Dear friends wherever you are,

This is the beginning of Summer and—after an idyllic Spring with tons of rain and planting the huge garden three times—it finally looks like nicer and warmer weather is coming to Virginia and our plants have a chance to grow.

Maybe all of you have noticed that the Earth is changing at a startling rate. Our climate has been compared to a volcano erupting in Alaska, a big earthquake rocking California (7.4 on the Richter scale—the biggest one ever recorded in this century in the USA), and record temperatures all over the country (low and highs) have been registered last month.

Yes, Mother Earth has had it with all of the abuse over the past decades, with the pollution, the dumping of toxic wastes, the destruction of our natural and beautiful resources: our forests, water, air, and our well-being. I hope the beginning of all of these prophecies which have been known for over five centuries to the Hopi Indians for centuries and which are now all becoming reality (if you understand the symbolic language of the scriptures which I have mentioned in previous letters for decades) makes you more aware of your blessings, more aware of LIFE and the beauty of this Earth.

The end of the world will come with us and the rest of the animals are dying too. The baby ibis is almost as big as his parents and grows in weight of one-half month old. She is a beauty!!

This Spring was filled with interesting travels, workshops and conferences. I spent a week in Austria with a group who takes care of children with Mucopolysaccharidoses. They brought over forty children from Eastern countries—Romania, Poland, Russia, Hungary, Austria, etc.—and what a group! They not only took care of their travels with their parents and siblings, wheelchair and babysitters, but organized a super program for patients, siblings and parents. It was a moving experience to dialogue with a pediatrician from Russia to hear from other countries with very few means but tons of love and care and to see how they take care of their severely afflicted children and their families. It was a humbling experience and one that made me much more appreciative of our many resources and ashamed of many things we take for granted. There were families there who had five afflicted children and very little help, yet they traveled with all of them from Russia, Hungary, etc. to Austria to hear how other nations deal with the multitude of problems these families face.

After Austria, where I was accompanied by my sister Erika, I left to the Italian part of Switzerland where a pharmaceutical company paid for all of the pain specialists in the world to have a really impressive conference on pain. It was luxurious like I have never experienced in my life. There was a gala meal which lasted from early evening until one the next morning with the best food and the loveliest service that I have ever witnessed.

The hotel room was five hundred US dollars a night! Here again I felt ashamed about the luxuries in view of the fact that the Russian delegation had to return the next day to Russia where they barely have enough bread to eat. Why can’t we learn to share our riches? Just as we are now learning to share our knowledge in the field of medicine and technology, we can learn to share our food, clothing, and other necessities of life. How many tragedies do we have to endure until we take care of our brothers and sisters from other parts of our Mother Earth?

From Switzerland, Eco (my other triplet) and I left for Italy for a conference on AIDS. Yes, AIDS is everywhere now from East to West, to South to North and everywhere I travel they ask: “Do you have anything new in the treatment of this terrible disease that has already invaded millions of people?” I tell them about alternative medicine that has helped some people. I tell them about Nino Avizieniskis’ book, a woman who healed herself of AIDS and actually became negative of the virus. She tells them about our AIDS babies, who married in love are negative now because they were taken away from hospitals and group homes and able to SSDN with loving people who adopted them before it was too late. More what can we do? Think about the value of your life, think about all of your blessings and share as much as you can with the homeless, the sick, the old, the lonely, the deprived. The gifts will return to you a thousand-fold. The gifts that came back to us in many forms from our prison work in Scotland cannot be counted in dollars or pounds! One of the guards is helping us now to hopefully set up such a workshop in Ireland in the prison where Catholics and Protestants would kill each other if they were not totally separated. We shall do one with both groups together in one room, sharing their pain and turmoil and the remembrance of their dead all killed in the name of religion! I cannot wait to get there!

There is so much work to be done in the world before we destroy each other and our lovely Mother Earth. So get to work, love each other and share your blessings!

Love,

Eliashb

The Elisabeth Kubler-Ross Center
South 12th, 616, Head Waters, Virginia 24442
(703) 396-3441
Fax (703) 396-6164

Newsletter
No. 50 Summer 1992

The Elisabeth Kubler-Ross Center Shanti Nilaya is a non-profit organization dedicated to the promotion of the concept of unconditional love as an attainable ideal.

Our purpose is to spread knowledge and understanding of this concept with its underlying premise: 1) as we accept full responsibility for all of our feelings, thoughts, actions and choices, 2) as we, in a safe environment, release negative emotions that we repress in the past, we can live free, happy and loving lives, at peace with ourselves and others.

Our goal is to live this message and to spread it far and wide. We believe that as individuals share, experience the truths of this message and live it themselves, all of life will become increasingly rich in the values all people inherently cherish.

The Doug Center, Portland, OR

Elizabeth Kubler-Ross Center
8 Route 614
Head Waters, Virginia 24442
Address Correction Requested

Bulk Rate
Non-Profits Org.
U.S. Postal Service
Paid Head Waters, Va.
Permit No. 2
Life, Death and Transition Workshops...

Dear Friend,

I am writing this to inform you about our five-day, in-depth, live-in workshops held in different retreat facilities throughout the country. Most of the participants have not had the opportunity to be away from their work and their family for five days. I want to be sure that you have no incorrect expectations that you will be away from your responsibilities.

The workshops consist of 40-70 people from a variety of cultural, religious, and professional backgrounds. As with many large workshops, you and I will not be able to have much contact with each other. There is no commuting allowed, and for people who are not locals, you will be able to attend the workshops and meet new people. There are workshops and guest lectures available for all workshops.

There is never a problem with food, and there are many activities available to meet different needs. There is also a recreation center, which is available to all workshops and a variety of activities available.

The emphasis of the workshop is on YOU, to help you get in touch with any negative aspect of your being (fear, shame, guilt, hostility, etc.) and work on it. There is also much personal sharing. All workshops are open to those who are interested in spirituality and personal growth.

With Dr. Kubler-Ross's retirement, the Life, Death and Transition workshops are presented under the leadership of her Senior Staff.

Occasionally, and unannounced, Dr. Ross surprises everyone by dropping in.

-- Elizabeth Kubler-Ross, M.D.

*Unless otherwise indicated

Registration Form — LDT Workshop

REGISTRATION PROCEDURE:
The fee for the Life, Death and Transition Workshops is $100 per day (U.S. Dollars) for all participants. The Scholarship Fund for Workshops is open to those unable to pay the full fee. For those who have participated in workshops, the full fee is $100 per day (U.S. Dollars) for all participants. The maximum fee is $100 per day (U.S. Dollars) for all participants.

For those who do not fall into this category and are unable to pay for the balance, the fee includes board and room. It does not include transportation to and from the workshop site. At the time of your enrollment and acceptance into the workshop, your deposit becomes non-refundable. Personal checks and money orders should be made payable to Elizabeth Kubler-Ross Center. All workshops are limited to 60 participants. Request that you do not include workshop checks with any personal corresponding ones that you are sending to Dr. Kubler-Ross. Those workshops are conducted by Elizabeth Kubler-Ross staff who have worked closely with her throughout the years. Because most workshops have been limited to 60 participants, the balance of spaces in these workshops, please register as early as possible with a deposit to guarantee a place.

Please send registration forms and fees to:

Registration Coordinator
ELIZABETH KUBLER-RASS CENTER
S. ROUTE 614
HEAD WATERS, VIRGINIA 24443
703-396-5441

FOR OFFICE USE ONLY

Rec'd:
Accept:
Pre-W:
Fee:
Paid:
Title:

AUTHOR'S CODE:

WARNING: PRIOR TO LDT REGISTRATION

The Externalization Process used in the workshops is not recommended for those who are subject to intense, cyclic variations in mood which may indicate an undiagnosed manic-depressive condition. It is also not recommended for those who have recurring periods of deep depression and/or extreme "highs" characterized by exhilaration, hyperactivity, and prolonged wakefulness.

We will consult with a psychiatrist for thorough evaluation before considering registration in a workshop.

Notice Concerning Scholarships

We are no longer able to give scholarships for all of our workshops. We are struggling to fulfill our workshops in order to survive as an organization. We are not able to offer scholarships to those who are interested. We are following guidelines which will help us to continue our work. Those who are interested will be informed of the status of their scholarship application. A substantial deposit will be made to cover the costs of the workshop and regular monthly payments made if not able to pay full amount on or before workshop date.

Due to the increasing number of participants requesting financial assistance, our scholarship fund is almost depleted. We are asking those of you who can help us to make special donations or in-kind contributions for the continuation of each LDT. For those of you who have individually made substantial monthly payments, it would be most helpful if you could send that amount to us via check or money order.

Currently, we have several thousands of dollars on our books which cannot be used for scholarships. We cannot accept the possibility of making monthly payments. If you would like to make a contribution, you may do so by checking the box below.
Dear Friends,

The need for the Externalization of Feelings continues to grow – especially after becoming consciously aware of this effective way of dealing with personal emotional issues.

The Follow-up Intensive is open to anyone who has attended one of our 5-day Life, Death and Transition Workshops. These experiential workshops will be intense and will consist of only 20-25 people.

The Follow-up will begin with lunch on Friday and end after lunch on Sunday. The fee will be $350, and will include room and board expenses.

If you have attended our 5-day workshop and would like to attend and all of our Workshops, fill out the following application and return it to our office, attention: Janet Rogers, Program Department, The Elisabeth Kubler-Ross Center, South Route 616, Head Waters, VA 24442.

Follow-Up Intensive Workshops

For those who have attended a 5-day Life, Death and Transition Workshop, this intensive provides the opportunity for more individual work and concentration on personal growth. The group is limited to 20-25 people, with the sessions beginning Friday with an open meeting ending after lunch on Sunday. Cost: $350 (includes room and board).

Three-day "Intensive" presently confirmed are:

July 10-12, 1992
Dickinson, TX
October 23-25, 1992
Head Waters, VA

July 24-26, 1992
Head Waters, VA
December 4-6, 1992
Head Waters, VA

August 28-30, 1992
Alfred, ME

For ALL workshop registrations and correspondence, please include a large, self-addressed, stamped envelope.

