Dear Friends,

Spring is finally around the corner after a really cold and wet winter with the most snow I ever have ever witnessed since living in Virginia. I had prayed for it for nine years, and it finally came. I was snowed in AT HOME (thank heaven) for three days and nights; now all (what a blessing), enough food and water and, most important, enough dry wood to keep the woodstoves and fireplace going.

And now I am on the road again. Just returned from Texas where I received a Lifetime Achievement Award and the next day a Humanitarian Award by the Mayor of Houston. A wonderful group of 5,000 caregivers, bereaved family members, healthcare providers, etc., were there and took care of me and my son in a typically generous Texan style. Spring flowers were blooming and everything was perfect except for the notorious air conditioning, which makes me totally house and prevented me from making a sound during the first day in Dallas.

What I want to talk about today is the Earth changes that are in progress and which will intensify in the next few years with drastic changes all over our country and worldwide. It is time NOW to prepare for it. As you know, thousands of people have moved out of California already and the emigration continues. How many people really know that the closing of military bases in South Carolina, California, etc., are a God-given gift to force people to emigrate into safer places rather than to drown in a tidal wave or vanish in an earthquake? They are too shortsighted when they grumble about loss of jobs or money when their lives are at stake. Hurricane Andrew also was a warning for the population to move to safer grounds, but people are rebuilding at the same spots and will regret it. If you want to know what is happening next, make a call to Michael S. Scallon of Matrix, New Hampshire at 1-800-MA-TROX-3 and order the Newsletters which will come with an up-to-date map of the USA (only what America is expected to look like towards the end of the century). Then tune into your own spiritual quadrant and let yourself be guided if and where you may have to move. Michael Scallon predicts the same things that have been revealed in REVELATIONS, the HOPI prophecies, Nostrodamaus, etc., and I find him very grounded and ethical.

Stay tuned to nature and you will pick up the warning signals by watching the birds, etc., stay balanced (half work, half play); alternate indoor work with outdoor activities; spend some time helping the needy. There are millions, take your pick! and learn to enjoy the simple things in life. Laugh or smile for part of the time and attract positive vibes. Even spending time with grouches. Always remember: what you sow, you reap. Learn to give and receive, and—if you have not learned it yet, learn to love yourself, as you cannot love anybody if you have not learned that basic lesson. I am hurrying up to learn B.A.R. as this is apparently the last lesson which I have never learned.

Since water is the biggest problem, all over the USA we are recommending that you read Nancy Bigs's letter and look at her videotape (Nancy J. Riggs 1071 S. Orange Grove Ave., #7, Los Angeles, CA 90019). She consulted me a decade ago when her fiancé tried to save a boy who vanished into the flood channels during a flood in LA California. The boy survived, but her fiancé's body was only found after weeks and weeks of frustrating and fruitless searches. Those of you who have experienced a missing person know what that is like. She begged the authorities, police, firefighters, etc., and publicized the dangers of trying to rescue somebody out of a ravaging dam, but it took years of tenacity and lots of work to finally make her dream come true. Now LA has a specific task force and trained staff who help with this perilous rescue—another fruit of our LDF and joint effort on behalf of a good man who gave his young life to save a child.

Try to become more self-sufficient, grow some unperishable food in a dry place, store some dried fruit, some bottled water, a first-aid kit, and some flashlight. Don't forget the batteries and to keep a solar-powered radio in reach. MOST IMPORTANT: no anxiety or panic (it will close up your intuitive/spiritual quadrant when you need it the most), and L.D.S.T. chances: get rid of your negativity (L.D.Y. or repeat intensive is recommended), and enjoy everything around you, especially the coming spring with its flowers, sunshine, and music.

Love

Dr. Elisabeth Kubler-Ross

The following books have been highly recommended by Dr. Kubler-Ross:

MARTY'S MESSAGE TO THE WORLD by ANNE KIRKWOOD—Marty's Message to the World is a book that will shed light on many topics that people in New Age circles have been discussing seriously since the Harmonic Convergence. Predictions from many sages and ages, ancient tribal cultures, and contemporary mediums are profoundly confirmed by Mother Mary. $12.95. Available through the EKH bookstore.

WINDS ACROSS THE SKY BY CHRISSY FORSTER—In beautiful, simple language, Winds Across the Sky tells the interweaving stories of an ancient redwood, a humpback whale, a burned-out Vietnam Vet, and a French-Canadian movie star. Be inspired by a triumphant affirmation of the interconnectedness of all life forms. $12.95. To order, call 1-800-272-2806 or write to: Ascentia Publications Group, P.O. Box 104, Lower Lake, CA 94457.

MUTANT MESSAGE DOWNUNDER by MARLO MORGAN—Mutant Message Downunder is an inspirational book that may very well change your life. In this personal journey, author Marlo Morgan shares the experience of healing ways of her teachers, the Aborigines, their relation to the environment, and a new perception of spirituality. $12.00. Available through the EKH bookstore.

LIVING IS FOREVER by J. EDWIN CARTER—This book, written as a novel, takes place sometime in the future, perhaps, the place, America. Earth changes have occurred and the world is in shock. The task, now, is to save civilization and ensure the survival of its highest values. $9.95. Available through the EKH bookstore.

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

Newsletter
No. 53 Spring 1993

Shanti Nilaya
Founded by Elisabeth Kubler-Ross, M.D. in 1977

Elisabeth Kubler-Ross Center
6 Route 616
Head Waters, Virginia 24442
Addreses Correction Requested
Life, Death and Transition Workshops . . .

New Horizons

During the years since Dr. Elisabeth Kubler-Ross began conducting 5-day workshops in 1977, her organization has developed Training Programs to teach professional effective and positive ways of helping themselves and others externalize their feelings of anger, guilt, grief and fear. A team of well-trained, empathic and sensitive professionals now facilitate the workshops begun by Dr. Kubler-Ross.

Her message has inspired thousands, and at our workshops, whether conducted by Elisabeth herself or others, the healing work continues.

Strangers come together, find themselves supporting one another in an unconditional and nonjudgmental way, and emerge, no longer strangers because they are no longer strangers to themselves. During the five days they challenge their personal "windstorms" . . .

and discover the "beauty of theirearings".

With Dr. Kubler-Ross' retirement, the Life, Death and Transition Workshops are presented under the leadership of her senior staff members.

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

Registration Form — LDT Workshop

REGISTRATION PROCEDURE: The fee for the Life, Death and Transition Workshops is $600.00 (U.S. Dollars) for all participants. The Scholarship Fund for Workshops is reserved for those persons unable to pay the full fee (tuition) because they are unable to work due to terminal illness. For those of you who do not fall into this category and are unable to pay the full fee, we ask for a substantial deposit and the rest of the balance can be set up in a monthly payment plan.

Please contact our LDT coordinator for more information.

The space and board. The fee 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, should indicate the date of desired workshop, and be sent to the address below. (We request that you do not include workshop checks with any personal correspondence you are sending to Dr. Kubler-Ross.) These workshops are conducted by Elisabeth’s well-trained staff who have worked closely throughout the years. Because there is a demand for the limited amount 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:

WORKSHOP COORDINATOR

ELISABETH KUBLER-ROSS CENTER

S. ROUTE 616

BEADWATER, VIRGINIA 24443

(703) 496-3441

FOR OFFICE USE ONLY

P.N.: 

Rec'd:

Accept:

Prep:

Paid:

Rp:

Auth. Code:

Check #: 

Other: 

Other:

WARNING PRIOR TO LDT WORKSHOP

The Externization Process used in the workshops is not recommended for persons subject to intense emotional variations in mood which may indicate a chronic or precipitative condition. If you have recurring periods of deep depression and/or chronic anxiety characterized by exhilaration, hyperactivity and prolonged wakefulness, please consult a psychiatric specialist for thorough evaluation before deciding to register in a workshop.

NOTICE CONCERNING SCHOLARSHIPS

We are no longer able to give full scholarships for any of our workshops. With more and more indigent participants, we are struggling to survive as an organization. Strict guidelines will have to be enforced if we are to be able to continue our work. Those who are terminally ill will receive partial scholarships determined after we receive the scholarship application. A substantial deposit will have to be paid before the workshop and regular monthly payments made if not able to pay full amount 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 either financial contributions and/or items to be sold at the conclusion of each LDT. For those of you who have benefited by a scholarship, though we are grateful, if you could send items for the auction.

Currently, we have several thousands of dollars on our books for persons who received payment plans, reduced fees, etc., with the promise of making their monthly payments. So, it’s unnecessary for us to take further action. It would be greatly appreciated if you could assist by sending items of kindness which will start making substantial monthly payments or send your payment in full asap.

This notice does not apply to MO-TOP. The Multi-Cultural Training and Outreach Program (MO-TOP) is a 2-year training program to identify and recruit minority and community leaders who will take Externization back into their communities. Donations may be sent to the Elizabeth Kubler-Ross Center. Please specify if the donation is to be used for the MO-TOP program.

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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 Elisabeth's 3-day Life, Death and Transition Workshops. Those experiential workshops will be intense and have smaller groups of people.

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

If you have attended our 5-day workshop and would like to attend one of our Intensives, fill out the following application and return it to our offices, attention: 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, the Follow-up 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 lunch and ending after lunch on Sunday. Cost: $350 (includes room and board).

Three-day “Intensives” presently confirmed are:

June 26-27, 1993
Head Waters, VA

September 10-12, 1993
Head Waters, VA

December 19-21, 1993
Head Waters, VA

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 health care professionals. Certain exceptions are made for para-professionals and those who work under the supervision of professionals who have been trained in this process. The training teaches theory and methods of facilitating the externalization of repressed feelings in order to bring about resolution of deep emotional pain. Healing takes place by working through the fear, anger, anguish, and grief that make up our "Unfinished Business". The Externalization of Feelings Process is a most effective tool for use either in private practice or in group situations.

