Hello my friends,

In continuation of our previous newsletter emphasizing the teachings of indigenous people, we are now presenting the work and ideas about our native American friends. We have them as our special guests on my farm and I treasure the memory of their visit.

We also had several workshop participants (of MC Top), and cannot wait to get more indigenous participants, as they contribute a very special aspect to our mutual learning.

Love
Elisabeth

This year to proclaim August 20, 1993 Indigenous Peoples Grandmother Earth Honoring Day. On Her day, one billion humans will convene in peaceful gatherings around the world, welcoming her day with sunrise ceremonies. Some will choose to fast, many will choose to not work as a peaceful protest in support of Grandma Earth. The day focuses on declaring this a time of global emergency and asking all humanity to support and help share our concerns. Sunset ceremonies will welcome all night and vigils honoring the hope she gives us to help her. Families will spend the day in back yards, parks, mountains, beaches, deserts; as a living extension of her being with soil, trees, waters, animals, birds and plants. Enough humans will not work to affect the technical-industrial system and dramatize our deep concerns to all our leaders.

On the previous day, one billion telegrams, fax, letters and telephone calls will have been sent to all leaders of government, industry and technology. From local mayors to county and state leaders; to President of countries, to United Nations leaders. One billion messages of profound emergency concern, sincere inquiry and appropriate change in technology and industry which is creating the rampant environmental disasters which plague all life.

Proclaiming our unified faith in the power of humanity to mitigate and undo the environmental damage in all areas; in the name of our Grandmother the Earth, our own children, and the children of all living creatures. As a living human voice of her human children in all countries and lands.

To promise our help in a process of peace non-violence, compassion and understanding. To express our outrage and that is the peaceful way because her skin, her blood and waters are poisoned. Many of her children are dying off. Humanity's modern culture has become a cancer on her skin through nuclear and chemical toxic wastes and pollution. She has given us, her human children, a cycle of hope.

*Please help me my grandchildren, I am in pain, suffering, dying. Please undo the cancer on my skin so that we, all living creatures, can live.* She tells us.

This is the greatest work of all times. It can no longer be put off. There is only time enough to help HER and to help awaken our human relatives to also help HER.

A human web around this world is forming and growing to help Grandmas Earth. This is the human destiny of this time. This destiny calls upon all indigenous peoples, red, yellow, black, white in all walks of life to work together and undo the environmental plague that imperils all life. Grandma Earth awaits your help.

We are all related.

The San Juan American Indian Council with its One Earth One People Peace Vision welcomes your involvement, recommendations, support, donations, networking. The goal is to create OEOPE Chapters and groups in all countries and lands.

One Earth One People Vision
P.O. Box 1290
San Juan Bautista, CA 95045
(408) 623-3379

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One Earth One People Peace Vision
Proclaiming Indigenous Peoples
Honoring
Grandmother Earth Day 1993

Grandmother Earth is asking for a special day this year, which can become every day, every year, so humanity can honor her and proclaim our overwhelming environmental concerns to our leaders in government, industry and technology. The worst and most frightening crisis of all times is upon us now; the extinction of life as we know it.

One billion Human Beings worldwide are being asked to speak and act for Grandma Earth. She is asking for her children, red, yellow, white and black, to proclaim a global movement of peace, non-violence and compassion on her behalf.
Life, Death and Transition Workshops . . .

Dear Friend,

I am writing this to inform you about our five-day, in-depth, live-in workshops held in different retreat places throughout the country. Most of you have not participated in previous workshops and I want to be sure that you have no erroneous expectations or illusions of what to anticipate in these heavy, hard-working retreats.

The workshops consist of 40-70 people from a variety of cultural, religious, and professional backgrounds, as well as terminally ill patients and parents of dying children. Except for the latter, couples, friends, relatives and co-workers are required to sign up for different workshops, as they have a tendency to mutually inhibit each other.

There is no overnight housing allowed, even for people who are local residents, since we have to become a group within a very short time.

Each workshop begins on Monday and ends on Friday, unless otherwise indicated. We work all day and evenings, often until the early morning hours, in a rather intense, experimental manner. Lectures and case presentations are included, but there is also much personal sharing. There is much working through the fears, pains, anger, hurts and unfinished business from your own past.