Training Program in the Externalization Process

This training program is designed for licensed counselors, psychotherapists, mental health and care professionals. Certain exceptions are made for paraprofessionals and those who work under the supervision of professionals who have been trained in this process. The training teaches the theory and methods of the externalization of repression, as described in "On Death and Dying." The emphasis of the training is on the process in order to bring about resolution of deep emotional pain. Healing takes place by working through the fear, anger, and grief that make up our "unfeelings." The externalization of repression is a most effective tool to be used in private practice or in group situations.

The Training Programs are 3-day residential, weekend workshops. They begin Friday morning at 9 a.m. and end Sunday after lunch. Cost: $350, which includes tuition and room and board expenses. There are no scholarships offered for these programs. Enrollment: 15-20 trainees. In addition, up to 16 participants will attend the experimental portion (Saturday) of the weekend. (See "Guests" below).

An application for the training I may be submitted upon completion of our 5-day Life, Death and Transition Workshop and Follow-up Intensive workshop. Please send completed application to: Janet Rogers, Program Dept., Elisabeth Kubler-Ross Center, South Route 616, Head Waters, VA 24442. When your application is received, it will be reviewed by our staff facilitators and Elizabeth, and you will be informed of their recommendations and of scheduled training.

Guests' Welcome at Training Programs

During the second day (usually Saturday) of the Training Programs, anyone who has attended one of our sponsored workshops previously may come and work on personal issues. Trainees will be the facilitators, supervised by the teachers. Costs are for room and board only.

Training Programs Presently Confirmed are:

Training I

Aug. 29-30, 1992 - Tucson, AZ

Training II

Sept. 11-13, 1992 - Santa Rosa, CA
Oct. 30-Nov. 1, 1992 - Tucson, AZ

Training I & II Combination

August 28-30, 1992 - Head Waters, VA (EKR Center)
October 8-11, 1992 - Head Waters, VA (EKR Center)

The group will be divided, you will not complete both trainings, you will enter either Level I or II, which ever applies.

NOTICE: To enhance the quality of our Staff, no one will be admitted to the training having participated in an Intensive beforehand. We would also appreciate it if Staff and trainees would not leave immediately after any workshop - as we will have time to review, evaluate place and people, and leave an updated list of pros and cons (signed by all) for Elizabeth and the review board.

Elisabeth Kubler-Ross Center Introductory Training Program in Externalization

"Externalization" is the term that Elisabeth Kubler-Ross, M.D. has given to the process that she has used in her Life, Death and Transition (LDT) the five day workshop which is the cornerstone of Elisabeth's work; 2) Intensive, a smaller three-day workshop for those who have found the externalization process useful for them and who wish to do more of their own grief work using this process; 3) Training I, a three-day workshop for those who are ready and interested in learning some of the theory and techniques needed to become a facilitator; Training II, a three-day workshop for more advanced facilitators.

The LDT and Intensive workshops are an opportunity for participants to be introduced to externalization and to do their own therapy with qualified staff, of the Elisabeth Kubler-Ross Center. Many people who have no interest in training come to these workshops to do their own grieving and healing. It is essential for those who are interested in training in this process to experience and appreciate the process as a participant and to make a commitment to "do their own work" before they enter the two training workshops. Therefore it is a requirement that the LDT and Intensive be attended first. Also, many trainees (and active staff of the center) have utilized these two workshops again and again when they have identified more personal work to do or have needed a safe place to go to sort out what was impeding their recovery.

In the training workshops, some lecture material is presented; but the bulk of the time is spent doing personal work or facilitating others. It is common that trainees will be facilitated and facilitate several times in one weekend, under the supervision of staff teachers. Also, guests are invited during one day of the weekend to do their own grief work in exchange for being additional "guinea pigs."

After completion of these four workshops, each trainee will receive a certificate of attendance to the training program. For those who have the additional goal of staffing Elisabeth's workshops, they will need to make this goal known to the center so that they can be advised as to what additional training will be necessary before they will be invited as "trainees" to an LDT. This might be attending another intensive to do more personal work which is inhibiting the trainee from seeing that others are feeling or to repeat a Training II to obtain more practice in facilitating. This feedback is very individual and somewhat subjective, since many different staff from the Center will teach these workshops. In fact, receiving this kind of direct feedback might "push some 1 am not good enough buttons" and provide an additional teaching for the trainees.

Elisabeth has been very clear that her staff will be "put through the mill" before they will work in her workshops. That is why we ask those who are interested in staffing the LDT's to let the Center know this in writing, perhaps on the application for Training II. Most of our staff have found the process extremely rewarding personally, although sometimes painful.

Once approved to come to an LDT as a "trainee facilitator," a trainee will be expected to pay for their own travel and donate their time at the LDT in exchange for the experience of facilitating with trained staff. The length of this "acquaintance" might be five to seven LDT's as a trainee before being invited to become a member of the Elisabeth Kubler-Ross staff.

We encourage anyone who is interested in the training program to pursue it one step at a time and to decide at each step if the training is meeting their needs. As Elisabeth says, "All true beneficia are mutual." We hope that the training program will be useful in your personal growth and that it will be useful in your service of spreading unconditional love to others.

Elisabeth Kubler-Ross, M.D. and Lawrence J. Lincolin, M.D.

REGISTRATION FOR FOLLOW-UP INTENSIVE

"In order for your registration to be processed, all questions must be answered."

Please Complete and Return the Following Form: (Confidential Information)

Attach Photo with Each Registration.

Names:

Last EKR Workshop Attended?

Address:

(D) Street (P.O.B. #)
(City)
(State)
( Zip Code)

Home Phone:

( ) Business Phone:

Occupation:

( ) Date of Birth

Intensive Location/Dates: (1st Choice)

(2nd Choice)

Enclosed: Full Fee of $350, Deposit of $100

(non-refundable deposit)

Please charge my VISA MasterCard Other Check Enclosed

(Payable to Elisabeth Kubler-Ross Center)

Card Number:

Expiration Date:

Signature:

Date of Today's Date:

In case of emergency, please notify:

( name) (relationship) (daytime phone)

Please check here if arriving Thursday night Yes No

(evening phone)

Auth. Code:

Vegetarian Diet:

Other Needs:

Are you currently in counseling?

Yes No

Is therapist aware and in agreement with your participation?

Other:

Medication(s):

Any hospitalizations for psychiatric reasons:

Briefly describe:

What are your personal experiences regarding losses and/or those that may have come up since attending our LDT workshop?

If additional space is needed for any of the above - attach sheet.
ATTENTION: "FRIENDS OF EKR." TO HELP US KEEP THIS PAGE UP-TO-DATE, PLEASE ADVISE US OF CHANGES. THANKS!!

Support Groups

Friends of Elisabeth Kubler-Ross (EKR)/"Location". These groups meet the guidelines established for an official support group of our Center.

CALIFORNIA
Friends of EKR/Santa Rosa
Jovita Matson/Sharin Miner
P.O. Box 2631
Santa Rosa, CA 95406
707-528-7046 (Joyce)
510-484-3885 (Sharin)

Friends of EKR/Santa Cruz
P.O. Box 6942
326 8th Avenue
Santa Cruz, CA 95062
(408) 425-5385 (W)
(408) 476-2820 (R)

CONNECTICUT
Friends of EKR/East Hartford
Joan Moen
122 R. W. Weston Hill Rd.
Wethersfield, CT 06109
203-563-3035

HAWAII
Friends of EKR/Honolulu
Dorothy Han
700 Richards St., #2656
Honolulu, HI 96818
(808) 526-4805

ILLINOIS
Friends of EKR/Oak Brook
Conservative Friends
Theresa Goodrich
P.O. Box 389
Oakbrook, IL 60522
708-960-0110

MAINE
Friends of EKR/Auburn
Jack Trooney
36 Clifford St.
Mechanic Falls, ME 04256
207-345-8700

M A S S A C H U S E T T S
Friends of EKR/Boston
Martine Brier
15 Parkston St.
Needham, MA 02192
617-444-1277

MICHIGAN
Friends of EKR/MI
Margie Van Leerum
Box 783
Petoskey, MI 49799
(313) 669-4586

MONTANA
Friends of EKR/ Helena
Nancy Leigh
P.O. Box 2276
Helena, MT 59604
(406) 442-7811

NEW MEXICO
Friends of EKR/Santa Fe
Paula Brumberg
454 San Pasquale
Santa Fe, NM 87501
(505) 884-3872

NEW YORK
Friends of EKR/Long Island
Clara Miranda
61 Hitchcock Lane
Old Westbury, NY 11568
516-997-9113

BELGIUM
Friends of EKR/Belgium
Zwartzeclapar 30
B8066 Gooik, Belgium
045-567-428

BRAZIL
Friends of EKR/Brazil
Barbara Berzicska
Caixa Postal 514167
01209-000 Sao Paulo
761-580

CANADA
Friends of EKR/Kamloops
Caroline Morris
2425 Columbia St.
Kamloops, B.C. V2C2W4
604-374-7239

Friends of EKR/Vancouver
Diana Livingstone
3390 Macmillan St.
Vancouver, B.C. V6H2E6
604-641-6122

ENGLAND
Friends of EKR/England
Ruth Oliver
10 Antony Fields House
Weston Street
London WC1XPN
England
011-447-137-179-9796

GERMANY
Friends of EKR/Germany
Timo Rehn
Obere Brandstr. 44b
D-7000 Stuttgart 80
West Germany
011-49-71-71-18-99

HOLLAND
Friends of EKR/Holland
Pieter Sluis
Bachstraat 12
2421 TS Nieuwkoop
071-735-3338

ISRAEL
Friends of EKR/Israel
Elazar Palcz
Moshe Odah No. 50
R.N. Haemges
Israel 66456
03-962-559

NEW ZEALAND
EKR Trust
P. O. Box 34 170
Birkenhead
Auckland
New Zealand

PUERTO RICO
Friends of EKR/Puerto Rico
Angel Diaz-Montanez
D-122 Grant St.
Parkville, Guaynabo
Puerto Rico 00969
809-789-9077

SWITZERLAND
Friends of EKR/Switzerland
Eva Bacher-Kuhler
37 Greisenweg
4122 Riehen
Basel
011-41-61-474-926

Just before our newsletter went to press, Elisabeth’s beloved Victor died on the 30th of June. We know that you all join in with us in remembering Elisabeth in her time of loss.

Contact Persons

People who support our philosophy and have attended workshops sponsored by the Elisabeth Kubler-Ross Center. Some are planning to form Mutual Growth Groups and all are interested in networking with others. Please contact your local “contact person” with any questions as well as your personal needs and interests regarding this work.