The Training Program is 3-week 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 workshops. Enrollment: 18-20 trainees. In addition, up to 10 participants will attend the experiential 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 Program Dept., Elisabeth Kubler-Ross Center, South Route 616, Head Waters, VA 24442. When your application is received, it will be evaluated along with your feelings and abilities to facilitate and your individual needs. You will be informed of their recommendations and of scheduled trainings.

"URB'S" WELCOME AT TRAINING PROGRAMS

During the second day (usually Saturday) of our Training Programs, any person who has attended one of our sponsored workshops previously may come and work on personal issues. Trainees will be their facilitators, supervised by the teachers. COSTS ARE FOR ROOM AND BOARD ONLY.

TRAINING PROGRAMS PRESENTLY CONFIRMED ARE:

- TRAINING I & II COMBINATION
  May 7-9, 1993 — Head Waters, VA
  June 1 aspirations — Head Waters, VA
  Oct. 29-31 — Vashon Island, WA (Seattle)
  Nov. 6-7 — Head Waters, VA

-The group will be divided into TB-1 and TB-2 levels. You will not complete both trainings. You will enter either Level I or II, whichever applies.

NOTE: There will be a greater number of workshops held in Head Waters. This is primarily due to our economic situation. Thank you for your understanding. As things change, we hope to return to some of our previous locations.

NOTICE: To enhance the quality of our Staff, no one will be admitted to Training I without 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 Elisabeth and the review board.

NOTICE: No one goes to Intensives or Trainings if they still owe monies for an LTD.

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

- Intensive Location/Date:
  - (1st Choice)
  - (2nd Choice)

- Name:

- Date and location of last EKR Workshop Attended:

- Home Address:
  - Street:
  - City:
  - State:
  - Zip Code:

- Home Phone: ( ) Business Phone: ( )

- Occupation:

- Date of Birth:

- Age:

- Enclosed: Full Pay of $350 Deposit of $100 (non-refundable deposit but transferable)

- Please charge my Visa: MasterCard: or Check Enclosed

- Payable to Elisabeth Kubler-Ross Center

- Card Number:

- Expiration Date:

- Signature:

- Today's Date:

- Please check here if arriving Thursday night Yes No

- Total:

- Food:

- Paid:

- Tax:

- Auth. Code:

- Other:

- Are you currently in counseling?

- Is therapist aware of and in agreement with your participation?

- Medication(s):

- Any hospitalizations for psychiatric reasons:

- Briefly describe:

- What are your personal experiences regarding losses and/or those that may have come upon you by attending our LTD workshop?

- In case of emergency, please notify:
  - (name) (relationship) (daytime phone)

- If additional space is needed for any of the above — attach sheet.
Support Groups
Friends of Elizabeth Kubler-Ross (EKR) is a group that offers support and guidance for those facing various life challenges. It is open to anyone who wants to explore the experience of life's transitions and to find ways of transcending suffering and pain.

CALIFORNIA
Friends of EKR/Santa Rosa
Joyce M. Scarbrough
61 Hitchcock Lane
Old Westbury, NY 11568
(516) 997-9113

Friends of EKR/San Diego
Janet Manley
8100 La Jolla Blvd
San Diego, CA 92111
(619) 457-3333

Friends of EKR/Santa Cruz
Sandra Sheppard
140 Fairview Avenue
Santa Cruz, CA 95062
(408) 647-9500

Friends of EKR/San Francisco
Evelyn Rosario
50 Van Ness Ave
San Francisco, CA 94102
(415) 989-2020

CONNECTICUT
Friends of EKR/East Hartford
Joan Messina
186 Wycliff Road
East Hartford, CT 06108
(203) 569-2033

HAWAII
Friends of EKR/Honolulu
Dorothy Mason
700 Richards St., #300
Honolulu, HI 96813
(808) 330-3303

ILLINOIS
Friends of EKR/Oak Brook
Compassionate Friends
Theresa Goodrich
P.O. Box 208
Oak Brook, IL 60522
(708) 990-0010

MAINE
Friends of EKR/Auburn
Jacky Tomney
14 Clifford St.
Mechanic Falls, ME 04250
(207) 254-2570

MASSACHUSETTS
Friends of EKR/Boston
Margaret Brown
15 Parkside St.
North Easton, MA 02356
(508) 471-3717

MICHIGAN
Friends of EKR/Milwaukee
Anne St. Marie
Wauwatosa, WI 53213
(414) 497-2000

NEW JERSEY
Friends of EKR/Santa Fe
Paula Brown
434 San Pasqual
Santa Fe, NM 87501
(505) 984-0678

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

Friends of EKR/Santa Rosa
Joyce M. Scarbrough
61 Hitchcock Lane
Old Westbury, NY 11568
(516) 997-9113

John Harricharan, author of "When You Can Walk on Water, Take the Boat" and "Morning Has Been All Night Coming" is now available for lectures nationwide. Please contact him at: (404) 971-4526 or write to: John Harricharan
2130 Mark Hall Court; Marietta, GA 30062

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 interests and needs regarding
this work.

ALASKA
Cindy Glennon
Box 1873
Nome, Alaska 99762
(907) 443-2706

Christopher Evers
P.O. Box 70055
Fairbanks, AK 99707
(907) 451-2703

ARIZONA
Larry Lincoln
506 N. Las Palmas
Tucson, AZ 85715
(520) 292-0020

Marcia Phillips
1111 E. Commonwealth Drive
Paradise Valley, AZ 85253
(480) 998-3634 (Work)

Elizabeth Massey
1720 Valley Road
Ridgewood, NJ 07450
(201) 333-0067

CALIFORNIA
Friends of EKR/Los Angeles/South Bay
Nicole J. Van Holman, Ph.D.
P.O. Box 12
P.O. Box 90755
Pasadena, CA 91109
(310) 378-7423

CALIFORNIA
Friends of EKR/Los Angeles/South Bay
Nicole J. Van Holman, Ph.D.
P.O. Box 12
P.O. Box 90755
Pasadena, CA 91109
(310) 378-7423

Donald Smith
56 Birch Road
Stowe, VT 05672
(802) 253-3800

DELAWARE
Rayanne Farens-Gilles
55 Quapaw Hollow Drive
Hockessin, DE 19707
(302) 253-3800

LEWIS
Bass Guggenheim
P.O. Box 323
Orlando, FL 32853
(407) 774-1990

WILLIAM DILLUFF
4649 Brook Drive
West Palm Beach, FL 33417
(561) 768-1200

Kathleen Stidick
2000 Veterans Memorial Hwy.
Jacksonville, FL 32210
(904) 384-3858

GEORGIA
Debra Rice
207 Donaldson Street
Statesboro, GA 30461
(912) 764-9713

Sherri Lesure
P.O. Box 2752
Smyrna, GA 30081
(404) 429-9015 (Home)

HAWAII
Bobbe Leahey
1545 Alakai Dr.
Hilo, HI 96720
(808) 969-4703

Sandra Pickard
1174 Alakai Rd.
Hilo, HI 96720
(808) 969-4102

INDIANA
Gary Kappel
7823 Eastern Avenue
Indianapolis, IN 46220
(317) 332-3911

ILLINOIS
Joy Baker
R. N., Box 70
Carbondale, IL 62901
(618) 456-3736 (home)
(618) 925-6836 (work)

(Continued on Page 5)
MY PRAYER

Dear God,

Thank You, Lord, for this past year. For every service, for every moment, for every pain, for every joy. And thank You for bringing me to this moment, with an open heart, to pray for what is to come.

Dearest God, help me to remember, at all times, my life is Your gift. No matter what experiences You have in store for me, whether it be life or loss of those I love, be it pain or joy, sickness, suffering, whether they happen here or only a spiritual experience, a gift from You. Give me the insight to understand from them. Help me to not become trapped in one, but to ride each as on top of a wave. Help me to know each as a lesson, each as an opportunity to learn to be closer to You.

My Lord, please help me to understand that every action, every decision, will be remembered by You. Every decision in the now will create my future. All that happens this year, or this life, will affect the next. Grant me wisdom.

God, please help me remember You. Let me wake every morning and go to sleep every night with Your name in my heart and Your light in my eyes. Let only truth come from my lips and love from my heart. And when I make my very many mistakes, my Lord, please remind me of Your wonderful compassion. And when I blame and criticize, help me to remember to help You from me... that I am never alone.

Most of all Lord, help me to see You in all life... in others, no matter what their actions. Give me the compassion and wisdom to help them to look inside and become aware of themselves and You, to find peace through their pain and fear... even if only for a moment. Please, God, let Your love shine through my eyes. Please grant me this, for it brings meaning and special quality to my life.

God, thank You for all that will happen this year. Help me to not waste even one precious moment of it. And lastly, God, please allow me to reach next year with the ability to read this prayer with the same, or greater, understanding as is in my heart right now. For it is so easy to forget You. And I never want to do that again.

With humbleness and all humility, and with all the love in my heart, this is my prayer to You.

Love,

Victoria
Books

No. 1004 — On Death and Dying. What the dying have to teach. Doctors, Nurses, Clergy and their own families. Elizabeth's first major work on the dying process and a classic. Hardcover, $14.95; Paperback, $7.95.

No. 1005 — Questions and Answers on Death and Dying. Elizabeth answers questions about the end of life, wills, terminal illness, euthanasia, telling the patient he is critically ill, the special difficulties surrounding death. Paperback, $7.95.

No. 1008 — Living With Death and Dying. Elizabeth discusses how children regard death, what their needs are when faced with death, and the symbolic verbal expressions used. Written for the terminally ill. Includes a chapter on the interpretation of spontaneous drawings by Gregg Forth, Ph.D. Paperback, $8.95.