The emphasis of the workshops is to help you get in touch with any negative aspect of your being (fear, shame, guilt, hostility, etc.), thus enabling you to work better with dying patients and others. The more you are able to share of your own feelings, memories and issues, the more you will gain from this workshop.

Food, dress and accommodations are simple. There is much singing. You are encouraged to bring musical instruments and other material you wish to share.

Love,
Elizabeth Kubler-Ross, M.D.

New Horizons

During the years since Dr. Elizabeth Kubler-Ross began conducting 3-day workshops in 1977, her organization has developed Training Programs to teach professionals, effective and positive ways of helping themselves and others with life-threatening conditions of anger, guilt, grief and fear. A team of well-trained, experienced and sensitive professionals now facilitate the work begun by Dr. Kubler-Ross. Her message has inspired thousands, and at all workshops, whether conducted by Elizabeth herself or others, the workshop maintains her vision.

Strangers come together, find themselves supporting one another in an unconditioned and nonjudgmental way, and emerge, no longer strangers because they shared stories of themselves. During the five days they challenge their personal "windmills" and discover the "beauty of their own"

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

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

Registration Form — LDT Workshop

REGISTRATION PROCEDURES

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 prior to the workshop, we ask for a substantial deposit and arrangements for the balance can be set up in a mutually agreeable manner.

Please contact your workshop coordinator for more information and assistance.

The fee includes room and board. It does not include transportation to and from the workshop site. At the time of your enrollment and acceptance into the workshop, your deposit becomes non-refundable. Personal checks and money orders should be made payable to Elizabeth Kubler-Ross Center, South Gate, Illinois 60133. Please indicate the date of desired participation, and be sent to the address below. We request that you do not include workshop check with any personal correspondence you are sending to Dr. Kubler-Ross.

NOTE

FOR OFFICE USE ONLY

P.N.:

Rec'd:
Accept:
Pre-W:

Paid:
Balance:

AUTH CODE:

Check 

\[\frac{\text{Card Number}}{\text{Exp Date}}\]

\[\frac{\text{Auth Code}}{\text{Expiry Date}}\]

\[\frac{\text{Signature}}{\text{Today's Date}}\]

This notice does not apply to MC-TOP. The Multi-Cultural Training and Outreach Program (MC-TOP) is a scholarship program to identify and recruit minority and community leaders who will take the information back to their communities.

This donation is to be used for the MC-TOP program.

WAIVER

I understand my participation in this program, its workshops and other related activities is voluntary. It may involve risks in a manner which might subject me to emotional distress. I agree to accept such risks and assume the responsibility for emotional distress and any other effects thereof. Further, I release the Elizabeth Kubler-Ross Center, its staff and personnel, and Elizabeth Kubler-Ross, M.D. from all claims made by me or on behalf of me or by reason of any illness or damages arising from attendance or participation in the workshop and/or related activities.

Date

Signature of participant

WARNING: PRIOR TO LDT REGISTRATION

The Externalization Process used in the workshops is not recommended for persons subject to intense cyclic depression and/or extreme "highs" characterized by exhaustion, hyperactivity and prolonged withdrawal. Consider psychological evaluation before deciding to register for 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 be required of all participants. The deposit can be paid for the workshop and monthly payments made if it is not possible to pay full amount on or before workshop date.

Due to the increasing number of participants requesting financial assistance, our scholarship fund is almost depleted. We are asking those of you who can help us to make other financial contributions and/or items to be sold at the conclusion of each LDT. For those of you who have benefited by a scholarship, twofold be most helpful if you could send items for the auction.

Currently, we have several thousand of dollars on our books for persons who received payment plant, reduced fees, etc., with the promise of making monthly payments. So it won't be necessary for us to take further action, I would be greatly appreciative if you could assist us in the following:

1. Donations may be sent to the Elizabeth Kubler-Ross Center. Please specify that the donation is to be used for the MC-TOP program.

