and Personal Work in CLEAR Julie Roberts
(*CLEAR*, Clearing Limits Energetically with Acupressure Release)

Professional Memberships

Association for Comprehensive Energy Psychology
Society for Scientific Exploration

Media Appearances

Visionary Researcher Interview. 90 minute interview of me by Gayle Kimball, Ph.D. for her *Visionary Scientists* book. December 2018. [Watch interview segments.](#)

Faegol Weiner's Ancestral Trauma Class for Tapping out of Trauma. November, 2018.

Neft TI EFT Unplugged Interview Part Two. 30 minute interview of me by Nancy Forrester of Canada's [Neft TI](#) where I discuss, with permission, details of an actual case. March 9, 2018. [Watch interview.](#)

Neft TI EFT Unplugged Interview Part One. 30 minute interview of me by Nancy Forrester of Canada's [Neft TI](#) where I discuss why and how I combine Family Constellations with EFT. February 21, 2018. [Watch interview.](#)

Shattered Reality Podcast. 60 minute interview of me by Kate Valentine and Fahrusha where I discuss Family Constellations and Shamanism. I also share some of my "Keynoter" songs that introduce main speakers at professional conferences. [Hear Podcast.](#)

Your Best Life with Carol the Coach. 45 minute interview of me on this Internet radio show by Carol Jurgensen-Sheets discussing Family Constellations. September 7, 2011. [Hear Interview.](#)

The Community Speaks. 30 minute interview of me on WNPV AM-1370 in the Philadelphia area by Betsy Chapman on Family Constellations.

(I neglected to keep track of these in this interim)

Selected Publications

*(Over a long and varied career, I have published popular articles in places like **Sail Magazine**, **Motor Boating and Sailing**, and **The New York Times**. A complete list, all areas, including significant speaking engagements, numbers somewhere over 120 citations--not counting short online blogs)*

Autobiography

"Feet First," in THE COACH'S JOURNEY--TRUE STORIES OF TRANSFORMATIONAL EXPERIENCES, ed. by Amanfu J., Anderson R., Reddy M., and Prescott A., Tallahassee: Seedword, 2010, pp 121-133.

"Amistad--A Little Piece of Multihull History," MULTIHULLS MAGAZINE, November/December 2009, pp. 60-65.



Amistad in Buzzard's Bay

Alternative Healing Modalities

Healing U.S. Historical Racial Trauma-- A Family Energetics Systemic Constellation, Learning Lab, *18th Annual International Energy Psychology Conference, Association for Comprehensive Energy Psychology*, Santa Ana Pueblo, May, 2019

Family Energetics-- Extending Energy Psychology with Systemic Constellations, Paid Post-Conference Training, *18th Annual International Energy Psychology Conference, Association for Comprehensive Energy Psychology*, Orlando, May, 2018

"Emotionale und seelische Hygiene bei Familienaufstellungen--eine schamanische Sichtweise," translated by Angelika Fend, in TRAUMA UND BEWEGUNG, ed by Peter Bourquin, Vandenhoeck and Ruprecht, Gottingen, Germany, 2017. *(My "Emotional and Psychic Hygiene for Family Constellations" article is now translated into both Spanish and German)*

Family Energetics--A Systemic, Energetic Approach to Healing Layered Trauma, 2 hr Breakout Session, *19th Annual International Energy Psychology Conference, Association for Comprehensive Energy Psychology*, San Antonio, May, 2017

"9/11 and 11/9--Six Songs About Two World-Changing Events," THE INTERNATIONAL JOURNAL OF HEALING AND CARING, 17-1, January 2017. *(In PDF form, this article contains comments, lyrics, and links to videos of me performing--songs that speak to the state of a world that needs much healing. Click the article title to view the PDF file and access the links.)*

Family Energetics--Healing Inner & Outer Systems with Constellations & Energy Psychology, 2 hr Breakout Session, *18th Annual International Energy Psychology*

Conference, Association for Comprehensive Energy Psychology, Santa Clara, May, 2016

Family Energetics--Integrating Energy Psychology with Family Constellations, Paid Pre-Conference Training, *18th Annual International Energy Psychology Conference, Association for Comprehensive Energy Psychology, Santa Clara, May, 2016*

Shamanic Home Altar Constellations--Embracing the Wider Field, *2.5 hr Breakout Session, 6th Semi-annual North American Constellation Conference, San Diego, CA, Nov, 2015. (Click the article title to view the Prezi presentation.)*