No. 1011 — Working It Through. Story of a little girl whose parents are touched by death, who are terminally ill, or have lost a loved one, or who are Doctors, Nurses, Social Workers, Clergy or others involved with the dying. Handsomely beautiful and sensitive photographs by Mal Jarawab. Paperback, $7.00.

No. 1012 — The Dying Letter (Letter to a child with cancer). A book written and illustrated by Elizabeth in response to a young child's question about life and death. 1-19 copies, $2.50 ea., 20-24 copies, $2.00 ea. (quantities 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 quadrants of the personality. She discusses human emotions and the result of repression of emotion. VHS $30.00.

Video No. 3B — Life, Death and the Dying Patient, Part II. Dr. Ross continues her talk, elaborating on the natural emotions and the results of dealing with "unfinished business." She shows how helping patients improve the quality of their lives is more likely to prolong life and how to live with unconditional love. VHS $30.00.

1993

Video No. 4 — Interviews with Childhood Cancer Patients and Their Families. Parents share the experiences and stresses of long-term cancer treatments and life-threatening illness. Includes 3-year-old and 8-year-old patients, young siblings and grandparents. VHS $10.00.

Video No. 5 — Dialogue with Elizabeth and Minister/Medical Ethics Professor: Spiritual Issues and Resources 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 $30.00.

Video No. 10 — Kubler-Ross Interviews Adolescent Amputees. Elizabeth talks with 6 teenage cancer patients, all amputees, about their experiences, perceptions and challenges. VHS $30.00.

Other Video Tapes

Video No. 1 — EER Lectures in Hawaii. Lecture presented in Maui on Jan. 31, 1982. Dr. Ross talks about her 20 years, her work with terminally ill patients and her LDT Workshops (technical quality not as good, 2 hrs. VHS $30.00.

Video No. 2 — Nothing Final. 1081 B.R.C. production with raw footage of horse calls and clarifying 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 view on dying. Also discussion of society's fixation on youth and efforts to artificially reproduce it in face sheets. 90 minutes, VHS $17.95.

Video No. 6 — EER Lectures on Children and Death. EER's lecture to hospital staff on children's problems and death. 1983. VHS $30.00.

Video No. 7 — Never Too Old to Dance. Dr. Ross talks with Katie McDonald, 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 Katie and her young child transferring lives. 30 minutes. VHS $30.00.

Video No. 19 — Charlotte, V.N. 1981/92. Taking off the mask" is the topic and EER speaks about becoming genuine again, becoming honest again. She speaks of the basic death and dying story and at length about symbolic language. She also explains the four quadrants and the importance of finding a balance in the four areas in your life. The problem of "harmful" is addressed and she goes on to tell "the lousy story" and the prin story. A very complete presentation of her work. 120 minutes. VHS $45.00.

AIDS, Life & Love. A Conversation with Elizabeth Kubler-Ross taped at Elizabeth's farm in Va. "AIDS is not a Gay Disease". AIDS affects men, women, children, every race, every creed, every country. Suddenly you have to have an opinion about it. You have to do something about it. You have to kick your own ass and move forward. Your other choice is to say nothing, do nothing and then you end up losing it. It's our job to do something! The Politics of AIDS — what is it and what isn't it. 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. 2900 — AIDS: Meeting the Challenge. Elizabeth with Wil Garcia and George Melton in Los Angeles 9/1999. They discuss their ideas and methods of healing oneself. Set of two tapes. 120 minutes $16.00

No. 2909 — AIDS: Defying The Odds, The Ultimate Challenge. Living Long and Living Well. An inspiring evening with Elizabeth and Barbie Stieg (author of Love, Medicine & Miracles.) They discuss AIDS and other illnesses in the context of unconditional love and especially love of self. They also talk about the use of "alternative" healing approaches in self healing. Wonderful anecdotes, touching stories and questions from the audience. Audio tape $9.95.

No. 3500 — Healing at the End of This Century — A Society Cares of Aging. Newly edited and packaged 1989 Whole Life Expo Conference cassette published by Mystic Fire Audio and Second Coming Audio. Elizabeth offers profound psychological and spiritual insights for the living as well as the dying. Audio tape $9.95 plus $3.50. cassette 89 minutes.

No. 3001 — Life, Death and Life After Death. The basic teaching tape by Elizabeth Kubler-Ross, M.D. 90 minutes. $8.00.

No. 3002 — Elizabeth Kubler-Ross Talks to High School Students. Elizabeth talks with teenagers about the quality of life, how to live more fully and with fewer anxieties about life and death. 60 minutes. $8.00.

No. 3003 — The Santa Barbara Lectures. 1991 on-location recording of a lecture by Elizabeth centered on the importance of unconditional love, with practical examples for the enhancement of life. 90 minutes. $8.00.


No. 3005 — The Maui Prison Tapes. Elizabeth and Bobbi Looney of Shasta Hilary/Mani discuss the Maui Prison, interviews with prisoners' spiritual songs. A moving and inspiring testimonial. 90 minutes. $8.00.


No. 3006A — Making the Most of the In-Between. By Elizabeth Kubler-Ross, M.D. Lecture April 24, 1997 (preceded by "The Rose"). Sponsored by The LDT Center, Buffalo, N.Y. 72 minutes. $8.00.

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

Please Note: On foreign orders, be aware these are VHS format videos and will not work if your system is PAL.
Books and Tapes We Recommend
Available through EKR Center Mail-Order

Books...

A Time to Mourn — by Vernon Kast. This book explains the role of mourning process. Vernon Kast draws on more than a lifetime of observing mourning to illustrate the stages of mourning and shows systematically how the unconscious stimulates us to encounter our grief. $12.95 Paperback.

Beyond AIDS — by George R. Melton in collaboration with Wil Garvis. The healing journey George and Wil took after being diagnosed with ARC and AIDS. It explains the interplay between body, mind, and spirit and the impact of it on our lives and bodies. $10 Paperback.

Closer To The Light — by Melvin Mores, M.D. with Paul Perry. Learning from the near-death experiences of children, an overwhelming variety of facts that we feel like. In hundreds of interviews with children who had once been declared clinically dead, Dr. Mores found the same descriptions, the same experiences, the same attitudes, over and over again: that the end of life is serene and joyful, a welcome event not to be feared. Here, in children too young to 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 — all answering our provocative near-death experi- ence questions, all illuminating what it is to die, and all, with courage and dignity, proving that there is that elusive "something that sustains bodily death. Available through the EKR Bookshop. $6.95.

Final Celebrations (A Guide for Personal and Family Funeral Planning) by Kathleen Shubett and Martin Flagg. Over two million Americans die every year, some naturally, others suddenly and unexpectedly. Countless numbers have no will or funeral instructions. Survivors are left in grief, scrambling awkwardly through a funeral, not knowing what the deceased wanted: cremation, burial, or services. This book is about taking charge of the final celebration of life: funeral services, cremation, burial, or services. It is a guide to death. Allowing you to choose what you want to do, how you want it done, and how you want to pay for it. Available through the EKR Bookshop.

Good Grief Rituals - Tools for Healing by Elaine Childs- Gould. A comprehensive workbook with over 20 years experience, the author realized that the emotion of grief was not limited to bereavement but was in fact experienced in an extraordinary range of circumstances, from natural disasters to the end of a love affair. In this same, comforting, and deeply thoughtful book, she offers the reader a series of simple grief rituals, among them the vesting of feelings, letter writing, affirmations, exercises to act out negative emotions as well as forgive- ness, facing the loneliness, and more. Adult children of alcoholics and dysfunctional families, victims of incest and assault, and those who've just lost a pet, wrecked a car, or suffered any kind of loss, will find these "good grief rituals" to move them through love to forgiveness and, ultimately, to gratitude and a new sense of life. $8.95. Available from the EKR Bookshop.

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 Elizabeth and friends of the Elisabeth Kubler-Ross Center. $5.00 Paperback.

I, Monty — The book I want to reissue and again recommend for all those of you who ask where we come from, where we go, what is the purpose of life, why is it so difficult for others and so easy for others, should pick up Marcus Bach's masterpiece book, I, Monty. We have been carrying it in our bookshop, and it is to all our workshops, and it is a delight to read those wonderful accounts of all, Monty the butterfly, who wakes up out of his coma. It will remind you of your very own journey of beginnings and endings and give you hope to look towards the light, and will help you to see that the only thing that's relevant in the present moment is the present moment. So pick up, I, Monty again, read it again, give it to your friends, those who search, those who have lost someone, who are wondering about the important questions, and especially those who are willing to love a chance. $12.95 Hardcover. Elisabeth.

Life 101: Everything We Wish We Had Learned About Life in School — But Didn't. By John and Patricia Williams. By the time we graduate from high school, most of us have spent more than 14,000 hours in the classroom. Along the way, we learn the rules of the game, but (and promptly forget) several million facts. In all that time, did we learn — or even explore — the meaning of life? Did we learn how to love ourselves? Did we learn the importance of forgiving ourselves and others? Did we learn about the worthiness (and how to get it), the power of thoughts (and how to use them), the value of mistakes? Did anyone teach us how to use guilt, resentment, pain and fear for our learning, upliftment, growth and vision? Did we learn our purpose in life? If not, it's not too late. You are holding the class you've been waiting for in your hands, LIFE 101: Everything We Wish We Had Learned About Life in School — But Didn't. The Prentice Press $12.95. Available through the EKR Center Bookshop.

The Message — Within the pages of this book lies the answers to the questions men are asking about themselves, God, their fellow man, nature, and how they may understand each other. These things which they should know. $10.00 Available through the EKR Bookshop.

Prepare the Way for Christ — Those are the words of God, as He has spoken them. They are offered to you in love, as the Christ bids me to do so. Therefore, be prepared to open your heart to Christ who is, and what He will reveal. $10.00 Available through the EKR Bookshop.