2. If you are interested in attending an in-depth workshop, please contact the Elizabeth Kubler-Ross Center for details.

3. For information about the Scholarships Program, please contact the Elizabeth Kubler-Ross Center.

4. For information about the Multi-Cultural Training and Outreach Program (MC-TOP), please contact the Elizabeth Kubler-Ross Center.
Dear Friends,

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

The Follow-up Intensive is open to anyone who has attended one of our 5-day Life, Death and Transition Workshops. These experimental 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 office, 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 25-25 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:

- July 30-August 1
  Grand Rapids, MI

September 10-12, 1988
  Head Waters, VA

December 17-19, 1988
  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 paraprofessionals 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 tears, anger, anguish, and grief that make up our "Unfinished Business of Feelings Process". It is a most effective tool for use either in private practice or in group situations.

The Training Program is 3-day residential, weekend workshops. They begin Friday morning at 9 a.m. and end Sunday after lunch. Cost: $350, which includes tuition and room and board expenses. There are no scholarships offered for these programs. Enrollment: 15-25 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 by our staff facilitators and Elisabeth, and you will be informed of their recommendations and of scheduled trainings.

"WELCOME TO 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 facilitators, supervised by the teachers. COSTS ARE FOR ROOM AND BOARD ONLY.

TRAINING PROGRAMS PRESENTLY CONFIRMED ARE:

- TRAINING I & II COMBINATION
  July 30-Aug 1 — Head Waters, VA
  Oct 28-31 — Vashon Island, WA (Seattle)
  Nov 5-7 — Head Waters, VA

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

NOTES: 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 of the changes, 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—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.

Elisabeth Kubler-Ross Center Introductory

Training Program in Externalization

"Externalization" is the term that Elisabeth Kubler-Ross, M.D. has given to the process that she has used in her Life, Death and Transition Workshop of expressing emotions in a physical way. Because of her need for staff to facilitate her workshops and of the many requests to teach others this process, Elisabeth established an introductory experimental program several years ago.

The Introductory Training Program in Externalization is composed of four workshops: Life, Death and Transition (LDT), the five-day workshop which is the cornerstone of Elisabeth's work; II, Intensive, a smaller three-day workshop for those who have found the externalization process useful for them and who wish to do more of their own grief work using this process; III, a three-day workshop for those who are ready and interested in learning the basic theory and techniques needed to become a facilitator; IV, Training II, a three-day workshop for more advanced training.

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

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

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

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

One person is supposed to come to an LDT as a "trainee facilitator," a trainee will be expected to pay for their own travel and donate their time at the LDT in exchange for experience of facilitating with trained staff. The length of this "apprenticeship" is also individual. The usual commitment might be five to seven LDTs as a trainee before being invited to become a member of the Elisabeth Kubler-Ross Center staff.

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

Elisabeth Kubler-Ross, M.D. and Lawrence J. 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 THIS FORM (Identify Information): ATTACH PHOTO WITH EACH REGISTRATION.

Intensive Location/Dates (*1st Choice*) (2nd Choice)

Date and location of last EKR Workshop Attended:

Home Address:

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

Home Phone ( ) Business Phone ( )

Occupation: Date of Birth: Age:

Enclosed: Full Fee of $500 Deposit of $150

(Payable to Elisabeth Kubler-Ross Center)

Card Number: Expiration Date:

Signature: Today's Date:

Please check box if arriving Thursday night: Yes No

(3 Vegetarian Diet (No special dietary needs will be met.)

Other Needs: 

Are you currently in counseling? Is therapist aware of and in agreement with your participation? Check 

Medication(s):

Any hospitalizations for psychiatric reasons:

Briefly describe:

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

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

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

**CALIFORNIA**
Friends of EKR/Santa Rosa
Joyce Mathis/Sharman Miner
P.O. Box 421
Santa Rosa, CA 95406
(707) 573-7084 (home)
(707) 573-7084 (office)

Friends of EKR/Santa Cruz
Pamela Rosengarten
308 6th Avenue
Sant Cruz, CA 95062
(408) 682-0599 (W)
(408) 478-5351 (O)

Mary Len Hainler ("Mo")
P.O. Box 5
Cambria, CA 93428
(805) 677-0256

**CONNECTICUT**
Friends of EKR/Enos Hartford
John Mooney
129 R. Wolcott Hill Rd.
Wethersfield, CT 06109
(203) 693-0040

**HAWAII**
Friends of EKR/Honolulu
Dorothy Morris
700 Richards St., #2206
Honolulu, HI 96813
(808) 536-4008

**ILLINOIS**
Friends of EKR/Oak Brook
Compassionate Friends
Theresa Gotheich
P.O. Box 908
Oakbrook, IL 60522
(708) 990-9716