When Ancestors Anchor Client Trauma--Advantages & Advances Integrating Family Constellations & EP, *2 hr Breakout Session, 17th Annual International Energy Psychology Conference, Association for Comprehensive Energy Psychology, Reston, VA, May, 2015*

When it's Not the Client's Trauma--Integrating Family Constellations and Energy Psychology, *2 hr Breakout Session, 16th Annual Conference of the Canadian Association for Integrative and Energy Therapies, Toronto, ON, Oct, 2014*

Healing Families and Organizations in Transition—How Can We Put New Knowledge to Use?, *2 hr Breakout Session, 2014 Global Exchange Gathering, Providence, RI, Aug 2014* [Download the handout.](#)

When it's Not the Client's Trauma--Integrating Family Constellations and Energy Psychology, *2 hr Breakout Session, 16th Annual International Energy Psychology Conference, Association for Comprehensive Energy Psychology, Phoenix, AZ, May, 2014*

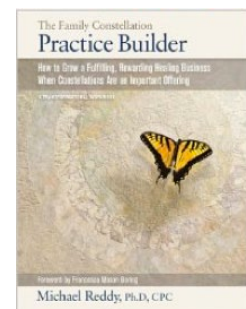
Building Family Constellation Practices in North America, *2 hr Breakout Session, 5th Annual US Constellation Conference, Seattle, WA, Nov, 2013*

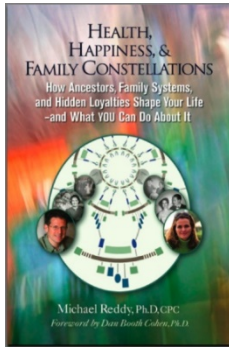


Home Altar Constellations--Add Symbolism, Solitude, and Time For Intuitions to Sharpen, *Poster Presentation, 5th Annual US Constellation Conference, Seattle, WA, Nov, 2013* [Download the poster.](#)

It's All in The Field--Integrating Family Constellations with Energy Psychology, *2 hr Breakout Session, 15th Annual International Energy Psychology Conference, Association for Comprehensive Energy Psychology, Reston, VA, May, 2013*

THE FAMILY CONSTELLATION PRACTICE BUILDER--How to Build a Fulfilling, Rewarding Healing Business When Constellations are an Important Offering. Kimberton PA: Reddyworks Press, 2013. [Available in paper or on Kindle and Nook](#)





Health, Happiness, & Family Constellations: How Ancestors, Family Systems, and Hidden Loyalties Shape Your Life--And What YOU Can Do About It. Kimberton PA: Reddyworks Press, 2012. [Available in paper](#) or on *Kindle and Nook*

"Constellations and the Evolution of Worldviews, Part One: Paradigm Shift," [THE KNOWING FIELD](#), June 2011 [Revised & Republished in the INTERNATIONAL JOURNAL OF HEALING AND CARING, vol 14, issue 2, May 2014]

"Constellations and the Evolution of Worldviews, Part Two: Time, Space, and Consciousness," [THE KNOWING FIELD](#), Dec 2011 [Revised & Republished in the INTERNATIONAL JOURNAL OF HEALING AND CARING, vol 15, issue 1 Jan 2015]

"Constellations and the Evolution of Worldviews, Part Three: From Clockwork to Network," [THE KNOWING FIELD](#), June 2012

"Higiene Emocional y Psiquica en las Constelaciones Familiares," Translated by Carmen Cortez, [ECOS BOLETIN](#), Number 35, May/June 2011



"Systemic Constellations--Evidence for Non-Local, A- Temporal, Continuous Consciousness," with Dan Booth Cohen, A Poster Presentation at the Conference "Toward a Science of Consciousness," Stockholm, Sweden, May 3-7, 2011. [click on thumbnail to download](#))

"Emotional and Psychic Hygiene for Family Constellations—A Shamanic Perspective," [THE KNOWING FIELD](#), January 2011. Reprinted in the COMMEMORATIVE ISSUE distributed at the US Systemic Constellations Conference, October 2011.

"Introduction," in THE COACH'S JOURNEY--TRUE STORIES OF TRANSFORMATIONAL EXPERIENCES, ed. by Amanfu J., Anderson R., Reddy M., and Prescott A., Tallahassee: Seedword, 2010, pp xiii-xxix.

"Journey Guide," in THE COACH'S JOURNEY--TRUE STORIES OF TRANSFORMATIONAL EXPERIENCES, ed. by Amanfu J., Anderson R., Reddy M., and Prescott A., Tallahassee: Seedword, 2010, pp xxxi-xli.