Safe Passage: Words to Help the Grieving Hold Fast and Let Go by Molly Fumia — In this compassionate book, Molly Fumia helps the grieving by helping them transcend beyond the pain of loss to a place of healing. In a gentle, sensitive style she explores the emotional, psychological and spiritual aspects of grieving and helps readers find comfort and peace at a time of pain and vulnerability. $10.95 Available through the EKR Bookshop.

Moment by Moment, By Jerry Brazas. One of the lessons learned from death and loss is the value of the present moment. Moment by Moment, The Art and Practice of Mindfulness helps the readers to "let go" of the past so that they can heal self and others through the present moment. Their meditations are provided which help individuals reduce stress, enhance their relationships, and create more joy. $7.95. Available through the EKR Bookshop.

Good Mourning by Vivian Green. Good Mourning is not about grieving, it's about living. This book will show bereaved people that real love survives anything, especially death and that this love can be shared and celebrated. $12.95 separation. $10.95 Available through the EKR Bookshop.

Soul Never Sleeps, Advanced Perceptions to a More Loving, Purposeful and Joyous Life by Marian Maes. C.L.H, S.R.P. This is an understanding of the whole self — physical, mental, emotional and spiritual — into a deeper dimension. The book is written with packages through the day to enrich your daily life. This book helps you deal effectively with existing limitations and the limiting belief systems that get in the way of living the life you want, giving power and breadth to the life you now lead. How you can handle problems and grow as an individual. This is a timely book for anyone looking to lead the best, reach particular goals, have more fulfilling relationships, or become more spiritually aware. Marian Maes takes you on a healing journey that will speak to your heart of hearts. "Soul Never Sleeps is an honest guide with life-changing implications. Marian Maes express wisdom in a very practical manner. I highly recommend this book to all," writes Kari Low, Harrington, author of When You Can Walk on Water, Take the Boat. Order from: Advanced Perceptions, Inc., 1830 Water Place, Suite 150, Atlanta, GA 30309.

The Meaning of Life: Reflections in Words and Pictures on Why We Are Here by David Friend and the Editors of Life. The Meaning of Life is the product of three hundred wise men and women. Compiled by the editors of Life magazine, it is a passionate, provocative compendium of short observations offered by one hundred seventy-three people from all walks of life from the Dalai Lama to Steve Jobs to the Pope from Richard Wurmbrand to George Lucas, from John Updike to Desmond Tutu, from Timothy Leary to Maya Angelou, from Martin Luther King, Jr. to religious leaders to everyday sages on the street. The responses to the question "What is the meaning of life?" all written as a child's request, are complemented by bold images from one hundred twenty-seven photographers who have captured a bit of the essence of "the meaning of existence" in a single photographic frame. The Meaning of Life is as ambitious and breath as its title. The book's scope is as wide as the universe, yet it addresses deeply personal issues common to every person on the planet. Its tone is by turns uplifting and unrelenting. The Meaning of Life Reflections in Words and Pictures on Why We Are Here, $30.00. Available through the EKR Bookshop.

MAIL ORDER FORM: Elisabeth Kubler-Ross Center
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Head Waters, Virginia 24442
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Page 8

Books...

upheaval: a female humpback whale who survives a massacre at sea, a 2,000-year-old redwood threatened by logging of ancient California forest: a bat, musical Vietnam veteran, and a red-tailed hawk - this French-Canadian movie is in their stories and their lives intersect and intertwine in unexpected ways. It conveys the importance of awareness and the value of life being respected and respected within the community.

Published by Aiden Publishing, P.O. Box 208, Lower Lake, CA 95457, (707) 956-1861.

God's Way of Life by the late Adele Tannin. This is what brings home the idea of thinking about God: a workshop although it is finally available again. You're welcome. Jenne M. Stegall, M.D. 200 Volute St., Sea Girt, (732) 909-9022.

Mary's Messages to the World As She Was to Her Messenger by Annie Kirkwood. This book contains a series of "tales", as given by Mary, the Mother of Jesus, to a woman in Texas known as "Mother Mary". The book is frequently read aloud at the EKR Life, Death, and Transition Workshops. $4.95 Paperback.

Love, Medicine, and Miracles - Lessons Learned About Self-Healing from a Woman's Experiences with Exceptional Patients - by Bernie S. Siegel, M.D. The best seller that tells how one doctor found that his patients could heal themselves. He advocates self-healing processes, which are field-tested and work.

Making Miracles, an Exploration into the Dynamics of Self-Healing, by Paul C. Read. An introduction by Bernie Siegel, this is a fascinating book that should be read by everyone who is interested in healing, or being healed.

Morning Has Been All Night Coming - John Harricharan's new book begins where When You Can Walk on Water, Take the Book to the Fox. This time, although, either one can read independently of the other. When you read it, you'll love the style. You will see the ordinary life of an average man and woman and rise to praise the love of God by a man.

Pain: The Challenge and the Gift by Marly Lynn Mattheso. Marly Lynn Mattheso reminds us that life is safe and solid even in the worst and most mysterious corners of life. Even though all that is good seems betrayed by pain, it is not a bad trick. Pain is the gift, pain is also love. "There is nothing empty and meaningless; all pain has a gift at its core. Self- destruction is a tangible expression of a life that has been drawn into an ugly wraping." (Marly Lynn Mattheso). In her book, PAIN: The Challenge and the Gift, Ms. Mattheso shares the deep conversations and painful experiences in a woman's own struggle with pain - an over-powering and physical companion in her life.

Reincarnation, The Phoenix Fire Mystery - by Joseph Head and Vuelvea Cremer. The most comprehensive book on the teaching of reincarnation and beyond death, taken from all the world religions - both western and eastern. It also creates a synthesis of a beautiful and inspiring ideas on rebirth from the world of science, world of art, philosophy, theory, art, literature, and from the greatest thinkers of the past and present. Reincarnation, Elizabeth Kubler-Ross, M.D. Over 400 pages. $14.95 Paperback.

Saying Goodbye - by Jim Bouldens. 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 children's feelings and provides a series of discussion questions for parents from the fields of psychology, teaching, care giving, religion, medicine, and published. Recommended for ages 4-12. $4.95 Paperback.

The Secret World of Drawings: Healing Through Art - by Gregg M. Furlan, Ph.D. Greg explores the realm of the unconscious through the interpretation of drawings using a systematic analysis, to give further understanding to the reader. Excellent for the study of dreams, myths, archetypes, and allows them to see new perspectives to some issues. Songbook included. $9.95

Cassette Tapes...

Cassette No. 3015 - Soulmates by Julian St. George. Music in your personal inner journey. Includes: Taj Mahal Quintet, The Calling, and Sea of Tranquility. $10.00

Songs by the Musks of Weston Priory. Used in EKR's workshops, a wide spectrurm of inspirational songs. $8.00.

Cassette No. 3127 - Calm in the Night

No. 3014 - So Full of Deep Joy

No. 3012 - Winters Coming Home

No. 3010 - Thanks to God

No. 3003 - Spirit Alive

No. 3002 - Summer in the Breed and Wild Honey

No. 3004 - Rise Up

Cassette No. 3027 - Angelic music by Iasae. Reflecting loneliness with a feeling of being filled with love. Many people say they will not listen to this music because this is what they would like to be hearing when they die. $5.00

Cassette No. 3028 - Crystal Love by Iasae. New age music to expand consciousness and uplift the spirit. $8.00.

Cassette No. 3029 - Trust in Love. Heartfelt and moving music by Robbi Gaskin, includes Not My Virgin, This Is My Valentine, You Can Be a Tree, Wake Up Cambridge. $10.00. Songbook $2.00.

Cassette No. 3030 - Take heart songs with dulcimer, piano, and harp written and sung by Georgia Carr. $6.00.

Cassette No. 3041 - Beautiful Dreamer. Awake "music and visualilation to guide you to renewing sleep and radiant awakening." By Elisabeth Euphor - Richard Shulman, keyboards. $8.00.

Cassette No. 3042 - Service through outreach guidelines for managing people with AIDS. Six-hour audio cassette. A seminar with Irene Smith recorded at the 1989 National Conference of the American Massage Therapy Association. She relates her personal experience, a model of physical and emotional healing and learning about AIDS and people with AIDS, exploring their own feelings about death and dying, and developing a special, loving attitude to their clients. $10.00.

Cassette No. 3043 - 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 guide to dying, but a guide to living. It helps the listener to learn the "Way-" manual for managing death. Rather, it was created to offer us new understanding of the terminally ill, focusing on the individual and not on the society in which the person is living.

Cassette No. 3044 - Dialogues on Death and Dying. A presentation of readings from some of the most revealing interviews Dr. Kubler-Ross conducted with her patients. By sharing the most intimate and sensitive feelings expressed by these men and women, this program focuses on the patient as a human being and a teacher - in hopes that we may learn more about the finite nature of life and lessen our own anxieties about the natural course of four lives. Author: Dr. Elisabeth Kubler-Ross, Various Narrators. 2 Cassettes $15.95.

Cassette No. 3045 - How to Survive the Loss of a Love One - read by the author. For those experiencing grief, pain, and stress. Written by Harold H. Bloomfield, M.D., Peter McWilliams. How to Survive the Loss of a Love is the most directly helpful cassette on the subject of loss ever written. Clear, simple, comforting, inspiring - it gives the reader the way he or she needs at each step of the process of recovering from the loss. "The author solves the Loss of love makes a loving, caring gift - for another or for yourself. It's the kind of cassette you should hand everyone who's lost a friend, a lover, a mate or a dream. $10. Available through the EKR Bookshop."
I Recommend

Road to Recovery. Healing Journey for Survivors of Clergy Sexual Abuse — Thirty-three page booklet that specifically speaks to survivors who have been betrayed by the person most of us have learned to trust — our clergyman. Topics covered include: Symptoms and manifestation of CSA, boundary violations, issues of power and abuse, grief and disclosure. When and how to get help. $5.00 per booklet + $1.25 F & I. Make checks payable to Island Scribe, 107 Old Comers, Chatham, MA 02633.