ALASKA
Candy Glessner
Box 1873
Nome, Alaska 99762
907-443-2178

ARIZONA
Larry Lattin
2350 N. Santa Lucia
Tucson, AZ 85715
520-286-0200

Jeanette Phillips
511 E. Crenshaw Drive
Paradise Valley, AZ 85253
(602) 996-3584 (W)

Kathleen Neely Williams
503 Orchard Lane
Sedona, AZ 86336
(602) 959-5467

CALIFORNIA
Friends of EKR/Los Angeles / Van Nuys
D. 1000 Sunset Road
Van Nuys, CA 91401
(818) 992-3547

Kathleen Stinchfield
5020 Greenway Blvd.
Jacksonville, FL 32210
904-384-2688

FLORIDA
Bill Guggenheim
P.O. Box 13202
Orlando, FL 32853
(407) 774-1280

DELAWARE
Raynaene Fonteine-Gillies
55 Quail Hollow Drive
Hockessin DE 19707
302-239-3860

GEORGIA
Darle Perry
207 Donaldson Street
Statesboro, GA 30458
(912) 764-5713 (H)
(912) 881-5377 (W)

Sharon Lassby
P. O. Box 2753
Smyrna, GA 30081
(404) 429-9015 (H)

HAWAII
Bobbie LeCoe
1558 Anadilla Dr.
Hilo, HI 96720
(808) 995-4703

Sandra Pickard
1174 Kailua Rd.
Hilo, HI 96720
(808) 995-4102

Sharon Velzke
P. O. Box 7
Paia, HI 96779
808-572-2754

ILLINOIS
Jay Baker
R. R. 1, Box 212
Colborne, IL 62418
618-456-3753 (home)
618-839-6801 (work)

(Continued on Page 5)
Mail Order Catalog

Works by Elisabeth Kubler-Ross, M.D.

Books

No. 1004 — On Death and Dying. What the dying have to teach Doctors, Nurses, Clergy and their own families. Elisabeth’s first major work on the dying process and a classic. Hardcover, $14.95; Paperback, $6.95.

No. 1005 — Questions and Answers on Death and Dying. Elisabeth answers questions about accepting the end of life, the process of dying, terminal illness, euthanasia, telling the patient he is critically ill, the special difficulties surrounding death. Paperback, $8.95.

No. 1006 — Living With Death and Dying. Elisabeth discusses how children regard death, what their needs are when faced with death, and the symbolic verbal and non-verbal language used by the terminally ill. Includes a chapter on the interpretation of spontaneous drawings by Dr. Greg Forth, Ph.D. Paperback, $7.95.


No. 1011 — Working Through Story of Elisabeth’s Workshop. People whose lives are touched by death, who are terminally ill, who love one, or who are Doctors, Nurses, Social Workers, Clergy or others involved with the dying. Hauntingly beautiful and sensitive photographs by Mal Warshaw. Paperback, $5.95.

No. 1012 — The Pugly Letter (Letter to a child with cancer). A booklet written and illustrated by Elisabeth in response to a young child’s question about life and death. 1-10 copies, $2.95 ea., 11-24 copies, $2.55 ea., 25 or more, $2.00 ea. (postage and handling included).

Videos Featuring Her Work

Taped at the University of Washington, the following six video tapes are each 60 minutes in length.

1985 Video No. 3A — Life, Death and the Dying Patient, Part I. Dr. Ross talks of her understanding of the human personality and the development of the physical, emotional, intellectual and spiritual aspects of the personality. She discusses human emotions and the results of repression of emotions. VHS $9.90.

1985 Video No. 3B — Life, Death and the Dying Patient, Part II. Dr. Ross continues her talk, discussing the life natural emotions and the results of dealing with “unresolved business.” She speaks of ways to help patients improve the quality of life even in terminal illness and how to live with unmanageable love. VHS $30.

1983 Video No. 4 — Interviews with Childhood Cancer Patients and Their Families. Parents share the experiences and anxieties of long-term cancer treatments and life threatening illness. Includes 3-year-old and 8-year-old patients, young siblings and grandparents. VHS $90.

1983 Video No. 5 — Dialogue with Elisabeth and Minister/Ministry Ethics Professor: Spiritual Issues and Resource Use for the Terminally Ill. This tape is relevant to helping professionals, newly diagnosed patients and long-term survivors of illness as well as those facing death. VHS $30.

1990 Video No. 10 — Kubler-Ross Interviews Adolescent Amputees. Elisabeth talks with teenage cancer patients, all amputees, about their experience, perceptions and challenges. VHS $30.

Other Video Tapes

Video No. 1 — EKR Lectures in Hawaii. Lecture presented in Maui on Jan. 31, 1982. Dr. Ross talks about her early years, her work with terminally ill patients and her LIFE Workshops (technical quality not as good). 2 hrs. VHS $20.00.

Video No. 2 — Nothing Final. 1981 B.C. production with rare footage of homeless cells and enlightening conversations with dying patients and their families regarding their feelings, needs, grief and unfinished business. Discussion and examples of the use of drawings to determine a person’s views on dying. Also discussion of society’s fixation on youth and effort to artificially reproduce it at any false ease. 60 minutes. VHS $75.00.

Video No. 4 — EKR Lectures on Children and Death. EKR’s lecture to hospital staff on children’s problems and death. 1980. VHS $20.00.

Video No. 7 — Never too Old to Dance. Dr. Ross talks with Katie Melchold, a pioneer of dance therapy for older people. We see how movement can enhance the quality of life of the elderly and handicapped who need not only exercise but also music, joy, memories and associations. We see Estelle and her young child transforming lives. 30 minutes. VHS $39.00.

Video No. 13 — Charlotteville, Va., 1981/9/17. Taking off the mask is the topic and EKR speaks about being genuine again, becoming honest again. She speaks of the basic death and dying story and at length about symbolic language. She also explains the fear and the importance of finding a balance in the four areas in your life. The problem of "burdens" is addressed and she goes on to tell "the honey story" and the prison story. A very complete presentation of her work. 120 minutes. VHS $60.00.

Video No. 10 — Life After Death. From the bestselling author of On Death and Dying, here are four inspirational essays exploring Dr. Kubler-Ross’s experiences, thoughts, and feelings on the afterlife. For the first time, she shares her vast research on life after death and comments on “Living and Dying: “There is No Death”, “Life, Death and Life After Death”, as well as the very moving essay “Death of a Parent.” $7.95 paperback.

AIDS: Life & Love. A Conversation with Elisabeth Kubler-Ross taped at Elisabeth’s farm in Va. AIDS is not a Gay Disease. AIDS affects men, women, children, every race, every creed, every color. Suddenly you have to have an opinion about it. You must decide for yourself what it is. You have to stick your neck out and move forward. Your other choice is to say nothing, do nothing, and then you end up being nothing. It is our decision. It is our choice. The politics of AIDS — what is it and what it isn’t, healing and living with AIDS, the journey into healing by AIDS patients, caring for our fellow man. 60 minutes. VHS $29.95.

Cassette Tapes

No. 2998 — AIDS Meeting the Challenge. With Wil Garcia and George Melton in Los Angeles 9/2/89. They discuss their ideas and methods of healing oneself. Set of two tapes, 190 minutes $16.00.

No. 2997 — AIDS: Defying The Odds. The Ultimate Challenge. Living Long and Living Well. An inspiring evening with Elisabeth and Bernie Siegel (Mother of Love, Medicine, Miracles). They discuss AIDS and other illnesses in the context of spiritual love and especially love of life. They also talk about the use of “alternative” health approaches in self healing. Wonderful anecdotes, touching stories and questions from the audience. Audio Tape $9.95.

No. 2996 — Healing at the End of This Century — A Society Comes of Age, Newly edited and re-narrated. Whole Life Page Confessional cassette published by Mystic Fire Audio and Sound Heritage Audio. Elisabeth offers profound psychological and spiritual insights for the living as well as the dying. Audio tape $9.95 plus $3.50 S/H, 1 cassette 89 minutes.

No. 2961 — Life, Death and Life After Death. The basic teaching tape by Elisabeth Kubler-Ross, M.D. 90 minutes. $6.00.

No. 2995 — Elisabeth Kubler-Ross Talks to High School Students. Elisabeth talks with teenagers about the quality of life, how to live more fully and with fewer anxieties about life and death. 90 minutes. $8.00.

No. 2903 — The Santa Barbara Lecture. 1981 on-location recording of a lecture by Elisabeth centering on the importance of unconditional love, with practical examples for the enhancement of life. 90 minutes. $8.00.


No. 2963 — The Maui Prison Tape. Elisabeth and Bobbi Leoni of Shanti Nilaya/Mau discuss the Maui Prison, inmates with prisoners’ spiritual songs. A moving and inspiring testimonial. 90 minutes. $8.00.


No. 2964 — Making the Most of the In-Between. By Elisabeth Kubler-Ross, M.D. Lecture April 24, 1987 (preceded by “The Rose”), sponsored by THE LIT Center, Buffalo, N.Y. 75 minutes. $8.00.

Quest. By Derek Hill. Biography of Elisabeth Kubler-Ross, M.D., her early years. Paperback, $4.95.

Postscript: For those who are not familiar with the obvious and will not work if your system is in PAL.

House Note: On foreign orders, be aware these are VHS format videos and will not work if your system is in PAL.
Books

A Time to Mourn — by Vereen Kent. This book explains the role of mourning in the therapeutic process. Free Kast used dreams to illustrate the stages of mourning and shows scientifically how the unconscious stimulates us to encounter our grief.

Beyond AIDS — by George R. McMan in collaboration with Wil Griffe. The healing journey George and Wil took after being diagnosed with ARC and AIDS. It explains the interplay between the mind and spirit and the impact of the lies and bodies.

Children and the AIDS Virus — a book for children, parents, and teachers by Rosmarie Hunsperger. This Swiss woman who wrote this very simple and easily read book for little patients, their caregivers, their parents, and all those who work with children and AIDS. A delightful, easily read book with photographs to help alleviate the fear, to give families and caregivers hope and understanding and knowledge to deal with the little ones who are HIV infected and/or have AIDS. A delightful book. I recommend it for every doctor's office and everybody who has anything to do with children and AIDS.