**MAINE**
Friends of EKR/Auburn
Jack Toney
34 Clifford St.
Mechanic Falls, ME 04255
(207) 345-5973

**MICHIGAN**
Friends of EKR/Boston
Marline Beers
2784 Robins Rd.
Dearborn, MI 48120
(313) 745-3677

**MASSACHUSETTS**
Friends of EKR/Boston
Marline Beers
2784 Robins Rd.
Dearborn, MI 48120
(313) 745-3677

**NEW MEXICO**
Friends of EKR/Santa Fe
Paula Brauneck
43 San Pasqual
Santa Fe, NM 87501
(505) 894-1872

**NEW YORK**
Friends of EKR/Long Island
Claudia Mirante
61 Hitchcock Lane
Old Westbury, NY 11568
(516) 997-0718

**BRASIL**
Friends of EKR/Brasil
Barbara Sobrera
R. Marajoara
917, Apt. 5G
01980-001

**CANADA**
Laura Steiman
91 Caseros St.
Winnipeg, Manitoba
Canada R0G 1N0
(204) 786-0502

**NEGLIGENCE**
Friends of EKR/NYC
Florence Robinson
1077 E. 73rd St.
Brooklyn, NY 11220
(718) 689-6589

Ruth Bolling
315 6th Ave.
Brooklyn, NY 11215
(718) 756-7653

**TENNESSEE**
Friends of EKR/Roswell Center
Diane Arrigan
6120 Maclendon Dr.
Memphis, TN 38114
(725) 673-1311

**VIRGINIA**
Bob Balkom
222 5th St.
Marshall, VA 22115
(703) 436-7159

Dr. Thomas Binns, Ph.D.
Grief Recovery Programs
Center for Positive Change
1446 West Pl. Dr.
Suite 100
Virginia Beach, VA 23452-6297
(804) 497-6325

**WASHINGTON**
Friends of EKR/Seattle
Bill Young
P. O. Box 4328
S. Colby, WA 98239
(206) 497-0305 (Work)
(206) 871-6317 (Home)

**AUSTRALIA**
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068 817 812

Kathy Taylor
043-946919

**AUSTRIA**
Friends of EKR/Switzerland
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B-5077-429-436

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Aangel Diaz-Montanes
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Ted Sinuca/Phillis Stiegel
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(912) 651-5377 (W)

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Sandra Pickard
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**ILLINOIS**
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Chicago, IL 60632
(773) 476-7011
(773) 408-3120 (work)

(Continued on Page 5)
Release

What kind of sound does music make —
What pitch, cruelty —
How do you express the ache
If you are twisted, then set free?

“Never forget it,” says the healer,
“the horrible sound of the rage they vent —
The ones who could become mass murderers —
Freed are they who give and receive deep love.”

A long, low bellow from the gut —
That’s what the noise could be —
That’s where, at least, would start the cut
Of rage turned into insanity.

“People come here to walk a way through pain,”
Says the doctor. “It’s a place where love is.
We come together to forgive ourselves
And come together to show our ugliness.

Or is it shrill and piercing, the untold sound —
A stiletto sliced into the brain,
Become a rusted nail that’s given a pound —
Until the matter pours out, as poison or rain.

“We can form a circle of pure love.
No ifs, no conditions here,” says E. Kubler-Ross.
“In the freedom of that love, demons come out.
And that sound of release is like Mozart.”

Divine music that releases
Evil into the air
Are but the Creator’s pleas
For love and hope yet to darse.

Angela Eve Karras
Books

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

No. 1005 — Questions and Answers on Death and Dying. Elisabeth answers questions about accepting the end of life, denial and its role, euthanasia, telling the patient he is critically ill, the special difficulties surrounding death. Paperback, $7.00.

No. 1006 — Living With Death and Dying. Elisabeth discusses how children regard death, what their needs are when faced with death, and the symbolic verbal expressions used by the terminally ill. Includes a chapter on the interpretation of spontaneous drawings by Gregor Porth, Ph.D. Paperback, $9.95.