Just Hold Me While I Cry! By Robbie Stacey — A mother's life-enriching reflections on her family's emotional journey through AIDS. It explores a mother's feelings about her son's homosexuality, his friends, his fears and his courage. Details about surgical procedures and medications are laid out with care and thoughtfulness. This empathetic account of her family's experience adds yet another voice to the chorus. $12.95 ($5.00 to be donated to EKR Center), P. O. Box 40683, Albuquerque, NM 87196 (1-800-368-3206). Please specify where you heard about the book when ordering.

Astonishing Messages from the Cosmos By Laura Horst. A great number of very highly evolved spirit beings from their far off solar system and worlds fully materialize themselves and appeared to the physical eyesight of seven mortal persons. Their clear and strong audible voices were taped and their messages transcribed and dated. All this data is filed and stored for further reference. Each book is included in a set for $23.00 (also enclosed in the set is the book Galahap Condensed Version). O'Classen Enterprises, 738 Alpine Ave., Chula Vista, CA 92010.

Spiritual Crisis, What's Really Behind Loss, Disease, and Life's Major Hurts by Meredith L. Young-Sowers. In her new book, Spiritual Crisis, What's Really Behind Loss, Disease, and Life's Major Hurts, Meredith L. Young-Sowers suggests that spiritual crisis is at the root of most physical and emotional illnesses (as well as social and environmental disfunctions). She describes a way to use the spiritual energy of love to heal ourselves, our loved ones, and the planet itself. This extraordinary book offers a new model of spirituality that shows us how to live in ways that are most supportive of our individual spiritual growth and in balance with all other life on the planet.

E.L.P.B. — The Incredible Life and Influence of Helena Blavatsky, Founder of the Modern Theosophical Movement. This wonderfully inspirational biography is about a woman generations ahead of her time. Sylvia Cranston, in this magnificently researched biography, tells the remarkable story of the founder of the Theosophical Movement. A visionary trailblazer, H.P.B., more than any other person, was responsible for the introduction of Eastern Religious and Spiritual thinking (i.e., Karma and Reincarnation) into Western religion, science, psychology, art and literature. $30.00 Hardcover. Putnam, 1-800-651-8571.

Living Through Death — A Spiritual Approach By Mari Bass. Written by a hospice nurse, this is a simple book that addresses the spiritual and physical needs of the dying. It provides valuable information that is both inspiring and useful and gives comfort and reassurance to the reader about what they can do to support themselves and their loved one during the dying process. It gently describes the natural physical progression of the body and offers suggestions for bodily comfort. Living Through Death — A Spiritual Approach offers a fresh perspective on the relationship between the caregiver and the dying person and emphasizes the importance of heart to heart communication and relates how it can be nurtured during the final months or days of a person's life. Lovingly composed. $12.50. Gateway of Design, P. O. Box 294421, Lewisville, TX 75062.

Someone Special, A Child's Book About People with AIDS By Ruby Hill and the staff at Mountain Area Hospice. What do you know about AIDS? Do you have someone special in your life who has AIDS? Have you talked with your Mom or Dad about AIDS? These questions and more are answered in the wonderfully informative book Someone Special. This book takes charge in informing children of the AIDS virus. $2.50. Mountain Area Hospice, P. O. Box 16, Asheville, NC 28802.

Gregg Furt 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 knower one needs only to learn to "listen" to the picture.

1993 Drawing Workshops

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

Intro. to the Interpretation of Impromptu Drawings
April 2, 3, 4 Virginia Contact: Charlotte Eldredge Tel. (416) 757-2227
Symbol as a Healing Agent
May 20 (Thurs. 2:00 p.m.), 23 Virginia Contact: Charlotte Eldredge Tel. (416) 757-2227(703) 396-3441

Therapeutic Art Methods
5 Part Series
#1 - Aug. 12 - 15, 1993 #2 - Oct. 15 - 17, 1993 #3 - Dec. 10 - 12, 1993 #4 - Feb. 4 - 6, 1994 #5 - April 1 - 3, 1994 Vancouver, Canada Contact: Diana Livingston Tel. (604) 261-6422 Virginia Contact: Charlotte Eldredge Tel. (416) 757-2227

Tour/Study Aboriginal Art & Myth July 1-21 Australia Contact: Bob Tresenfeld Tel: 1 (600) 548-8254

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 drawings is a valid means of communication from the unconscious. This communication can be used to help the individual develop both physically and mentally is 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 instructional 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 medium in the healing process.

Tour/Study Aboriginal Art & Myth
During three exciting weeks in Australia, you will experience in-depth exposure to native culture, including the viewing of Aboriginal Art, having Cairns and The Great Barrier Reef. Take a ride through the tropical rain forest, view the Botanical Gardens of Darwin, explore Ayres Rock, visit Alice Springs. Hear lectures/presentations in Sydney regarding the Aboriginal and their culture through art and myth with commentary for understanding through the Jungian approach to the unconscious, by Gregg Furtth, a Jungian analyst.

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.

1993 Series information — Contact Diana or Charlotte For further information or questions regarding the above, contact Gregg M. Furtth, 330 West 72nd St., N.Y., N. Y 10023, (212) 721-6665
Letters and Comments from Workshop Participants

Dear Elisabeth...

... your workshop... was the most life-changing event I have ever experienced. I went there with a goal in mind: to get in touch with the "Hitler" in me. I was terrified of how it was engineered with a person on the mattress exposing their pain to many, many people. I got up the courage and went on the mattress and was so pleased with myself... I was somehow able to really take a look at how I create the unhappy experiences I have and how I was not be like learning to ride a bike or walk... I may fall and get hurt but if I get up and try again, I will eventually learn "get" it and then I won't forget how to be me over again...

J.J.

... Going to the workshops gave me the space to get close to the pain...

P.A.

... Thank you for the peace of mind I received. I am in awe of the wisdom, and compassion you are filled with that made the workshops possible. Knowing the positive impact I have experienced, it is overwhelming to try to imagine the impact you are having on the world. The words "quality of life" now have a new meaning... L.C.

(Thank you to... the best gift I have ever received, the gift of your wisdom. Attending your workshops has helped me help myself to heal and grow. Thank you...)

H.A.B.

Thank you so much for providing the opportunity for me to start living the life God gave me here. Your L.D.T. workshops gave me the opportunity to take that first step in my 1,000 mile journey and I am forever grateful. I hope to blossom and grow for I am flower to your sun...

C.N.

Thank you for the many gifts you brought into my life... I remember the first time I heard you... and realize how much of what you taught had become part of what I know and experience now...

R.L.

Thank you, Elisabeth, for opening your heart and center for the true expression of truth and life. It is impossible to put into words my gratitude. And actual feelings of my soul. I suppose "freedom" best describes my heart...

P.L.

You radiate warmth and compassion to everyone without judgment — may I try to do the same...

M.P.

In spring of '89, I took part in a workshop with (you)... and it turned out to have happened at precisely the right moment for me. This one week was one of the most important experiences in my life, a birth of some sorts, after which a new start was possible. Since then, I have been able to set myself to great changes in my life...

C.R.

Positive Affirmation

Just for today I will be vulnerable with someone I trust.
Just for today I will act in a way that I would admire in someone else.
I am beautiful inside and outside.
I love myself unconditionally.
I am not alone, I am one with God and the universe.

MY BILL OF RIGHTS

I have the right to be treated with respect.
I have the right to say no and not feel guilty.
I have the right to experience and express my feelings.
I have the right to take time for myself.
I have the right to change my mind.
I have the right to ask for what I want.
I have the right to ask for information.
I have the right to make mistakes.
I have the right to do less than I am humanly capable of.
I have the right to feel good about myself.
I have the right to act only in ways that promote my dignity and self-respect as long as others are not violated in the process.

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PEACE IS POSSIBLE

T-Shirts - $10
Sweatshirts - $20
Adults M - L - XL
Black or White

(SEE ORDER FORM PAGE 7)

UPPER ROOM AIDS MINISTRY
207 West 133rd Street
New York, New York 10030
212-491-9000

The Upper Room is a Harlem, NYC, interfaith ministry serving homeless people living with AIDS. (Elisabeth's on our Advisory Board).

Recognizing that the epidemics of poverty and AIDS must be addressed jointly, the Upper Room is committed to empowering persons who are in the midst of these two epidemics towards fostering more healthful living that honors body, mind and spirit.

To these ends we have four, 3-day retreats each year in rural settings. Fifty to 60 people attend each retreat. Most of these live in area shelters or hotels and cannot afford the retreat costs.

If you could sponsor one of our members, please send your contribution of $75. The retreatee will write you back, if you'd like, telling of their experience. Checks may be mailed to: URAM, 207 West 133rd Street, New York, New York 10030.

Children Should be Seen and Heard and Believed

T-Shirts - $10
Sweatshirts - $20
All Sizes
4 Colors
EKR Center Membership Application 1993

Type of Membership (Please check ones that apply)
NEW
$15 $20 $30 $50 $100
RENEWAL

NAME ____________________________
ADDRESS ____________________________
CITY ____________________ STATE ______ ZIP ______

TELEPHONE (H) _______ FAX _______ (W) _______ (W)

Type of Payment: Check Card No. _______ MasterCard _______ Expiration Date _______

Make check payable to: Elisabeth Kubler-Ross Center
South Route 616, Head Waters, VA 24443 • (703) 396-3441

Please mark your letter Attm Memberships
Outside of the United States, when sending money, please send U. S. funds
Please send Complimentary Copy of Newsletter to:

NEW OR RENEWAL MEMBERSHIPS

$15 EKR Pen
$20 - $30 - $50 - $100 or More EKR Pen and 2-Year Pocket Planner

It is our pleasure to invite you to take part in the
World Celebration for Peace
which will take place on
May 6, 1993
under the auspices of the
Centre Mondial de la Paix,
des Libertés et des Droits de l'Homme

It will unite above and beyond borders and beliefs anyone who yearns for peace and has decided to prove it at a time when conflicts seem to be spreading. Our proposal is for everyone to keep one window in their home lit by a bulb or a candle on May 6 from twilight to dawn, and again on the following night. Thus an immense ribbon of light will unfold from East to West, and symbolic life, hope, love and peace, surrounding the earth and linking all men.