Closer To The Light — by Melvin More, M.D. with Paul Perry. Learning from the near-death experiences of children amazing revelations of what it feels like to die. In hundreds of interviews with children who have once been declared clinically dead, Dr. More found the same description, the same experience, the same specific events over and over again that the end of life is serene and joyful, a welcome event not to be feared. Here, in children's own words, we have absorbed our adult views and ideas of death, are first-hand accounts of out-of-body travel, telepathic communication, and encounters with dead friends and relatives. This book is an innovative near-death experienc- ence questions, all illuminating what it is to lie, and, with courage and dignity, proving there is that elusive 'something' that survives bodily death. Available through the EKR Bookshop $9.95.

Coming Home — A Guide to Dying at Home with Dignity — by Deborah D watching from the end of life. The author, a chaplain, looks at the practice of dying the dying process, and the choices available through the EKR Bookshop $9.95.


Healers on Healing — Thirty-seven of the world's leaders on healing (including EKR) explore the nature of healing from many viewpoints. The writers seek a "golden thread" to tie together the approaches to healing. $12.95 Paperback.

Healing Waters Farm Cookbook — "Favorite" recipes of Elisabeth and friends of the Elisabeth Kubler-Ross Center. $10.00 Paperback.

I, Monty — The book I want to reassemble again and recom mend again for all those who ask us from where we go, what is the purpose of life, why is it so difficult for others and so easy for yet others, should pick up Maurice Buhl's masterpiece book, I, Monty. We have been having it in our bookstore and take it to all our workshops, and it is a delight to read those wonderful accounts of I, Monty the butterfly, who wakes up out of his cocoon. It will remind you of your own journey of beginnings and endings and give you hope to look towards the light, and will remind you of the only thing that's relevant in life is love. So pick up Monty again, read it again, give it to your friends, those who search, those who have lost, those who are willing to ask the important questions, and especially those who are willing to give love a chance. $12.95 Hardcover, Elisabeth.

Letters from Janes — Correspondence from the Astral Plane — by Wayne Hatfield. The author, struggling with grief over a close friend who had just died, through automatic writing makes contact with her. The teachings, that unfold are extremely poignant and help bring a greater understanding of death's overwhelming process. $6.95 Paperback.

Longevity Therapy — An Innovative Approach to Nursing USS. Home Care offered by Bobbi Drews-Thompson, B.S., F.P.A., and Janice F. Poff, M.D., A.B. This book offers a new, innovative plan for enhancing the lives of the elderly. Based on the belief that health is a time of growth, vitality, and contentment and that the nursing home should serve as center for living, not dying. Most of this book is devoted to the professional staff of nursing homes, but also meaningful for anyone who works with the elderly. $11.95 Oversized, softcover.

Love, Medicine, and Miracles — Lessons Learned About Self-Healing from a Surgeon's Experience with Exceptional Patients — by Bernie S. Siegel, M.D. The book tells the stories of how love heals and recounts how exceptional patients heal themselves. $9.95 Paperback.

Love You Forever — by Robert Nussach. A whimsical story of a mother's love for her child and the way the memories and emotions in the book are treasured and used in the treatment of 'end life care' situations. $6.95 Paperback.

Making Miracles, an Exploration Into the Dynamics of Self-Healing — by Dr. Paul C. Read. An introduction by Bernie Siegel, this is a fantastic book that should be read by everybody who is into healing, either for themselves or others. It is written in an easily understandable language and really captures you from beginning to end. $19.95 Paperback.

Morning Has Been All Night Coming — John Harrigan's new book begins where When You Can Walk on Water takes off. In a sense, a sequel, although, either one can be read independently of the other. When you read it, you'll love the style. You'll relate to the average man who becomes a widower and tries to raise two children by himself. He worries about making a living, taking care of the children, and still have enough time to be spiritually and emotionally... Elisabeth Kubler-Ross, The Viking Publishing Group, 200 Madison Ave., New York, NY 10001. $15.95. In stock at the Elisabeth Kubler-Ross Bookshop.

On Wings of Spirit — The Further Musings of a Soul on the Journey Home... — Boica Zeev. Sequel to Stardust. $9.95 Paperback.


Reincarnation, a New Horizon in Science, Religion and Society — by Sylvia Cranston and Carrie Williams. This book features many other intriguing topics, complex, historically, scientifically researched, of children and adults with incredibly accurate memories of previous lives. It provides enlightenment to many of the reincarnationists of eastern and western philosophies. It also discusses the evolution of man as a species, such as nuclear war, marriage, age, stress, marital conflicts, juvenile delinquency, and environment of a child. It is illustrated by many examples of Near Death and Out of Body Experiences of an extraordinary character inspires the reader with not only the beauty of those states, but the conviction that the time between reincarnations is one of valuable instruction. Death will never be feared again. Over 400 pages. $18.95 Hardcover.

Reincarnation, The Phoenix Fire Mystery — by Joseph Head and Sylvia Cranston. The most comprehensive book on reincarnation and near-death experiences taken from all the world religions — both western and eastern. It is a creation of a symphony of beautiful and inspiring ideas on rebirth from the world of science, psychology, philosophy, art, literature, and from the great thinkers of the past and present. Forward by Elisabeth Kubler-Ross, M.D. Over 600 pages. $14.95 Paperback.

Saying Goodbye — by Jim Boulders. A coloring book for grieving children. It provides an effective non-verbal way for the grieving or dying child to communicate. Excellent for use in both group and individual counseling. This book reflects the experience and insights of professionals and parents from the fields of psychology, teaching, care giving, religion, medicine, and publishing. Recommended for ages 4-12. $4.95 Paperback.


The Secret World of Drawings: Healing Through Art — by Gregg M. Forth, Ph.D. Gregg explores the realm of the unconscious through the interpretation of drawings using a systematic analysis, to give further understanding to messages from the unconscious. We learn from analytic interpretation of these expressions to see our weaknesses, fears, and negative traits, as well as our strengths, accomplishments and untapped potential, giving us greater personal insight. $18.95 Paperback.

The Quiet Mind — White Eagle. A pocket book of White Eagle's sayings, with deep answers to human problems, a good introduction to his teaching. $4.95 Pocket Edition Hardcover. (Elisabeth never travels anywhere without this book.)

To Heal Again — Toward Serenity and the Resolution of Grip — by Rusty Berkins. A magnificent, colorfully illustrated book that offers an enchanting and fascinating journey through workbooks that uplift, restore, and inspire the reader through a greater experience of love, joy, and inner peace. $13.95 Paperback.

When You Can Walk on Water, Take the Beast — by John Harrigan. This is a very special book. Written in such a way that those who are total skeptics can still read and enjoy it as a fairy tale, others... Well, I will let you guess. But read it and read it all. It has a lot of wisdom, and it has a lot better than any other book I have read in a long time that wisdom, knowledge, and spiritual growth are not easily attainable, rather they go through a turbulent, often chaotic process. For those who sometimes feel forlorn and forgotten by God, read it, and you will know that He is always by your side. Elisabeth. $3.95 Paperback.

(Continued on Page 8)
Books

Why Have, Why Now — A Man's Journey Through Love and Death and Grief — by Len Elmer. The author’s experience with losing his beloved wife, Nancy, to cancer after only four years of marriage. Rather than giving in to the culturally imposed limitations men face, he went far beyond, breaking with men’s tradition. And, he did this not only personally, but also publicly so that other men can be inspired, supported, and encouraged by his example. “Len, I love your book. Thank you for sharing.” Elizabeth. $10.00 Paperback.

Why I Survive AIDS — Author Nirmal Markhand; Assistant with Paul Duffy. Nirmal tells her personal story — the pain of shattered dreams and relationships; her horror of infecting her children; her wrenching struggle with fear, shame, denial, and anger; and how she transformed those emotions into the strength, self-acceptance, and courage that eventually gave her the power to heal herself. Sharing the techniques that have worked for her and her many clients, Nirmal recommends specific processes for facing and healing fear, shame, and anger; powerful daily meditations; productive journaling and reprogramming your life; using your Inner Child as a resource; establishing your personal program of sound nutrition and exercise. A moving personal journey as well as an extensive program for self-discovery. Why I Survive AIDS can inspire you to improve the quality of your life and become a long-term survivor. Available through the EKR Bookshop. Priced at $10.00.

You Can’t Afford the Luxury of a Negative Thought — A Book for People with Any Life-Threatening Illness — Including Life — by John Roeger and Peter McWilliams. This book is not so much to be read as it is to be used. There are two sections: The Disease and The Cure. The Disease in negative thinking and The Cure is 1. Spend more time focusing on the positive things in your life. 2. Spend less time thinking negatively. 3. Enjoy each moment. $14.95 Paperback.

Cassette Tapes

Cassette No. 2907 — Self-Healing by Louise Hay. On side one of this tape, Louise discusses how we produce disharmony and disease in ourselves and some of the reasons why we choose illness. On side two, Louise does a powerful 40 minute meditation on recreating new thought patterns to dissolve our present disease and establish health in all areas of our lives. A great tape for creating and maintaining a healthy body! $10.00.

Cassette No. 2909 — Carving in the Canyon. Barbara Metlin sings warm sensitive songs inspired by Elizabeth's work. $10.00.

Cassette No. 2910 — Fairy Rings by Mike Rowland. There is a message from nature within the fairy rings expressing new hope for a closer cooperation between man and the nature kingdoms. By the use of gentle piano and synthesized strings, the music slowly unfolds a world of peace and tranquility. The effect is almost magical. $10.00.

Cassette No. 2911 — Catch a Falling Star by Michele Easton Corigliano. A recording of children's music, songs and a special "polka dot" story that stretches children's imaginations and allows them to see new perspectives to some issues. Songbook included. $9.00.

Cassette No. 2915 — Soulmates by Juliana St. George. Music designed to bring you on a peaceful inner journey. Includes Taj Mahal Sunset, The Calling, and Sea of Tranquility. $10.00.

Cassette No. 2917 — Rock the Casbah by Bob Marley and The Wailers. The instrumentals are played in a reggae style with a touch of jazz, a bit of soul, and a touch of rock. $10.00.

Cassette No. 2921 — Crystal Love by Isaac. New age music to expand consciousness and uplift the spirit. $8.00.

Cassette No. 2922 — Many blessings, chants and songs from many different traditions celebrating human unity. Including Listen, Listen, Listen, In the Long Run, From These I Receive, Tie a Gift to be Simple, performed by Robbi Gans and Wongs of Songs. $10.00. Songbook $5.00.