No. 1008 — To Live Until We Say Goodbye. This landmark book shows Elisabeth's counseling work with terminally ill patients. Memorable spontaneous photographs by Mal Warshaw and text by Elisabeth. An intimate, close-up look at helping the dying truly live until they die. Paperback, $13.00.

No. 1009 — On Children and Death. Elisabeth describes the difficulties that parents with dying children must face, and making use of letters from parents, offers living and practical help in handling their problems. Hardcover, $14.95. Paperback, $5.85.


No. 1011 — Working It Through: Story of Elisabeth's Workshops for people whose lives are touched by death, who are terminally ill, or who have lost a loved one, or who are Doctors, Nurses, Social Workers, clergy or others involved with the dying. Hauntingly beautiful and sensitive photographs by Mal Warshaw. Paperback, $7.00.

No. 1013 — AIDS: The Ultimate Challenge. A powerful and moving book in which Elisabeth recounts the tragic suffering of victims of AIDS and the remarkable way she reaches out to them so that they can die with dignity and with their loved ones around them. . . . Hardcover, $17.95; Paperback, $10.95.

No. 1014 — On Life After Death. From the bestselling author of On Death and Dying, here are four inspirational essays exploring Dr. Kubler-Ross' experiences, thoughts, and feelings on the afterlife. For the first time, she gathers her vast research on life after death and comments on "Living and Dying," "There in No Death," "Life, Death and Life After Death," as well as the very moving essay "Death of a Parent." Paperback, $7.85.

Videos Featuring Her Work

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

1985
Video No. 2A — 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 reflection of repression of emotions. VHS $50.00.

Video No. 2B — Life, Death and the Dying Patient, Part II. Dr. Ross continues her talk, elaborating on the five natural emotions and the results of dealing with "unfinished business." She speaks of her hope to help patients improve the quality of life more than to prolong life and how to live with unconditional love. VHS $30.00.

1986
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 5-year-old and 8-year-old patients, young siblings and grandparents. VHS $30.

Video No. 5 — Dialogue with Elisabeth 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.

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

Other Video Tapes

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

Video No. 2 — Nothing Final. 1981 B.C. production with rare footage of house calls and enlightening conversations with dying patients and their families regarding their feelings, needs, grief and "unfinished business". Discussion and examples of the use of drawings to determine a person's views on dying. Also discussion of society's fixation on youth and efforts to artificially reproduce it or face shame. 60 minutes. VHS $17.95.

Video No. 4 — EKR Lectures on Children and Death. EKR's lecture to hospital staff on children's problems and death. 1985. 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 a sense of community. We see Katie and her young child transforming lives. 30 minutes. VHS $30.00.

Video No. 13 — Charlotteville, Va., 1981/82. "Taking off the mask" is the topic and EKR 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 "burnout" is addressed and she goes on to tell "The luney story" and the prison story. A very complete presentation of her work. 120 minutes. VHS $40.00.

AIDS, Life & Love. A Conversation with Elisabeth Kubler-Ross taped at Elisabeth's farm in Va. "AIDS is not a Gay Disease." AIDS affects men, women, children, every race, every creed, every color. Suddenly you have to have an opinion about it. You have to do something about it. You have to stick your neck out and move forward. Your other choice is to say nothing, do nothing, and then you end up being nothing. It's our decision. Includes: The politics of AIDS — what is it and what is it all about. Healing and Living with AIDS: The Journey into healing by AIDS patients. Caring for our fellow men. 60 minutes. VHS $29.95.

Cassette Tapes

No. 2980 — AIDS: Meeting the Challenge. Elisabeth with Wil Garcia and George Molton in Los Angeles 9/10/89. They discuss their ideas and methods of healing oneself. Set of two tapes. 120 minutes $16.00

No. 2980 — AIDS: Defying The Odds, The Ultimate Challenge. Living Long and Living Well. An inspiring evening with Elisabeth and Bernita Siegel (mother 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" health approaches in self-healing. Wonderful anecdotes, touching stories and questions from the audience. Audio Tape $9.95.

No. 3000 — Healing at the End of This Century — A Society Comes of Age, Newly edited and packaged 1989 Whole Life Expo cassette published by Mystic Fire Audio and Sound Horizons Audio. Elisabeth offers profound psychological and spiritual insights for the living as well as the dying. Audio tape $9.95 plus $1.00. 1 cassette 89 minutes.