We also wish all public buildings, schools, places of worship, etc., to be lit up.

May 6, the day between those two nights of illumination, will be devoted to spreading individual and collective awareness regarding each individual's role in establishing peace in the world. Meetings or various activities can be organized by those who desire to do so.

Mozart's 21st concerto for piano and orchestra (K 467) has been chosen as a musical support for this day.

This celebration will continue to be an annual one on the day of the second full moon of spring corresponding to the second Easter (N 9, 6-14) for monothestic religions, and to the union of East and West for others (Wszak celebration). Furthermore, this date will be easily traceable by those who still live close to nature and cosmic rhythms.

We are asking you to take part in organizing and making this celebration a success by telling others in your community about it. Each of you will want to invite relations, friends, colleagues or other acquaintances to participate thus creating a great chain of friendship as a prelude to the great ribbon of light.

INTRODUCING...

Effective April 20
Lea Abdnor has been made staff of the
Elisabeth Kubler-Ross Center.
Congratulations Lea!

New Selection of EKR Center T-Shirts and Sweatshirts
"I'm Not O.K., You're Not O.K., But That's O.K."
(White shirt. Purple, pink or blue background lettering. Please specify choice of color.)

"People are Like Stained Glass Windows, They Sparkle and Shine When There is a Light from Within"
(White shirt. Black lettering over a pastel design.)

"Someday We'll All Be Butterflies"
(Turquoise, pink, purple, or white shirt. Black lettering. Please specify choice of color.)

EACH SHIRT IS PRINTED WITH ELISABETH'S SIGNATURE

SIZE: M, L, XL
PRICES: T-Shirt: $15.00
Sweat Shirt: $25.00
ORDER FROM EKR BOOKSTORE

In Memory of
BOB ALEXANDER

Bob, who made his transition on November 7, 1992, was a friend, supporter, and loyal architect/advisor for the EKR Center in Head Waters.

He, together with Nancy Jaicks (his wife) also continued to visit "my" Vacaville prison as described in my AIDS books and were very active in doing the in-prison Hospice in Vacaville, which will be named after him. The opening ceremony of the Hospice will take place May 21, 1993.

Bob, we all love you and appreciated your continuous support for us.
Taking Our Cue From Mother Earth

Cynthia Keys

Be aware of the flow of energy moving through the universe, into and out of Earth, into you and out through your work and through those who will be affected by what you do. Make it an act of love. When you work with people, brighten their day with a smile. Smiles increase the energy moving through our bodies, bodies which are energy systems in rhythm and grace. The body is functioning properly, these currents of energy stream through our body like electricity through a circuit. Energy moves in bursts, mostly quickly, but there will be slow current. These qualities of我们的 bodies are predictable and measurable, even if the flow through our bodies, the healthier and happier we feel. As this current flows through us, we actually begin to glow like a light bulb when the power is turned on. When our glow — aura — is bright we become very attractive — like energy. You might begin to draw to us whatever we need or desire. For instance, if your aura is bright and glowing on a day that your job involves working with people, you may have a more lasting impression on the interviewer than another person whose aura was dim and listless. Even if your qualifications are the same, or even better, you might be more likely to get the job.

Connecting to Earth's Power Grid

Think of the Earth as a giant power station, holding the energy of the universe in its grid ready and waiting for us to plug it into, the beauty of it is that it works automatically: the energy naturally flows through us. It is only when we get in its way that we have problems. Restrictions to this energy are possible, which can cause stress, anxiousness, preoccupied, fear, physically imbalanced (due to improper nutrition, unhealthy environments in our lives, rape, sexual assault), mentally imbalanced due to too much stimulation of one side of the brain over the other, emotional trauma and many other factors such as spending too much time working and not enough time playing. While we experience many of these situations at one time or another, but the important thing is to be aware of them and then make an effort to put things back into balance. Just as Earth has its cycles of darkness, so do we. But follow the charge, we can come back to a state of harmony and equilibrium. It takes some commitment and discipline because the other factors such energy flow are many times constant. But our diligence is well worth the effort to keep our bodies free from those things that would inhibit energy and keep our light from attracting people and opportunities to us.

Earth Healing Group Exercise

If you meet with an Earth healing group twice a month, use the opportunity to look at the reasons provided by nature, such as the autumn equinox. Four seasons of creating balance and harmony in your lives. After your group meditation, break into groups of three — triads. Each person in the triad turns turns taking the different roles of receiving for him or herself, a two-week program of balance. When you meet the next time get into the same triads and discuss the new program of balance. Then share some of your findings with the group at large. Notice the difference in the experience during the meeting and then compare this meeting to the second. As each of you increases your capacity for receiving energy through a more balanced lifestyle, your aura becomes more radiant and full of energy to the aura to the group. As your aura interacts with others in your group, it will expand exponentially and each of you will leave brighter than before.

New East Coast Predictions

I see weather patterns changes in April and continuing throughout this decade. The path of the Blizzard of '93 will repeat itself from April 1994 through 1999. The storms will be followed by increased conditions with hurricane velocity winds occur. This will bring flooding, mudslides, power outages and shortages. I believe most of the storms will come out of the Florida Straights and the Gulf of Mexico. At least one will come out of Earth, become an even larger storm and then turning slightly westward to Louisiana and Texas. Another will move across the Florida Keys and move up the Eastern seaboard from the east coast of Florida to Nova Scotia. Winds at worst will reach 150-200 MPH.

Northwest USA/Canada

Earth Changes Predictions

Cynthia and I just returned from the state of Washington where we attended the Materials Earth Changes Conference '93. The purpose of the Conference was to introduce new information regarding Earth changes for this region. Many times, I am able to receive clearer visions of upcoming events for an area, when I am in the vicinity. I believe the reason for this is that my Earth sensitivity to the area increases, thus inducing visions of future events in that area. The following is a summary of my updated visions for the Northwest and California.

- Quakes all times, greater than 6.9, in the Aleutian Islands (Alaska) should be considered to be a precursor to Earth changes for the Northwest. (Note: the day after the conference, Monday, March 22, 1993, a 6.8 quake hit the Aleutians. This region is a seismically active area.)
- Volcanic activity on Mt. Baker — I see a blow-out this spring or early summer.
- Mr. Rainier will erupt this spring or early summer, Ash will fall in Seattle within a 100-mile radius of Rainier. The eruption will be greater than Mt. Pinatubo and Mt. Saint Helens combined.
- Tidal waves and earthquakes will hit the northwest and northern southern California in '93. (Note: On March 25th — 4 days after the conference, a 6.3 earthquake hit just south of Portland, Oregon, approximately 70 miles from Newport.

- After Tribulation the new Coastline for the Northwest will follow a line roughly from Portland, Oregon north along U.S. Route 5 to Bellingham, crossing into British Columbia, Canada and then following a line, roughly, along Canadian Route 97 north to the Yukon. This means that we will lose a lot of routine work, make a meditation out of it, put a routine into it. Begin to be aware of the flow of energy moving through the universe, into and out of Earth, into you and out through your work and through those who will be touched by your work. Make it an act of love. If you work with people, brighten their day with a smile. Smiles increase the energy moving through your bodies, bodies which are energy systems in rhythm and grace. These qualities of our bodies are predictable and measurable, even if the flow through our bodies, the healthier and happier we feel. As this current flows through us, we actually begin to glow like a light bulb when the power is turned on. When our glow — aura — is bright we become very attractive — like energy. You might begin to draw to us whatever we need or desire. For instance, if your aura is bright and glowing on a day that your job involves working with people, you may have a more lasting impression on the interviewer than another person whose aura was dim and listless. Even if your qualifications are the same, or even better, you might be more likely to get the job.

- Tidal waves and quakes will hit Vancouver.
- The area from the Juan de Fuca Strait to Olympic will experience tidal waves and quakes.
- All the islands in the Puget Sound will experience tidal waves and quakes.
- Water will be responsible for most of the loss of life, globally, due to Earth changes in '93.
- California will begin to change in 1993 and will begin to change as precursors begin for ECR's (Earth Changes Report) predicted third L.A quake — 8.3 plus or minus .5,100-mile radius of Palm Springs. As previously stated I believe these changes are due to warming ocean waters because of under sea volcanic activity and the Earth's magnetic field becoming erratic. These factors are in the process of changing. Adced to this, of course, are the disharmonious human thoughts — out of harmony with nature, each other, and the Creator. Our tempering and misuse of technology is the cause of this. The Earth towards reacting against the weather pattern changes. I continue to see more than just the third L.A. Quake. I see multiple quakes — Sonoma County, San Diego, Los Angeles, Bakersfield, Eureka, and in the Mojave Desert around Barstow. We will also see the voluntary rifting of the volcano in California in the Mojave Desert sometime in '93 - '96.