"Family Constellations and Coaching—Recognizing and Reframing Transpersonal Gremlins," iPEC National Teleclass and White Paper, August 2009 [obtain white paper from me, or hear teleclass by clicking above]

Popular Articles on Health and Wellness

[\(Click here for links to these articles\)](#)

Evolution's Revolutions, *Yoga Living Magazine, Winter 2017*

Problem, Issue, Theme? Or Solution?, *North American Systemic Constellations, Dec. 2016*

5 Facts About Personal & Ancestral Trauma, *North American Systemic Constellations, 12/16*

Health as a Sacred Fire, *Yoga Living Magazine, Fall 2016*

Seed Time: Grow a Good Future, *Yoga Living Magazine, Summer 2016*

The Software Bubble, *Yoga Living Magazine, Spring 2016*

Dancing as the World Divides, *Yoga Living Magazine, Winter 2016*

How Smart is Your Group?, *Yoga Living Magazine, Fall 2015*

Spiritual Bypass -- Devotion as Avoidance, *Yoga Living Magazine, Summer 2015*

Health and the Magic of Breath, *Yoga Living Magazine, Spring 2015*

Money Changes Everything--Towards a Less Toxic Economy, *Yoga Living Magazine, Winter 2015*

Healing the Inner Child: Timewarps and Trauma, *Yoga Living Magazine, Fall 2014*

Transition Town Media: Small is More Fun, *Yoga Living Magazine, Summer 2014*

Selfless Self Promotion, *Yoga Living Magazine, Spring 2014*

Are We All Naturally Psychic?, *Yoga Living Magazine, Winter 2014*

NDE's – or Life After Life, *Yoga Living Magazine, Fall 2013*

Faith, Presence, and Passion, *Yoga Living Magazine, Summer 2013*

How We Bless Our Food, *Yoga Living Magazine, Spring 2013*

Healing Trauma with EFT, *Yoga Living Magazine, Winter 2013*

Flashbacks, Blurbacks, and Trauma, *Yoga Living Magazine, Fall 2012*

Health and the Magic of Wholeness, *Yoga Living Magazine, Summer 2012*

When Hidden Loyalties Hurt Your Health, *Yoga Living Magazine, Spring 2012*

Get Symptom Savvy, *Yoga Living Magazine, Winter 2012*

Six Rules for Successful Affirmations, *Yoga Living Magazine, Fall, 2011*

Endless Invention--Panacea or Peril, *Yoga Living Magazine*, Summer 2011

When Healthcare Doesn't -- Care, *Yoga Living Magazine*, Spring 2011

Resolving Chronic Disease, *Yoga Living Magazine*, Winter 2011

Peak Intellect?, *Yoga Living Magazine*, Fall 2010

What Transforms—The Person, or the Family?, *Yoga Living Magazine*, Jul/Aug 2010

Shamanism—Fault Lines or Core Beliefs, *Yoga Living Magazine*, May/June 2010

Do Ancestral Families Have Souls?, *Yoga Living Magazine*, Jan/Feb 2010

The Mind in Meditation, *Yoga Living Magazine*, Nov/Dec 2009

Healthcare Overstress, *Yoga Living Magazine*, Sept/Oct 2009

When Natural's Not Normal, *Yoga Living Magazine*, July/Aug 2009

Inviting Intuition, *Yoga Living Magazine*, May/June 2009

Does Digital Dilute Materialism?, *Yoga Living Magazine*, Mar/Apr 2009

Music, Migrations, and Hope-in-Hard-Times, *Yoga Living Magazine*, Jan/Feb 2009

Voice-only, Email, and Text—the Goodwill Squeezeplay, *Yoga Living Mag.*, Nov/Dec 2008

Work, Service, and Media Hygiene, *Yoga Living Magazine*, Sept/Oct 2008

Books, Video, and Family Health, *Yoga Living Magazine*, July/Aug 2008

Holistic Health in a Wireless World, *Yoga Living Magazine*, May/June 2008

An Attitude of Gratitude, *Yoga Living Magazine*, Nov/Dec 2007

Vitality as You Age (Dancing to the Edge of Death), *Yoga Living Magazine* May/June 2007

Quality of Life: When Your World is Alive!, *Yoga Living Magazine* Mar/Apr 2007

Cognitive Science

"[Semantic Pathologies and the "Laws" of Nature](#)," EDGE SCIENCE, March 2017

"***Constellations and the Evolution of Worldviews, Part One: Paradigm Shift***," [THE KNOWING FIELD](#), June 2011 [Revised & Republished in the INTERNATIONAL JOURNAL OF HEALING AND CARING, vol 14, issue 2, May 2014]