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

No. 3002 — Elisabeth Kubler-Ross Talks to High School Students. Elisabeth talks with teenagers about the quality of life, how to live more fully and with fewer anxieties about life and death. 90 minutes. $6.00.

No. 3003 — The Santa Barbara Lecture. 1981 on-location recording of a lecture by Elisabeth discussing on the importance of unconditional love. With practical examples for the enhancement of life. 90 minutes. $8.00.

No. 3004 — The Healing in Our Times Conference Lecture. By Elisabeth Kubler-Ross, M.D., October 22, 1982, at the Shoreham Hotel in Washington, D.C. 90 minutes. $8.00.

No. 3005 — The Maui Prison Tape. Elisabeth and Bobbie Leone of Shanti Nilaya/ Maui discuss the Maui Prison, interact with prisoners' spiritual songs. A moving and inspiring testimonial. 90 minutes. $6.00.


No. 3006 — Making the Most of the In-Between. By Elisabeth Kubler-Ross, M.D. Lecture April 24, 1987 (preceded by "The Rose"), sponsored by the LDT Center, Buffalo, N.Y. 72 minutes. $9.00.

Quest. By Derek Gill, Biography of Elisabeth 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...

Good Grief Rituals - Tools for Healing by Elaine K. Gowan-Gall - In this book, the author realized that the emotion of grief was not limited to bereavement but was in fact experienced in an extraordinary range of situations as a normal human response. She presents numerous examples, including the ways in which people express grief, such as through the behaviors, feelings, and symbolism associated with the end of a love affair. In this same, comforting, and deeply thought book, Dr. Gowan-Gall emphasizes the idea that grief is a natural process, and she offers strategies for helping people cope with their own grief.

Mary's Message to the World As Sent to Her Messenger by Annie Kirkwood - This book contains a series of "talks," as given by Mary, the Mother of Jesus, to a woman in Texas between 1897 and 1900. These "talks" are not just the words of a disembodied spirit but express the wisdom and guidance of a master of the ages. Although the book's content is quite old-fashioned, the insights it offers are timeless and have an undeniable power to inspire and uplift. In this book, you'll find messages about love, truth, and the importance of living a life of service to others.

The Message - Within the pages of this book lies an answer to the question of what is the purpose of our existence, God, their own family, and how they understand each other. The message that is being offered to you today, as the church is being formed, is that love for one's self and others is the key to understanding the true nature of life.

The Way of the Christ - These are the words of God, as He has spoken to His people through the mouth of His prophets. He offers you the opportunity to understand the true meaning of life and how to live it properly.

Preparing the Way for Christ - These are the words of God, as He has spoken to His people through the mouth of His prophets. He offers you the opportunity to understand the true meaning of life and how to live it properly.

The Secret World of Dreams - Healing Through Art - by Gregg M. Purch, Ph.D. -Gregg Purch presents a breakthrough approach to understanding the unconscious through the interpretation of the symbolism and imagery in your dreams. He uses his unique methods to help you unlock the hidden messages that your dreams are trying to communicate to you. Through this approach, you can gain a deeper understanding of yourself and your dreams.

When You Can Walk on Water, Take the Boat - by John Harrichar - This book is a powerful and moving account of a man's journey of faith and personal growth. Harrichar shares his story of how he overcame his own personal challenges and found a way to tap into the power of God. His message is one of hope and inspiration, reminding us that no matter how difficult our circumstances may be, there is always a way to find strength and purpose.

You Can't Afford the Luxury of a Negative Thought - A Book for People With Life-Threatening Illnesses - by John Reps and Peter Trachtenberg - This book provides practical advice and support for people facing life-threatening illnesses. The authors draw on their personal experiences and the insights of experts in the field to offer encouragement and guidance. Through their wisdom, you'll learn how to live life to the fullest and find peace even in the face of adversity.

The Unnatural - 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 readers about what they can do to support themselves and their loved ones during the dying process. The book offers a fresh perspective on the relationship between the caregiver and the dying person and emphasizes the importance of compassion and empathy in providing care.

Lifeline: Everything We Wish We Had Learned About Life in School - But Didn't Get From John-Roger and Peter McCullough - In this book, the authors provide a comprehensive guide to the teaching of life's lessons, taken from all the world's religions - both western and eastern. It also presents a professor of music and the arts with their perspectives on life's challenges, and the perspectives from the great thinkers of the past and present. It's a must-have for anyone interested in understanding life.