Cassette No. 2930 — Trust in Love. Heartfelt and moving songs by Robbi Gans, including Welcome to This World, Hunger, Opening the Heart, Trust in Love. $10.00. Songbook $5.00.


Cassette No. 2932 — Humanity. The most recent and finest recording by Robbi Gans and Wings of Song. Includes a new version of "We Shall Not Be Moved," The Earth Is Our Mother, Perhaps Love, The Rose, and new songs such as Message to Moscow. $10.00.

Cassette No. 2933 — Take heart songs with dulcimer, piano, and harp written and sung by Georgia Carr. $8.00.

Cassette No. 2934 — Beautiful Dreamer. Awake "music meditation" goes to sleep — to receiving sleep and radiant awakening." By Elizabeth Hopper-Richard Bluthman, keyboards. $8.00.

Cassette No. 2942 — Service through touch guidelines for managing people with AIDS. A 3-hour audio tape by Sister Jane Smith. Priced at $10.00.

Cassette No. 2943 — On Death and Dying. An audio presentation of the world-famous bestseller that brought new insight and understanding to millions. This tape is not a psychosomatic study of the terminally ill, nor is it a "how-to" manual for managing death. Rather, it was created to offer us new understanding of the terminally ill, re-focusing on the individual as a human being and as a teacher in hopes that we may be prepared to cope with the anxieties, fears and hopes of the dying. This remarkable insights into a program takes a close look at the attitudes of the dying and examines the factors that contribute to society's anxiety with death. It looks at the five stages of death — denial and isolation, anger, bargaining, depression and finally acceptance — and how the dying and living deal with them. Author: Dr. Elisabeth Kubler-Ross. 2 cassettes $15.00.

Cassette No. 2944 — Dialogue on Death and Dying presents a series of reading of some of the most revealing interviews Dr. Kubler-Ross conducted with her patients. By sharing some of the most intimate and sensitive feelings expressed by those men and women, this program focuses on the patient as a human being and as a teacher — in hopes that we may learn more about the finer moments of life, and lessen our own anxieties about the natural course of our lives. Author: Dr. Elisabeth Kubler-Ross, Various Narrators. 2 cassettes $15.00.

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Celebrate the Tradition of Quilting

ABC Quilts developed this guide in response to hundreds of requests from people who care about children. People across the country and around the world are discovering that they can help kids be informed on issues vital to their health and well-being, while encouraging them to develop their creativity and social responsibility at the same time. Making a difference in the life of another empowers kids of all ages.

This book includes:
• Four easy-to-use quilt patterns and instructions.
• Letters to parents and teachers on how and why to use this book.
• "Did you know?" facts and myths about AIDS, drug addiction, and alcohol abuse, to discuss with kids while you quilt together.
• Information about how the quilts will be delivered.

Available through the EKR Bookshop
$9.95 + $3.00 P/H
Networking...

AIDS
AIDS Support Network
Box 1215
San Luis Obispo, CA 93406
(800) 641-9572
606-0458
(M) 866-929-3856

CCAP - non-profit organization - Concerned Citizens for AIDS Patients. Their most urgent need at this point is volunteers. We need people who have a genuine interest in providing practical in-home support for PWAs andPWD, i.e. helping to meet the needs of people who are in need, regardless of age. For more information, contact:

AIDS House
Jacksonville Center for International Healing
P.O. Box 52116
Jacksonville, FL 32221
(904) 363-HELP

AIDS Support Group
P. O. Box 2922
Charlottesville, VA 22902

A non-profit community-based group to provide accurate information and assistance to people concerned or directly affected by human immunodeficiency virus (HIV). Based in Charlottesville it serves the northwest region of VA. Provides practical, emotional and educational support for people with AIDS and their families. For more information, to become a volunteer, or to make a donation, call (804) 949-7714 or 1-800-722-6662.

National AIDS Information Clearinghouse
P.O. Box 3003
Rockville, MD 20850
(301) 762-8111 or 1-800-448-3231

National AIDS Network
203 Madison St. NW, Suite 600
Washington, DC 20004
(202) 239-3437

National Network of AIDS Legal Services
350 Seventh Avenue, Suite 1100
New York, NY 10001
(212) 673-9838

The Sunshine Foundation
Bringing sunlight into the lives of seriously ill children
NATIONAL OFFICE
Sunshine Foundation, 4100 Levitt Street, Philadelphia, PA 19136

“The Rainbow Project: Services and Support for Children with Life-Threatening Illnesses”

The Rainbow Center, P.O. Box 2662,
Toledo, OH 43666

Rainbows For All God’s Children, Inc.
1111 Tower Rd., Chennai, IL 60118
(703) 510-1880
A not-for-profit organization that provides training and curriculum to schools, churches and social service agencies so that they may establish effective peer support groups for children, adolescents and adults who are grieving a death, a divorce or any other painful transition in their family.

CANDILIGHTERS
Childhood Cancer Foundation
1312 16th Street NW, Suite 200
Washington, DC 20036
1-800-366-2233 or (202) 656-8136

CHILDREN’S HOSPICE INTERNATIONAL
Children’s Hospice International provides a support system and resource bank sharing expertise and information with health care professionals, families, and the network of organizations in communities that offer hospice care to terminally ill children.

Children’s Hospice International
391 North Washington Street
Suite 700
Alexandria, VA 22314
(703) 957-2600 or 1-800-24-CHILD

RONALD MCDONALD HOUSE
Home-away-from-home for children with cancer and other serious illness.

(312) 676-1500

Cone’s Syndrome
1-800-221-4602

Parents of Murdered Children
(513) 721-721
Between 9 a.m. - 1 p.m. EST

RISE N SHINE FOUNDATION
1305 Fourth Avenue, 910 Cobb Building
Seattle, Washington 98101
(206) 629-0694

The Rise n’ Shine Foundation is dedicated to children with special needs. Through their efforts, they empower AIDS/HIV, whose custodial parent is living with AIDS/HIV, who are at special risk for AIDS/HIV. Those at special risk include children whose parents are recovering from substance abuse or are addicted to such drugs as crack cocaine or alcohol, or who are in recovery.

AIDS Care for the Terminally Ill: As Opportunity
Human Services Alliance of Greater Cleveland for the Terminally Ill Center represents an attempt to respond creatively to the diverse experiences of death. The Center offers a home-like setting where the guest family live out their lives in a loving and supportive environment. Round the clock care is provided by trained volunteers. This is a service provided for free of charge.

HSA is an all volunteer organization (no paid staff). It offers a wide variety of opportunities for full-time and part-time volunteer service. You are invited to come and be a part of this unique group expression of Love in Action. To experience the joy of service — the virtually unlimited possibilities for renewal and growth which open up to us when we give ourselves in service to others.

HSA was recognized by President George Bush as part of light #532 in his Thousand Point of Light Program.

Contact: Human Services Alliance
2053 Old Greenlawn Road
Winston-Salem, NC 27101
(Phone: 919) 761-8745

The purpose of this group is to promote awareness of Royce’s Syndrome, to provide guidance for those who have encountered Royce’s Syndrome, and to raise funds for further research of the syndrome.

National Royce’s Syndrome Foundation
890-233-7395/700-531-7383 (in Ohio)

Learning to choose life when faced with a life-threatening illness. An audio-visual program, “New Beginnings,” represents a historical breakthrough in enhancing medical treatment by focusing on the emotional and spiritual aspects of total health care. This is accomplished through the learning of effective communications skills, the developing of healthy, supportive relationships and providing spiritual opportunities and support for those dealing with such life-threatening illnesses as cancer, multiple sclerosis, heart and circulatory problems, paralysis, respiratory diseases, alcoholism and diabetes.

The Marion Support System
14 Ellis Peter Ct., Suite 3-A, Madison, Wisc. 53711
(608) 277-3797

The St. Francis Center is a source of guidance, information and support people living with HIV/AIDS and bereavement. For more information, contact:

St. Francis Center
5135 Mac Arthur Blvd. N.W.
Washington, D.C. 20016
(202) 383-6300

Amy’s is a Touching Community designed to assist those individuals, both adolescents and adults, with substance abuse problems. The multi-cultural, holistic approach Amy’s uses to intervene in the lives of substance abusers helps to access a broader spectrum of people all over the United States. For further information, contact:

Amy’s, Inc.
P.O. Box 60502, Tucson, AZ 85751-6050
800-749-0880
Carrie Arzhiter
Robin Porter

Getting Well Program
HCA Westlake Hospital
598 W. State Rd. 434
Longwood, FL 32750
(947) 322-1278
(800) 522-6092 (FL)
(800) 522-6092 (FL)

Getting Well is about hope, about caring, about people discovering their inner strength, about loving and forgiving oneself and others, and about making decisions about getting well and staying well. Getting Well is for those who wish to live life to its fullest — to develop a playful, humanistic, optimistic perspective on life. Getting Well is for those who wish to activate the healing powers within themselves and take an active, participatory part in their own recovery. Getting Well is for the exceptional, determined individuals who wish to enhance their medical treatment experience, to thrive, to take responsibility for their health and to live life to the fullest. Getting Well provides the techniques, the knowledge, and the support.

Call for more information or a free consultation. Be afraid to live in fear. Call for a consultation. Nothing is more fearless than not living! Illness and death are not signs of failure; what a failure is not living. It’s time for living! Living never felt so good.

(Continued on Page 10)
Networking
(Continued from Page 9)

ECAP

ECAP (Exceptional Cancer Patients, Inc.) is a non-profit organization which provides group support for cancer patients, founded by Bernie Siegel, M.D. in 1978, when Bernie first invited 100 cancer patients to come together and work on emotional issues. We provide information, support and resources to people from throughout the nation. We also provide a Training Program for health care professionals who want to learn the ECAP group therapy methods and begin group support in their areas.

ECAP, Exceptional Cancer Patients, 1302 Chapel Street, New Haven, CT 06511. (203) 983-8392.

The Life Center of the Suncoasts, Inc.
214 S. Fielding Ave., Tampa, FL 33606
Sherry E. Baker, Director, (813) 251-0269

TLC is a non-profit tax exempt organization dedicated to providing free counseling, education, and group support to people experiencing the stresses associated with serious or life-threatening illness or loss due to the death of a loved one.