These predictions were taken from the Earth Changes Report. For more information on the Earth Changes Report, contact Gordon-Michael Scallon at REI, Box 321, Westmoreland, NH 03287, or call (603) 399-4916.
THE 1993 LIFE, DEATH AND TRANSITION WORKSHOP

(PLEASE NOTE: Scheduled dates are subject to change)

May 17-19 (Mon-Fri)
Laurelville Mennonite Church Center
Mt. Pleasant, PA
Airport: Pittsburgh International

May 24-28 (Mon-Fri)
Elisabeth Kubler-Ross Conference Center
Head Waters, VA
Airport: Shenandoah Valley

June 14-18 (Mon-Fri)
Elisabeth Kubler-Ross Conference Center
Head Waters, VA
Airport: Shenandoah Valley

July 12-16 (Mon-Fri)
Elisabeth Kubler-Ross Conference Center
Head Waters, VA
Airport: Shenandoah Valley

August 16-20 (Mon-Fri)
Elisabeth Kubler-Ross Conference Center
Head Waters, VA
Airport: Shenandoah Valley

September 17-21 (Fri-Tues.)
Calvin College
Grand Rapids, MI
Airport: Kent County Intl.

September 19-23 (Sun-Thurs.)
Camp Burton Conference Center
Vashon Island, WA (Seattle)
Airport: Seattle

October 8-12 (Fri-Tues.)
Elisabeth Kubler-Ross Conference Center
Head Waters, VA
Airport: Shenandoah Valley

October 4-8 (Mon-Fri)
Australia
Contact: Anne Reid/Keith Taylor

November 19-23 (Fri-Tues.)
Elisabeth Kubler-Ross Conference Center
Head Waters, VA
Airport: Shenandoah Valley

December 3-7 (Fri-Tues.)
Elisabeth Kubler-Ross Conference Center
Head Waters, VA
Airport: Shenandoah Valley

OVERSEAS

Healing Loss and Transition
an audio cassette tape
"We are each others' answers . . ."

Side One: The basic teachings from the Kubler-Ross Life, Death and Transition Workshops - Natural and Distorted Emotions, Four Quadrants, Victim Triangle, plus Gestalt Awareness Cycle. Side Two: Several visualizations - The Healing Crystal, Sailing to a Safe Harbor, Healing a Child's Grief, Healing Affirmations.

Compiled, written and spoken by Jacob Watson, Elisabeth Kubler-Ross staff member
Available through the EKR Bookshop @ $10.00

Miscellaneous Items . . .

RUBBER HOSES, $7.00.

Summerland Poster by Cory. A special friend of Elisabeth's, Cory died after a 5 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 uses 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 Ennebrad) for this lovely contribution in support of this work. Color poster (20" x 24") $9.95 each.

Songbooks used at the Life, Death and Transition Workshops are now available for a $2.00 donation to cover copying and mailing expenses.

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, accident, or brain tumors, etc., have been totally paralyzed and unable to speak. It is not only tragic for the patient, but an extremely tiring and frustrating experience for the caregivers and family members to keep in touch with those patients.

What a wonderful tool the Speaking Board is and how easy it can be learned by anyone, old and young alike.

For the United States, the cost of copying and mailing Speaking Board information is $1.50 per pair. 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
501 West 110th Street, Suite 21
New York, NY 10025

Canada
ALS Association
200-2030 Main Street
Vanouver, BC V5L 4P7

Europe
Frz. Soeger
Gherden 30
CH-4648 Epigringen
Switzerland

Mrs. Constantine Harvey
1861 Chemin du Parc
Montreal, PQ H2T 1L3

South America
Mrs. George Burg
740 70th St.
Hollywood, FL 33024

Australia
Betty Rieden
34 Hale St.
Sydney, NSW 2000

Spain
Barbara Swick
Calle de San Montesino 7
Barcelona, Spain

Baltic States
Barbara Swick
Calle de San Montesino 7
Barcelona, Spain

Australasia
Australasia

Compiled, written and spoken by Jacob Watson, Elisabeth Kubler-Ross staff member
Available through the EKR Bookshop @ $10.00

Spirit of Universal Love

Soul Entity Receive Thy Gifts of Love and Hope,
Know This My Child That Thy Footsteps Are
Measured In A Holiness and Sacredness
That Is Forever Timeless,
Let Thy Wounded Heart Be Healed With The Gentle Hands
Of Thy Loving Friend,
Allow Thy Wings To Open To Fly In The Radiants
Of Forgiveness, Love and Compassion
Networking...

AIDS

AIDS Support Network
P.O. Box 12168
San Luis Obispo, CA 93406

The Central Coast (805) 544-5792
"Ms." (805) 927-3856

CCAP — a non-profit organization — Concerned Citizens for AIDS Patients. Our most urgent need at this point is volunteers who can provide genuine in-home support for PWAs and PWARD, i.e. friendly visits, laundry assistance, in-home preparation, light housekeeping and shopping.

Our office is located at 4341 30th Street, San Diego, CA 92104 and is open Monday-Friday from 9 a.m. to 3 p.m. Our phone number is (619) 433-1930 and is operational 24 hours a day, 7 days a week.

AIDS Support Group
P.O. Box 2322
Charleston, WV 25302

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 Charleston, it serves the northwest region of W.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 1-800-763-8352.

National AIDS Information Clearinghouse
P.O. Box 9940
Rockville, MD 20853

1-800-HIV-AIDS (1-800-448-2437)

National AIDS Network
2003 M Street, NW, Suite 600
Washington, D.C. 20001

(202) 293-3437

Recorded Information, 24 hours a day
1-800-443-AIDS

Offering general info, referrals to medical and test centers and free literature.

1-800-444-AIDS

The Names Project (AIDS QUILT)
1-800-USA-NAMS or 1-800-977-6263

People With AIDS Coalition
21 West St., New York, NY 10010-1090

CHILDREN

Casa De Esperanza
P.O. Box 66681
Houston, Texas 77266-6681

(713) 633-0639

A non-profit program caring for children with AIDS since 1987. We maintain special homes for children with AIDS, staffed by volunteers who live and work with the children. We operate a Foster Care Center for parents and children residing in the community where both generations have AIDS. The program is staffed by volunteers who receive room and board and modest stipend. Come join us.

THE GOOD GRIEF PROGRAM

The Good Grief Program promotes coping and prevents the development of emotional symptoms and problems in groups of children and adolescents who are “at risk” because of the recent death or terminal illness of a friend.

"Helping schools and community groups become a base of support for children when a friend dies."

The Good Grief Program
Judge Baker Children’s Center
295 Longwood Ave., Boston, MA 02115

PHONE PAL PROGRAM

If you or someone close to you has a life-threatening illness, or if you have had a life-threatening illness, we invite you to be part of our Phone Pal Program. "Phone pals" facing life-threatening illnesses can call each other free of charge on the telephone and share their feelings, frustrations and hopes openly so that they may grow ahead with their lives. Each applicant is matched up with someone who shares a common disease or physical disability. The program is available to anyone in need, regardless of age. For more information, contact:

Azen House
Jacksonville Center For Attitudinal Healing
P.O. Box 2216
Jacksonville, FL 32201

(904) 333-HELP

SIDS ALLIANCE
Suite 420
1050 Little Fletton, PE4, Cambridge, CB24 1DD
(090) 809-2211

HAVEN OF NORTHERN VIRGINIA
4600 Ravenswood Road, Annandale, VA 22003
(703) 518-7700

OTHER

Care for the Terminally Ill: An Opportunity
Human Services Alliances (HSA) Care 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 guests live out their lives in a loving and supportive environment. Round-the-clock care is provided by trained volunteers. This is a service provided free of charge. HSA is an all volunteer organization (no paid staff). It offers a variety of opportunities for full-time live-in volunteer servants. You are invited to come and be a part of this unique group of people.

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

Contact: Human Service Alliances
3803 Old Greenhorne Road
Winston-Salem, NC 27101
Phone: (919) 778-8745

The purpose of this group is to promote awareness of Rosa’s Syndrome, to provide guidance for those facing unrecogn- ized Rosa’s Syndrome, and to raise funds for further research of the syndrome.

Rosa’s Syndrome Foundation
800-333-7393/700-231-7393 (in Ohio)

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

The Marions Support System
P.O. Box 5698, Madison, WI 53708-0699

(608) 233-5588

The St. Francis Center is a source of guidance, information and support people living with life-threatening illnesses and bereavement. For more information, contact:

St. Francis Center
5126 Mac Arthur Blvd. N.W.
Washington, D.C. 20015

(202) 333-4800

“Amity” is a Teaching Community dedicated to assist those facing a life-threatening illness, both adults and children with substance abuse problems. The multi-cultural, holistic approach Amity 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:

Amity, Inc.
P.O. Box 66002, Tuscon, Ariz. 85751-6280
(520) 749-3868

Cynthia Arneson

Robin Porter

Getting Well Program
HCA West Lake Hospital
500 W. State Rd. 434
Lenwood, FL 32750

(407) 329-1378

(800) 323-5184

(904) 541-9378

Getting Well is about hope, about caring, about people dis- cussing their inner strengths about loving and forgiving oneself and others, and about making decisions about getting well and staying well. Getting Well is about living life to its fullest — to develop a more meaningful, humorous, optimistic perspective on life. Getting Well is for those who wish to activate the healing power within themselves and take an active, participatory part in their own recovery. Getting Well is for those exceptional, determined individuals who wish to enhance their medical treatment, to survive, 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.

See NETWORKING, Page 15
Networking

Call for more information or a free consultation. To be afraid to live is to die. To live fully removes all fear of dying. Houses and death are not signs of failure; what is a failure is not living. It's time for living! Living never felt so good!

ECAP

ECAP (Exceptional Cancer Patients, Inc.) is a non-profit organization which provides group support for cancer patients, founded by Bernice Siegel, M.D. in 1974, when Bernice 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 groups in their areas.

ECAP (Exceptional Cancer Patients, Inc.), 1907 Chapel Street, New Haven, CT 06511, (203) 685-8392.

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 illnesses or loss due to the death of a loved one.