The Phoenix Fire Mystery - by Joseph Head and Sylvia Cramston - This comprehensive book on the study of dreams and their relationship to the healing process, taken from the world of science, religion, the arts, literature, and from the great thinkers of theasing and present. It's a must-have for anyone interested in understanding life.

Grief Is Not the End - A Guide to Healing by Joan Borysenko - This book offers a comprehensive guide to the healing process, taken from the world of science, religion, the arts, literature, and from the great thinkers of the past and present. It's a must-have for anyone interested in understanding life.

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Books...

Living is Forever by J. Edwin Carter — This book, written as a time line in the future, perhaps the future, America. Earth changes have occurred and the world is in shock. The task is to save civilization and ensure the survival of its higher values.

The Cat at the Door by Anne Mather and Louise Weldon. It's critically that kids develop a solid core of self-esteem if they are to be resilient to the stress of today's world. The Cat at the Door, by Anne Mather, tells the story of a child who experiences of life at ages five and six and over a 20-year period.

The Amazing Predictions of Things to Come by Laura Horat. A fantastic futures is predicted for all people on the Earth. Passer plans on the spectacular revelations of 2025.

Osho's Visions. Osho's Condensed Version by Laura Horat. From the Osho, originally predicted in 1965, Historical Data from 30000 years ago, psychic phenomena space ships, lies after death, scientific facts, unknown sciences, prophets, ancient discoveries to come. 005.56.

Drawings from a Dying Child by Judy Bertola. This book concerns a young girl, Rachel, terminally ill with leukemia. The book describes a series of drawings she made and shows how her parents became fully aware that she was dying and even came to accept death. The result is a moving and informative story that will be invaluable to parents and professionals working with children.

No Child Left in My Life by Rosalyn Tafel. This book is for parents who are left with the very difficult opportunity that children for a specific child could have been in their lives and who now experience an unsettling emptiness. No Child Left In My Life will offer you an opportunity to reflect and reassure your own goals, gaining perspective on what is meaningful to the human being and to the life of the child.


Living With AIDS: Reaching Out by Tom O'Connor. The book examines how people with AIDS and AIDS-related conditions are coping with the queries of their quality of life and prevent further immune deterioration. — and is on those positive to the AIDS antibody can keep the prospect of the disease at bay. 08.36.

Mango Days— A Teenager Facing Eternity Reflects on the Beauty of Life by Patty Smith. Paty, a 17-year-old, has been diagnosed with non-Hodgkin's lymphoma. Her story is told through letters to a best friend and in poems, a mode of expression she had enjoyed since early childhood. Among any age facing serious illness, as well as families and friends, will find encouragement in her words. 11.36.

O'Sean - Reaching Out With Hope After the Death of a Child by Dr. W. Allan Jacobson. A loving chronicle of a parent's hope when confronted by the death of the young child. This book is an invaluable gift for those who lose the recognition of their lives following the death of a loved one. 09.36.

Cassette Tapes...

Cassette No. 3034 — Catching a Falling Star by Michele Easton Cortright. A recording of children's music, songs and a collection of stories that stretch children's imaginations and allow them to see new perspectives to some issues. Songbook included. $9.00

Cassette No. 3034 — Carrying in the Canyon, Barbara Sotskin sings warm sensitive songs inspired by Elizabeth's work. $10.00.

Cassette No. 3035 — Paltry Ringing by Mike Rowland. There is a song of hope and a song of despair. A fairy ring expressing new hope for a close cooperation between human and the fairy kingdoms. By the use of gentle piano and synthesized strings, this music softly expresses a world of peace and tranquility. The effect is equally magical. $10.00.

Cassette No. 3034 — A Falling Star by Michele Easton Cortright. A recording of children's music, songs and a collection of stories that stretch children's imaginations and allow them to see new perspectives to some issues. Songbook included. $9.00

Cassette No. 3034 — Sunmataji by Julian George. Music designed to bring you to a peaceful inner journey. Includes: Taj Mahal Dance, The Calling, and Sea of Tranquility. $10.00.