For the Love of Christ, Inc.
One Civic Center, 1260 Capital of TX Hwy, Bldg. 3, S. Suite 150
Austin, TX 78746
(512) 339-2999

The purpose of this free counseling and support organization is to provide help and ongoing support to individuals and families with their adjustment to life after the death of a loved one. It was founded by Susan and Don Cox in memory of their 20-year-old daughter, Christi. “We listen with our hearts by reaching out to those of us who are hurting, and we help one another with our individual grief.”

Colorado Outward Bound School

The Health and Education Services Program at the Colorado Outward Bound School offers three day therapeutic wilderness adventures for individuals and members of their support system dealing with cancer. Emphasis is on nurturing one’s emotional, physical, and spiritual sides to accomplish more than thought possible. Outward Bound is a non-profit educational organization and scholarships are available.

945 Pennsylvania St., Denver, CO 80203-3198
(303) 811-6996

HospiceLink

US, Canadian & International directory of hospice services. General information about principles and practice of hospice care and informal short-term telephone support, (not medical advice). 1-800-331-1630

St. Barnabas Center
Ruger’s Hospital
Oconomowoc, WI
1-800-787-1314

Economical center available to all clergy and their families who suffer from addictions and mental health problems. It is a national center under the sponsorship of the Episcopal Diocese of Milwaukee. Elizabeth highly recommends.

Compassionate Friends
For bereaved parents and siblings
(706) 990-0010 Between 10 a.m. - 7 p.m. Central

Pregnancy & Infant Loss Center
For bereaved families experiencing miscarriage, stillbirth and infant death.
(612) 473-9372

Make Today Count
For adult cancer and other terminally ill patients.
(319) 783-4691

National Cancer Institute
A 24-hour hotline, automatically connects you to the cancer information service in your area.
1-800-4-CANCER

Drug Abuse
1-800-636-3045

National Cystic Fibrosis Foundation
(301) 951-4422

Organ Donations
1-800-528-2971

Second Surgical Opinion
1-800-638-6833

Alzheimer’s Disease
1-800-272-3900

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South Route 416, Head Waters, VA 24442 • (703) 396-3441

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Please send Complimentary Copy of Newsletter to:

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$15 $20 $30 $50 $100 or More

EKR Pen EKR Pen and 2-Year Pocket Planner

PEACE IS POSSIBLE

T-Shirts - $10
Sweatshirts - $20
Adults L - XL

Children Should be Seen and Heard and Believed
T-Shirts - $10
Sweatshirts - $20
All Sizes 4 Colors
THE 1992 LIFE, DEATH AND TRANSITION WORKSHOP

July 27-31, 1992
No. New Mexico Comm. College
El Rio ANGELES
Airport: Albuquerque, NM
August 17-21, 1992
Elisabeth Kubler-Ross Conference Center
Headwaters, VA
Airport: Shenandoah Valley
September 1-5, 1992
Elisabeth Kubler-Ross Conference Center
Headwaters, VA
Airport: Shenandoah Valley

December 7-11, 1992
The Mission San Miguel
San Miguel, CA
Airport: Santa Maria Airport

I Recommend . . .

Peace Pilgrim — Her Life and Work in Her Own Words. Compiled by some of her friends. The bestselling account of one of the most astonishing women in American history is now in a new edition, fully indexed. Traveling alone on foot, owning nothing but the clothes on her back, the woman known only as Peace Pilgrim walked more than 25,000 miles, crisscrossing the United States for three decades with a simple yet eloquent message of peace. Along the way, she delighted and inspired thousands of people from every walk of life. Ocean Tree Books, P. O. Box 1295, Santa Fe, NM 87501. $14.95 hardcover, $10.00 perfectbound. Please send $2.00 for postage and handling.

Waiting For the Westbound by Ruth Allison Costes. Thirty remarkable poems in a perceptive, haunting style that open new windows on the phenomena of aging, life’s twilight, and death — as well as the promise and progress of memory. Ocean Tree Books, P. O. Box 1295, Santa Fe, NM 87501. $8.00 perfectbound. Please send $2.00 for postage and handling.

The Grieving Child (A Parent’s Guide) by Helen Fitzgerald. Explaining death to a child is one of the most difficult tasks a parent or other relative faces. This book offers practical, compassionate advice for helping a child cope with the death of a parent or loved one. Parents of children from preschool age to the ten years will find much-needed guidance covering such areas as:

1. Visiting the seriously ill or dying
2. Using language appropriate to the child’s age level
3. Selecting useful books about death
4. Handling especially difficult situations, including murder and suicide
5. Deciding whether a child should attend a funeral

The Grieving Child provides invaluable suggestions for dealing with a child’s emotional responses (including anger, guilt, and depression) and helping a child adjust to a new world. Death shatters the seemingly secure world of childhood, with this book, caring adults can make it whole again. Fireside-Simon & Schuster Building Rockefeller Center, 1230 Avenue of the Americas, New York, NY 10020. $9.90. Please include $2.00 for postage and handling.

Quiet Rooms
(a poem for two voices)

They have them now, quiet rooms.

“I can’t feel anything. Nothing.

a place to bury stillborn dreams

Find the heart beast.”

between our swollen breasts.

“Find it!”

Quiet rooms, where soundproof walls protect us

“What are you waiting for?”

from the lusty cries

of newborns,

pink and hungry for their lives.

“What’s wrong?”

Quiet rooms where there is no quiet,

“What are you doing?”

where trembling fingers

cannot touch the shrouded eyes,

“Speak to me!”

and sob’s can breathe no life.

“She isn’t dead.”

Quiet rooms.

Two days to touch

“Give her to me,”

the blue tinged feet

and perfect fingers,

“I want to see my baby,”

a place to cuddle,

“Give her to me!”

and gently wrap

our little ones

against the chill.

“They’ve taken my baby away,”

wrapped in paper.

Quiet rooms, a private place to share with him,

“Where are your tears?”

to place on film

the unspoken moment

of our lives.

“What will we forget,”

to remember,

and kiss

unlaced lips

before they turn to wine.

“the face we never saw?”

Quiet rooms, a place to nurse our babies,

dead as they have lived.

An unmarked grave.

No place to go.

We still have them.

They have them now,

quiet rooms.

“Too late for me.”

Sarah Rossetti
and Rita La Bianco

Thank You Note

Hi Megan,

I can’t tell you how your group touched the staff except to say that you were graced people you added to the holiness of the gounds — I can only pray that more of your workshops come to Marywood. That is what Marywood is here for — healing. Your clean-up and general respect for all aspects of the facility was wonderful. We thank all of you.

Love,

Marge

Congratulations to

Ellen Ashgren,

The 1992 New Hampshire Mother of the Year

Miscellaneous Items . . .

RUBBER HOSES, $7.00.

Summerland Poster by Cory. A special friend of Elisabeth’s, Cory died after a 6 1/2 year struggle with leukemia. His third relapse at the age of 7 signaled the end of life. At that time Cory had many “out of body” experiences and actually visited the other side many times. He walked in God’s garden and came back with wondrous tales of his journeys. He drew pictures of what he saw there. Elisabeth used his drawings in her workshops worldwide. A particularly good drawing is of the “crystal castle” where God lives in a land over the rainbow bridge called “Summerland.” A poster of the drawing done by Cory for his mother depicting the same scene, is now available through our newsletter. The proceeds will be donated to the children’s workshops. We thank the community of Seattle, Washington, and Cory’s mother (Shirley Enshen) for this lovely contribution in support of this work. Color poster (20” x 24”) $8.95 each.

Speaking Boards

In our work with terminally ill patients few have touched us more than those who have had ALS (Amyotrophic Lateral Sclerosis or Lou Gehrig disease) and those who — after a stroke or accident, brain tumors, etc. have been totally paralyzed and unable to speak. It is not only trage for the patient, but an extremely tiresome and frustrating experience for the caregivers and family members to keep in touch with those patients.

A wonderful tool for the Speaking Board is and how easily it can be learned by anyone, old and young alike.

For the United States, the cost of shipping and mailing Speaking Board information is $1.50 per packet. Please forward this amount along with your request for further information to the contact persons below.

Contact for more information:

USA
Elisabeth Kubler-Ross Center
S. Route 616
Head Waters, VA 24442
Janet Raven
764 Cypress
Newbury Park, CA 91320
ALS Association
15000 Ventura Blvd., Suite 315
Sherman Oaks, CA 91403
Alt: Lynn Klein

CANADA
Mrs. Estherelle Kaplan
2 Clarenden Ave.
Toronto, Ont, Canada M4V, 1H8
416-927-8403
Lorraine Dick
200 Sandor Circle
Burlington, Ontario
Canada L7P 3C1

EUROPE
Annie Minnberg
Kiltreest v 11
S. 16137 Bromma,
Sweden

Frau Seeger
Oberdorf 39
CH-4458 Eptingen
Switzerland
Mrs. Constance Harvey
Buerwey 22
1861 CJ Bergens
Holland

SOUTH AMERICA
Barbara Swirski
Caixa Postal 54167
Sao Paulo, Brazil
01296

AUSTRALIA
Betty Rothery
24 Hales St.
Sydney, New South Wales, Q.L.D.
Australia 4109

Songbooks used at the Life, Death and Transition Workshops are now available for a $2.00 donation to cover copying and mailing expenses.
The Doug Center is a tribute to a boy who knew about suffering and fear and realized with the rare insight of a child that both could be met with love, understanding and the joy of life.

Doug Turno was a boy of nine with an inoperable brain tumor. He wrote to Dr. Elizabeth Kubler-Ross, a world-renowned writer and pioneer in the field of death and dying, wanting to know more about dying and death. He wanted to know "any books about children about dying? If you’re old enough to die, you are old enough to read about it!" Dr. Ross responded by writing for Doug his very own booklet entitled "A Letter to a Child With Cancer (affectionately known as "The Doug Letter").

Doug had a profound message to share about life, living and love. All those who met him fell in love with him and were touched by his message. As ill as he was, Doug said, "I can go to the hospitals and tell other kids not to be afraid to die!" December 5, 1981, at 13 years of age, Doug died. He received his wish... "a new life for Christmas."

In August 1981 a letter arrived from Dr. Elizabeth Kubler-Ross, "Doug is coming to Portland for new research on brain tumors. He is a sweetie pie, you will love him. I told his family you would meet them at the airport. Give your wonderful husband a hug for me... tons of love, Elizabeth."