For the Love of Christ, Inc., 213 East Ave., Tampa, FL 33608, (813) 224-9288.
The purpose of this free counseling and support organization is to provide help and ongoing support to individuals and families affected by the death of a loved one. It was founded by Susan and Don Cox in memory of their 20-year-old daughter, Christa. "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-week therapeutic wilderness adventures for individuals and members of their support systems living with cancer. Emphasis is on nurturing one's emotional, physical, and spiritual selves to accomplish more than thought possible. Outward Bound is a non-profit educational organization and scholarships are available. 945 Pennsylvania St., Denver, CO 80203, (303) 296-8244.


St. Barnabas Cancer Support
Roger's Hospital, Gurnee, IL 60031, (708) 939-3000.

Ecumenical 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
(708) 966-0010 Between 10 a.m. - 9 p.m. Central, (800) 437-0072.

PREGNANCY & INFANT LOSS CENTER
For bereaved families experiencing miscarriage, stillbirth and infant death.
(813) 437-0072.

MAKE TODAY COUNT
For adult cancer and other terminal illness patients.
(310) 703-8911.

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

Drug Abuse
1-800-638-2046.

National Cystic Fibrosis Foundation
(301) 661-4425.

Organ Donations
1-800-338-2971.

Second Surgical Opinion
1-800-638-6831.

Alzheimer's Disease
1-800-621-3371.

Symptoms of Inner Peace
by Hede Marker

Be on the lookout for symptoms in inner peace. The heart of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms are:
- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent overwhelming episodes of appreciation.
- Frequent expressions of gratitude for even the smallest blessing.
- An increased sense of meaning.
- An increased tendency to let things happen rather than to make them happen.
- An increased susceptibility to the love extended by others as well as an uncontrollable urge to extend it.

WARNING: If you have some or all of the above symptoms, please be advised that your condition of inner peace may be so far advanced as not to be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk.

Ethereal Alignment and Healing Meditation
for the Planet Earth

Purpose: to join together in prayer and meditation for Earth's healing and the Invocation of Divine Truth, Justice, and Freedom in all spheres of activity upon the planet.

Where: Each new moon of 1993 at 7:00 p.m. as listed below. (Time zone makes no difference since this is a higher plane joining.)


When: Since all of you have very busy schedules and may not be able to attend a formal gathering, we propose that this be an ethereal plane link-up in consciousness anywhere that you may be at that time. All you need do is take about one to three minutes to hold a vision and/or speak a prayer and decree in behalf of the Earth. We offer the following as a suggestion. You are of course free to use your own words or vision as you feel appropriate:

VISION
Imagine yourself as a being so expanded and so large that you can reach out and hold the Earth in your hands. As you are doing so, see yourself beaming forth from your third eye area (center of forehead) three laser-like beams of Light to surround and fill the Earth with this Light: one violet, one pink, and one gold. Then speak your prayer or decree.

PRAYER
Beloved Great Entity Earth, You who are the channel for our sustenance as we live upon your most beautiful surface, we praise You and give You thanks. We ask You to guide us at this time that we may be of greater assistance in the healing You desire. We invoke now in Your behalf, through the Great Unlimited I Am Presence of God within us all, the Divine Rays of Healing, Truth, Justice, and Freedom. May God bless us all as we are blessed in this unfolding. Let there be Light! So be it!

Paul Cole
of Wasilla, Alaska,
a trainee of the Elisabeth Kubler-Ross Center,
made his transition recently.

Our blessings are with his family.

Deborah Johnston,
a trainee of the Elisabeth Kubler-Ross Center who resided in Yarmouth, Maine, recently died.

Our blessings are with Deborah's family.
Service Through Touch presents
SKILLED TOUCH FOR THE SERIOUSLY ILL
Touched by: Irene Smith
Sponsored by: Elisabeth Kubler-Ross Center
November, 1993 (Date To Be Announced)
Head Waters, Virginia

Why Service Through Touch?
Service Through Touch (STT) focuses on the "care" in health care. Too often because of time and economics, treatment becomes the highest priority of health care professionals. Many times comfort and care become a luxury. This may be observed in the case of the seriously ill where frequently we focus on treating the disease rather than giving care to the patient.

STT explores the essential skills required to be a caregiver for someone who is seriously ill. Massage is a natural vehicle for offering and experiencing this kind of care. We teach a philosophy of sensitive touch communication skills that arise from our years of experience in massage.

What STT Workshops Offer:
- Massage approaches for bedridden and dying people.
- How to modify your techniques for working with the seriously ill in home and hospital settings.
- Techniques for staying grounded and centered while massaging.
- A greater awareness of personal limits and professional boundaries.
- Tools for coping with the psychological impact of illness.
- Guidelines for offering massage in a health care setting.
- Current information on unique precautions for disease control.

To Take Home:
- The STT Workbook, which includes exercises and techniques that are taught in the workshop.
- A copy of Guidelines For Working With HIV Infected Persons.
- The STT Certificate of Completion, with the number of hours completed.

About the Instructors:
Irene Smith
Irene is the founder and director of STT. Irene pioneered the field of massage for people with life-threatening illnesses in California in 1982. Since that time, Irene has worked with hundreds of people in all stages of life, in home, hospital, and hospice settings.

Irene's work is acknowledged by the community she has served. She has also been acknowledged in the media, including articles in East-West Journal and Yoga Journal. Irene's written contributions include Chapter Nine in AIDS: The Ultimate Challenge by Elisabeth Kubler-Ross, M.D., and Chapter Four of Psychosocially And The Healing Process, written by Jason Darnell. She is also the author of the widely utilized Guidelines For Massage of Persons With AIDS.

Irene's video tapes, audio tapes, and workshops have inspired people worldwide since 1988.

Ken Bridgeham
Ken Bridgeham has been a professional massage practitioner and health educator for the past nine years. He is an active member of the American Massage Therapy Association, and has served on the board of the California Chapter. As an instructor and program coordinator at the National Holistic Institute in Emeryville, California, Ken created a four-hour "AIDS Class" that continues to be used in the core curriculum.

Ken has taught in bringing nurturing touch to people with life-threatening illnesses, especially HIV infection, in home, hospice, and hospital settings since 1984. Since 1987, Ken

Who may attend:
- Anyone wishing to incorporate touch into their current volunteer work, health care practice, or relationship with someone who is seriously ill.
- Massage students or massage professionals wishing to expand their knowledge.
- Persons facing a life threatening illness.

How Much:
$410 includes room and board and workshop fees. A $150 (non-refundable) deposit is required for registration 10 days prior to workshop. Whom: Workshop begins at 9:00 AM and ends at Noon on the fourth day.
Where: Elisabeth Kubler-Ross Center, Head Waters, Virginia

For further information/registration: Contact Lois J. Pongig
15 Whifflefield Street, Caldwell, NY 07006
(201) 226-4884

CASSETTE TAPES
Words and Music by Phyllida, staff member of EKR

Side One: Anyone Can Singalong

1. I am Energy (words & Music by Phylla)
2. Let Love Shine (words & music by Phylla)
3. All is Gift to Simple
4. Weave Us Together
5. The Dialogue (words & music by Phylla)
6. Love is Poising
7. We Shall Overcome
8. Annie's Song
9. I Will Never Forget You (managed by Phylla)
10. You Know My Name

Side Two: Amazing Grace
1. Amazing Grace
2. Michael Row the Boat
3. In Dublin's Fair City (original)
4. Down by the Riverlale
5. The Rose
6. Elisabeth (words & music by Phylla)
7. In Appreciation of Mother Earth (words & music by Phylla)

Dancing in the Shadows

Side One:
1. The Dialogue
2. Let Love Shine
3. I Don't Know
4. Where You Go
5. Hold On
6. I Am Energy

Words and Music by Phyllida, except title and music of "Where You Go" by Annette Duff (P) 1989

Additional Accompaniment and Vocals by Eugene Douthy

Side Two:
1. Sunraye
2. Healed Memories
3. Lift Me Up Higher
4. You Are Deeply Loved (A Meditation)

Music for the meditation by Baccalu including "Come the Spring," "Peace in Our Time." "The Nameless"

Emerging Self by Phyllida

Side One:
1. Dance In the Shadows (words & music by Phylla)
2. One Child Hurts (words & music by Phylla)
3. O.K. I'm Say It (words & music by Phylla)
4. Two Wounded (words & music by Phylla)
5. Rainbow Song (words & music by Phylla)
6. Dying Game (words & music by Amär)
7. The Choice (words & arrangement by Phylla)
8. Homework to Be Done (words & music by Phylla)
9. Shattered Silence (words & music by Phylla)
10. I Will Never Forget You (arranged by Phylla)
11. Poem by Amär

Side Two:
1. Can You Imagine (words & music by Phylla)
2. Song for Annie (words & music by Phylla)
3. Once in a Lifetime (words & music by Phylla)
4. The Weary Woman of the North (words & arrangement by Phylla)
5. It Doesn't Have to Be Like This (words & music by Phylla)
6. Let There Be Peace (words & music by Phylla)
7. Meditation: "The Healed Self" by Phylla

Coming Out of the Past with Phyllida and Friends

Side One:
1. Coming Out of the Past
2. Snowdrops Under the Snow
3. This is Your Drum
4. It's Me
5. Indian Rhythm
6. Stop Here
7. Don't Need Enough
8. Desert Swinging Rain
9. Alone
10. Call of the Wild

Side Two:
1. That's All Love
2. Mountain Swim
3. Reclaiming Rights
4. Out of Time Love
5. Let Us Hear Heart
6. So Safe Place
7. Meditation: Meeting Your Internal Warrior

Words and Music Composed by Phyllida

Acoustic Guitar: Phyllida

All 4 Tapes Are Now Available Through the EKR Gift Shop.

Price at $10 — Order Form: Page 7