"***Constellations and the Evolution of Worldviews, Part Three: From Clockwork to Network***," [THE KNOWING FIELD](#), June 2012

"Constellations and the Evolution of Worldviews, Part Two: Time, Space, and Consciousness," [THE KNOWING FIELD](#), Dec 2011

"The Conduit Metaphor: A Case of Frame Conflict in Our Language about Language," 1979 and 1993 in A. Ortony (Ed.), METAPHOR AND THOUGHT (pp. 284–310). Cambridge: Cambridge University Press

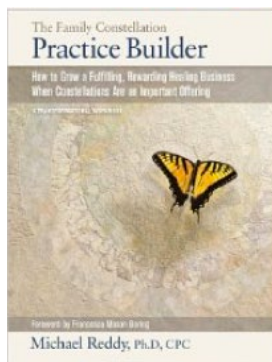
"Multiguity: A Characteristic of Poetic Language," PUBLICATIONS OF THE ARKANSAS PHILOLOGICAL ASSOCIATION, 1.2, 1975, pp. 42-48.

"Formal Referential Models of Poetic Structure," 1973, in PAPERS FROM THE NINTH REGIONAL MEETING, Chicago Linguistic Society. Chicago: University of Chicago, Department of Linguistics

"Linguistics and Literary Skills," 1972, a WORKING PAPER OF THE COLUMBIA UNIVERSITY DEPARTMENTS OF ENGLISH AND LINGUSTICS

"A Semantic Approach to Metaphor," 1969, in PAPERS FROM THE FIFTH REGIONAL MEETING, Ed. R. Binnick, et. al., Chicago Linguistic Society. Chicago: University of Chicago, Department of Linguistics.

Business/Technical/Medical



THE FAMILY CONSTELLATION PRACTICE BUILDER--How to Build a Fulfilling, Rewarding Healing Business When Constellations are an Important Offering. Kimberton PA: Reddyworks Press, 2013. [Available in paper or on Kindle and Nook](#)

"Blending Agile and Waterfall in Filemaker Development Projects," FILEMAKER ADVISOR MAGAZINE, November/December 2008.

"In-house and Consulting Developers Collaborate to Produce Better Software," FILEMAKER ADVISOR MAGAZINE, March/April 2008.

"In-house Development with Filemaker—Different Challenges, Different Choices," presented at *Filemaker International Developers Conference*, Orlando, FL, August 2007.

P. Harper, K. Lathrop, R. Beck, M. Reddy. **"Comparison of Short-lived Radioisotopes as Scanning Agents."** Presented by Harper, *International Conference on Radiology*, Tokyo, Japan, 1969.

P. Harper, R. Beck, M. Reddy. **"Two Dimensional Image Analysis in Radioisotope Scanning Systems."** Presented by Harper, *16th Annual Meeting, The Society of Nuclear Medicine*, New Orleans, 1969.

M. Reddy, P. Harper, R. Beck. "**Calculation of Radially Symmetric Figures of Merit.**" In abstract form, JOURNAL OF NUCLEAR MEDICINE, X, vi (June, 1969), p. 431.

M. Reddy, P. Harper, A. Gottschalk, K. Lathrop. "**The problem of Noise in Technitium 99m Liver Scans.**" Presented by Reddy, 15th Annual Meeting, The Society of Nuclear Medicine, St. Louis, 1970.

"The Keynoters"--Appearances

"The Keynoters" are a duo that writes and sings songs designed to fit the themes and keynote speeches at professional conferences. They consist of Michael along with Robert Schwarz, executive director of the Association for Comprehensive Energy Psychology. Both are longtime singer/songwriters. Listed here are the conferences they have performed at, Audios and videos of these performances can be found on the [Songs Page](#) of my website, or on YouTube by searching "Michael Cougar Reddy."



36th Annual Society for Scientific Exploration Conference, New Haven, CT, July 2017

19th Annual International Energy Psychology Conf., ACEP, San Antonio, TX, May, 2017

18th Annual International Energy Psychology Conf., ACEP, Santa Clara, CA, May, 2016

17th Annual International Energy Psychology Conference, ACEP, Reston, VA, May, 2015

16th International Institute of Noetic Studies Conference, Chicago, IL, 2015.

2014 Global Exchange Gathering, Providence, RI, Aug 2014

16th Annual International Energy Psychology Conference, ACEP, Phoenix, AZ, May, 2014