That was my first introduction to Doug Turno, a 10-year-old boy with the wisdom and maturity of a wise old man. Doug, desperately ill as he was with his inoperable brain tumor, had a smile and compassion for his fellow humans being regardless of age, personality or place in life.

The sky was grey and his luggage in my car that evening was so heavy that the boy that he visited him often at the hospital before heading to the airport for his swing-shift job. Many others who crossed paths with this lad during the month he was in Portland fell in love with him, also, in fact, the profoundness of his life touched more people than can be imagined. Even that evening and weekend passed from the hospital when he wasn’t getting radiation therapy. These people included restaurant owners, Bell Telephone employees, bookstore and bookstore employees and clerks. Doug got to the shelf, shook hands with his many visitors who were aware of his passion for them. They left hugs around enough to collect a bag of drugged-up and one of his stuffed animals. Dropping his wheelchair, he guided it through the maze in his room and met other patients, nurses, doctors, chaplain— even I received an autographed Doug letter from Doug.

Doug gave up. He didn’t know. By this time all the people in the room who had already been tricked by Doug were laughing. Alhakeem said he didn’t have any idea and asked, “What kind of dog is it, Doug?”

Doug was delighted as he grinned at Al. “It’s a watch dog!” Of course, it was actually a watch dog wearing Doug’s watch that he could no longer wear on his puffy arm.

Doug Turno came into my life when I was working mostly with dying children and their families. Little by little, though, over the previous two years, I had begun working with children who were grieving the death of a parent, sibling, or grandparent— even a beloved pet. More and more calls came from schools. Consistently I heard the need, a plea for help from the children and teens themselves.

In 1980, Portland grade school. A divorced mother of three children had very recently filed. Now the children didn’t know where they would go or who they would live with. This made for a frightening situation for their friends and classmates. "What will happen to me if something happens to my parents?" I was asked to do a workshop with children who had either died in their deaths or were anticipating a loved one’s death.

At first, the children, most of them close to 10 years of age, were uncomfortable in a setting where they were "supposed to" be telling about someone in their life who had died. I, too, was uncomfortable, having previously worked with children in a one-to-one liaison or family setting. This was a first for me.

Doug Turno... "Any books about children about dying? If you’re old enough to die, you are old enough to read about it!"

My next question, "Tommy, why are you so angry?"

"My bride isn’t angry. Those are the supports that held her."

My question, "When was it that you decided to do what a two-year-old little girl could have done that her daddy didn’t even want to see her again?"

When I was able to find my...
voice I asked: "What did your mom finally tell you that your daddy had died? Or has she?"
A shadow flicked the room. "Just two years ago, I was eight years old!"
In time, I found this to be normal in most circumstances. You "protect" your children from death by not including them in your pain. Conversely, they "protect" the parents wanting to cause them pain. It becomes a conspiracy of pain-filled silence.
Cally, coming mostly from schools, "Should I go to the funeral of his father?" "Should I view the body?" More calls came to see children whose behavior had changed dramatically. Many were having frightening nightmares, and many grades were declining at school. At that time no one called because the swing of the pendulum had gone the other extreme and children became overeagerly getting straight A's, making the most soccer goals or baskets and were "too" well behaved. (We have seen much of that since.)
In September of 1982 as I sat on the Oregon Coast watching the "emotion" of the Pacific Ocean, I visited a center for the many children who were truly being neglected in their grieving process. Counseling and therapy had been their place, but these were not sick children and teens—just kids grieving the loss of someone they loved. The need that stirred my very being was a setting where children could relate their feelings to other children in a safe place. Then they would see they were not alone in this world experiencing such a tragedy.
It was—and is—a miracle! These children and teens are amazing! If listened to carefully they can tell you not only how they felt, but what kinds of things they think (or need to do) to work out their feelings. Even the youngest, three to five-year-olds can act out their confusion and the pain of being alone. They feel safe, accepted, and loved.
The Dougy Center is like a "womb nest" where children ages three through nineteen can come. There they meet other children.

A letter to a child with cancer

from Elisabeth Kübler-Ross

Shanti Nilaya has published this letter that I wrote in response to a nine-year-old boy with cancer who wrote to me and asked three very moving questions:

"What is life? . . . What is death? . . . And why do young children have to die?"

I borrowed my daughter's colored felt pens and printed him a little letter in a simple language, illustrating it, and sent it off to him. His response was not only very positive, but needless to say, he was a very proud young man to have a special little picture book from Elisabeth.

He shared it not only with his parents but also with the parents of other dying children.

He has given us permission to have it printed and make it available through Shanti Nilaya to help other young children to understand these most important questions.

Beverly Chappell
Founder of the Dougy Center

A copy of the Dougy Letter is available through the EKR Center.
For more information, please contact:

Elisabeth Kübler-Ross

A facilitator one on one with child whose father died

A preschooler in our Littles Group

A nucleus of brave people met for the first time in our house December 29, 1982. Our support groups have grown in number from that one group of children, who had all lost fathers to death, to more than 300 children we are now serving. There are groups for children who have had parents, primary care people and grandparents die, groups for children who have lost a brother, sister, best friend, or other special school-age child that alternates on Thursday afternoons. One is for children who have had a family member die by suicide and one for those who have had a loved one murdered. Soon another group will be needed for those having someone die of AIDS. For every children's group there is a concurrent group for their parent(s) — 22 groups in all.

Once a month there is an enormous monthly meeting for all families awaiting spaces in the smaller every-other-week groups. Our newest group is a monthly transitional group for those participants no longer needing twice a month meetings, but not quite ready to wear themselves away completely.

These support groups for children and adults are facilitated (there is no counseling or therapy involved) by the finest, most committed, sensitive, full of hope people that our community has to offer. Many have masters degrees, a few have doctoral degrees; a few are attorneys, some have been former participants in our programs— all of them beautiful caring souls. Each facilitator has completed a 24-hour university-credited training course covering all the aspects of children's grief and addressing their own feelings and grief issues as well.

We now have 28 spin-off centers across the nation started by people who have come to the Dougy Center for training, then returned home to set up comparable programs in their communities. A recent segment about the Center on ABC's "20/20" has accelerated interest in these National Training Workshops. There have been inquiries from people in Guam, the Netherlands, Canada, England and Thailand. Excited social workers from Japan, who stopped by for a tour of the Dougy Center while in Portland, are making plans to return for one of the National Training Workshops in order to begin such a program in their country.

It is more than a little humbling to have sat on a log watching the power, turmoil and endless expenses of the Pacific Ocean and to have dreamed a dream which has exploded into reality. We have been truly blessed by many, many beautiful people who have shared themselves as participants, volunteers, staff and supporters from the community and the nation. They are the ones who make the work of the Dougy Center for Grieving Children possible.

And thank you, Elisabeth, for your faith in me and my dream!
When I am an Old Woman

I shall wear purple
With a red hat which doesn't go, and doesn't suit me,
And I shall fold my napkins in edges
And sit on the ground and pass the afternoon watching my splendid ulcers,
And I shall wear white Cotton gloves and mouth porcelain teeth
And I shall wear lace in the middle of my skirt
And I shall wear very big glasses if I can see clearly to do so.

And I shall write poem about the members of my family
And I shall wear a short Go-ra with a bow
And I shall not dystrophy for I shall not need money
And I shall of course wear my autumn coat
And I shall wear very little shoes and I shall wear very little clothes
And the shopkeeper shall say I look surprised by accident.

And I shall become and appear to become famous
And I shall be obeyed, and I shall have the last word on everything
And I shall get paid for my arms which will be swelled of acquaintance
And I shall have to wear thick glass and hand the money to other people
And they shall not let me take off the money
And I shall have the last word with great skill.

And I shall be a poem
And I shall be the work of God's own hands
And I shall be the newest of the farmers and the worn running spoons
And I shall be a woman.

From Warning — by Jenny Joseph — Written Out by Elizabeth Lucas

After attending the five-day LDT workshop in Jacksonville, Fla. in Feb. 1992
Mrs. Elizabeth Hunnicutt wrote to Elisabeth the following...

Dear Elisabeth,

My gratitude for the retreat in Jacksonville, Florida. It changed my life and my whole outlook on dying. Thursday was a very special day for me on death and dying, since I've only been given 7 to 10 months to live. It totally removed the terrible fear I had of dying. Because of the concerned work which your center and workers offer I obtained peace. To me, I now feel that's the greatest gift anyone could receive.

I felt out of place the first couple of days because I was the only one there with terminal illness. But into the third day I realized illness of the hearts are also very terminal and the importance of healing our hearts, soul and mind to become whole. I took the workshop very seriously because I know I don't have time to play around anymore. It's amazing when you are given the opportunity to know your time is short how priorities change.

The things that were important all my life of 65 years, suddenly weren't important and those things that were not important suddenly became the only things which are truly important and I know and realize that only I and I alone can put them in place.

I used my time alone after nightly meetings and made myself get totally honest with myself. That's when the ball started rolling in the right direction for me. It was worth my sleepless nights.

By Thursday night at the campfire session, I had taken total responsibility for my whole life. And by the end of the workshop I was truly thankful for all the pain and suffering I have encountered throughout my entire life starting as a small child and right up to the point of now from aneurysm on the brain. I've let a lot behind burnt toashes but I brought three wonderful things home - Freedom - Love - Forgiveness and Peace of Mind and in my heart too.

Dr. Rose, the Dickinson team are just wonderful and so dedicated, you and the center know how to train very well. Thank you. I was truly meant to be at that Florida retreat and I'm so thankful. It's true how things work together for our good. May blessings always shower on your life and all your workers.

Bless you,
Elizabeth Hunnicutt

By Elizabeth Hunnicutt

STAIRCASE UPWARD FROM SCARS: TO STARS
Come Climb With Me, and I'll Show You,
"Who I Can Be."

Our first step up: I really want to be smart
So I'll put leg in my heart.
Step two will be: Play a little with life, like you do a toy,
It will surely bring you lots of joy.
Climb up to three: Searing pain without complaint,
In my backbones. I see this is patience.
Climb with me up to step four: In helping my mental ness,
I'll treat everybody with gentleness.
Don't get hives let's take step five: Goodness is my goal, you see,
Would you, be a part of me.
Up another step I climb to six: Hatefulness will make friends go,
But faithfulness will make a show.
We're near heaven let's take step seven: My mind ness is everything to me,
So kindness will be my way, you see.
It's getting late so let's take step eight: Self discipline is toughest to amend,
But be assured, I definitely begin.
Take step nine or be caught on the line: I wish all to know God Divine.
He ask all, would you be mine?
His Peace is all thing,
So I accept all that's mine.
I may lose all my body parts,
But nobody can steal my heart.
So now you know my nine,
Will you be a part of mine?
Together we'll keep our scars in line.

Elizabeth Hunnicutt
made her transition

April 1, 1992

I Obtained Peace...
A Rational Acceptance of Death

For years I have struggled with the realization that I am going to die someday. It was not being dead that terrified me but rather having to face losing all the pleasures that life has to offer. The more I thought about dying, the more depressed I became for I realized that it makes no difference whether death comes tomorrow or in forty years, death is inevitable and without escape. I tried in vain to find comfort in believing that I would most likely live a long life. While I might escape a terminal illness like cancer or AIDS, when I am eighty my days will be numbered just as if I were terminally ill at twenty. I struggled with how someone like me who does not subscribe to faith or theology of an afterlife can bear the burden and responsibility of facing a terminal existence. I thought about suicide but quickly realized that it would only bring the inescapable sooner rather than later and that it was therefore pointless.

For a long time I survived with the hope that I might one day find a justification for my death before it was too late.

One night I was reflecting on the film Deer Hunter, in which some of the characters play Russian roulette. I imagined myself doing the same and tried to examine my thoughts and emotions in this regard. It occurred to me that my profound outcome could result from this. If we were to load a six shot revolver - one round in every chamber again the carriage, hold the gun to your head and pull the trigger, one of two things would happen. Obviously, if the gun were to fire then I would die. Again, ultimately it does not matter when I die and at least I would be free of my torment. Should the gun not fire, then everything changes. From that moment until the end of my natural life I can no longer fear death because I have survived potential death, and whatever time I have left could be considered bonus time. Taking the thought a bit further it becomes evident that if I thoroughly examined my emotions and truly knew that I would pull the trigger then I would not have to do so; the result of potential death is the same. While meditating deeper it became clear that the factors leading up to and including my birth are more than sufficiently random to justify all of life as bonus time. Realize that by 'factors' I mean each and every event that has occurred since the Big Bang. Therefore, if anything in history turned out differently, i.e. if at a young age Napoleon fell off a horse and became paralyzed or if my mother prepared a garlic sauce for dinner the night of my conception, I might never have been born. Is this way life to no longer be thought of as a possession to be lost but rather as a cosmological lottery prize that has been won? It is still irrelevant when death arrives because I have had the chance to experience consciousness - the chance to live! Now when I see a brilliant, fuchsia azalea bush I am not burdened by the nagging thought of having to part with its beauty at the time of my death. Rather I can fully enjoy the experience and be happy for my existence. I can be free and at peace with myself and the world around me.

Before I came to this conclusion I thought life was absurd and without meaning. This too has changed. While life still does not have meaning on the macro or cosmological level, it does have a meaning on the micro level. If I am merely a being which thinks and has sensory perceptions then my purpose is to gain experience and use them to further enhance new experiences. Life is a series of events which are either pleasant or not but it is sensible, then, to try and make each event as enjoyable and interesting as possible. Consider the experience of an art history student visiting the Metropolitain Museum of Art in New York City and a student who has studied neither art nor history doing the same. The two perceptions would be drastically different. It is through education and close awareness of life's happenings that we can maximize our time and degree of pleasure and satisfaction. Subsequently, even during times of crisis one can learn about himself and other things that will help him to better future events. In my view, events are either pleasurable or not, but never good or bad. One event is pragmatically no different from another and we can never know through which experiences we will gain the most benefits or how they will affect us. When I first saw Deer Hunter, I had no idea the film would be a springboard from which my entire being would change. It would be to one's self-favor if one to take advantage of all potentially pleasant situations but if things turned out for the worst that does not necessarily mean it was a bad thing to have happened. Every event one finds himself in has value in some sense. Other realizations become clearer when one understands the fragile nature of existence. No matter what one's circumstances - unattractive, disabled, poor - if he accepts that life is simply existing and experiencing, then it is obvious that those other characteristics are ultimately unimportant. The opportunity to be conscious is the only real significance of life. Likewise, it makes no sense to mourn someone's death - we should be grateful that the person was able to know life. One may be saddened because he has lost someone close, but only insofar as the deceased will no longer be a part of one's physical experiences.

Necessary to life are things like peace, frustration, disappointments, and the like. We cannot avoid these things and need to accept them as by-products of existence. If one is to be truly rational about the matter and takes everything in on a cosmological level, then the joys of life for outweigh the disadvantages. It is very difficult in daily life to fully take this extreme view to heart. But if we are to make any sense of life, devoid of myth, then reason requires that we take such a approach.

S.L.
**WANTED:**

**Poetry Submissions...**

for a book of poetry dealing with grief and the process of healing that follows the death of someone we love.

Nearly all books currently available on grief are directed toward understanding it in its various stages. I want to direct this book toward the heart, toward healing, through the creative expressions of others who have been through it or are going through it themselves.

I want to use works primarily by unknown or relatively unknown authors so that readers can more easily identify with them. Unpublished work by published authors are fine. A one-liner about the book might be, "Poetry by people like you and me who wrote about their grief and healing." I am looking for poetry- any style; or perhaps a journal or diary entry. I'm interested in line drawings or other black and white art work as well.

I can't promise that every submitted piece will be used in the book. But I can promise that all submissions will be given serious consideration. I am interested in work that speaks of human experience, not abstract philosophy. Quality in the academic sense is less important than how well the poem expresses what it sets out to express.

If you are interested in contributing, or if you know someone who might be, please contact Mike Bernhardt at (510) 527-7440. You may also just send your work to: 807 Richmond St., El Cerrito, CA 94530. When you send me work, please include your address and phone number.

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**GREGG FURTH WORKSHOPS**

Gregg Furth has a Ph.D. in counseling with concentration on investigations of drawings as a viable aid in counseling. He is a graduate of analytical psychology at the C.G. Jung Institute, Zurich, Switzerland. He is the author of *The Secret World of Drawings*, and he maintains an office in NYC. Gregg on SEEING: Novice in the field of picture interpretation wonders how it is possible to "see" what a picture says. Hearing with the eyes is a frightening task for some, but the person who comes with this fear actually does have the ability to "hear" with the eyes. The picture knows: one needs only to learn to "listen" to the picture.

**1992 Drawing Workshops**

Analytical Psychology Workshops - Jungian Psychology
by: Gregg M. Furth, Ph.D.

**Intro. to the Interpretation of Impromptu Drawings**

October 16, 17, 18
Virginia
Contact: Charlotte Eldridge
Tel: (410) 757-2227

**Symbol as a Healing Agent**

October 1, 2, 3, 4
Chicago
Contact: Audrey Simek
Tel: (708) 234-2412

**House-Tree-Person & Dream**

September 25, 26, 27
Vancouver
Contact: Diana Livingston
Tel: (604) 261-6422

**Working On Your Issues**

July 24, 25, 26
Chicago
Contact: Audrey Simek
Tel: (708) 234-2412

An Introduction to the Interpretation of Impromptu Drawings

This workshop/seminar is an introduction to understanding the non-verbal language of Impromptu drawings from physically ill and emotionally troubled individuals. This includes helping the participant experience impromptu drawings as more than meaningless doodles or mere representations of scenes from a person's imagination. We will find that the impromptu drawing is a valid means of communication from the unconscious. This communication can be used to help the individual develop both physically and mentally in growing toward a better understanding of oneself.

Structured and unstructured drawings will be demonstrated. These drawings will help show how we can uncover early childhood hurts to be worked upon in the counseling process. This workshop/seminar is directed toward and also oriented toward personal growth. Thus, participants will be asked to draw and evaluate their work in this learning process. In addition, a resource of picture material will be presented to demonstrate how pictures have been used to counsel patients with psychological problems, as well as patients with terminal illnesses.

The Symbol As A Healing Agent

This workshop is a specialized curriculum designed to surface and manifest unconscious symbols through collage, drawings and mandala creation. The symbol will be viewed as a healing agent to be expressed, followed and honored. The emphasis is on each person's individual growth experience. This means individual work, not group work. This workshop will also aid individuals to discover and explore new avenues and uses of art as a media in the healing process.

House-Tree-Person & Dream Work Workshop

In this workshop, the House-Tree-Person assessment (H-T-P) is combined with the study of dream interpretation. This morning sessions will cover the H-T-P, its administration, and the content interpretation of the triad, including drawing concepts, symbolism, and projection. Major emphasis will be placed on the unconscious use of symbols in thought processes. Slides will be shown to assist the individual in learning the interpretation of this projective process. The afternoon sessions will concentrate upon a method for studying and working with dreams that include: what a dream may mean; the dream's basic postulates; suggestions for deciphering dreams; learning and working from one's dreams; and a Jungian-Senoi concept of dream work will be studied, demonstrated and experienced.

Both the H-T-P and dream work are springboards for exploration into the unconscious. They are used to help develop the individual's ability to use symbols as a counseling tool. This workshop provides training for the practitioner as well as an opportunity for personal growth.

**Therapeutic Art Methods Training**

Emphasizing Jungian Psychology and Spontaneous Drawing

This training is a series of five workshops offered over the course of a year. The focus of the program will be the use of spontaneous art as a route to the unconscious and to healing. Spontaneous drawings are one of the most Radically effective, yet accessible tools at the therapist's disposal. Extensive study of symbols via analysis of fairy tales, Jung's original Word Association Experiment, and Jung's Theory of Typology, etc. will be explored. Upon completion of the course, participants will be able to bring the use of projection techniques to clients seeking counseling, children in educational settings and/or with seriously ill patients all of whom may find using non-verbal communication more productive. A certificate of completion will be given. College credit may be available, but this is obtained on an individual basis.

1992-93 Series — Contact Diana or Audrey

For further information or questions regarding the above, contact Mrs. Dorothy Schaefer, 372 Fanning St., Staten Island, N.Y. 10314, (718) 494-6941 or Gregg M. Furth, 330 West 72nd St., N. Y., N. Y. 10023, (212) 721-6665