Songs by the Monks of Weston Priory. Used in Elizabeth's workshops, a wide spectrum of inspiring songs. $8.00.


Cassette No. 3027 — Angelic music by lassos. Replacing loneliness with a feeling of being filled with love. Many people have said this is what they would like to hear when they die. $8.00.

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

Cassette No. 3029 — Trust in Love. Heartfelt and moving songs by robbi gassi, including welcome to this world, hang, opening the heart, true love. $10.00. Songbook $2.00.

Cassette No. 3031 — On Wings of Song. Original songs of awakening and transformation by robbi gassi, including not my will but thine, spring hill. you can be a tree, wake up cambridge. $10.00. Songbook $2.00.

Cassette No. 3029 — Take heart songs with delinco, piano, and harp written and sung by georgia car. $8.00.

Cassette No. 3041 — Beautiful Dreamer. Awake "music and visualization to guide you to renewing sleep and resilient awakening." by elisabeth hepner - rhythm, harmonium, keyboards. $8.00.

Cassette No. 3042 — Service through touch guidelines for massaging people with AIDS. A six-hour audiotape seminar with iroje smith recorded in the 1988 National Consumer Fraud case, the American Massage Therapy Association. She relates her personal experiences to guide healing professionals in learning about AIDS and people with AIDS, exploring their own feelings about death and dying, and developing a gentle, loving approach to this work. Six-one hour cassettes $39.95.

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 psychoanalytic study of the terminally ill, nor is it a "how-to" manual for managing death. Rather, it was created to offer us understanding and insight into the lives of the dying. This remarkably insightful audio program takes a close look at the attitudes of the dying and analyzes the factors that contribute to society's anxiety with death. It looks at the five stages of death: denial and isolation, anger, bargaining, depression and finally acceptance — and how the dying and living deal with them. Author: dr. elisabeth kubler-ross. Reader: Carol Bigger. Cassettes $13.55.

Cassette No. 3044 — Dialogues on Death and Dying presents a series of reading of some of the most revealing interviews dr. kubler-ross has had with her patients. In sharing some of the most intimate and sensitive feelings expressed by these men and women, this program refocuses on the patient as a human being and a teacher — in hopes that we may learn more about the final stages of life, and lessen our anxieties about the natural course of our lives. Author: dr. elisabeth kubler-ross. Reader: Carol Bigger. 2 Cassettes $18.95.

Be Not Let's Get Out Of This. A guide to living your dreams by john roger and ray mcwilliams. Read by sally kirkland with christopher mcmullen and peter mcwilliams. A part of the life series. 6 cassettes. harry — limited number available. $22.95.

Mediation Tapes - Soothing songs to heal the child within. The loving voice of a mother sings to soothe and heal the deepest part of the child. $10.00 cassette, $18.00 CD.

Miscellaneous Items... RUBBER HOSES, $7.00.

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 AIDS (Acquired Immunodeficiency Syndrome, or "AIDS") 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 tiresome 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 packet. Please forward this amount along with your request for further information to the contact person below.

Contact for more information:

USA:
Elizabeth Kubler-Ross Center 50 S. Route 616 Heart Heads, WA 24424
Europe:
Frie Seger 4 Czetritz Germany
Gh-4458 Epitngen Switzerland
Janet Raven 746 Cypress Newbury Park, CA 91320
Alice Fruttiger
New York, NY 10015
DAS Association 21021 Ventura Blvd., Suite 321
Burlington, Ontario, Canada L7P 3G1
Alm. Lynn Klein
Canada:
Mrs. Estreine Kaplan 3 Glenwood Ave.
Toronto, Ontario, Canada M5V 1H8
Barbara Swinka 54167
Cana Pastil 54167
San Paulo, Brazil 01256
Spain
Lorena Dik 1255 Sonar pudle Burlington, Ontario
Spain
Lorena Dik 1255 Sonar pudle Burlington, Ontario
Spain
EUROPE:
American Mindbog Koller v. 11 S. 16127 Bronna, Sweden
Australia
Bertie Rnyson 24 Hale St.
Surrey, Brit, QLD
Australia 4109
INTRODUCING . . .

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

SIZES: M, L, XL  
PRICES: T-Shirt: $15.00; Sweat Shirt: $25.00

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 - Death, Reincarnation, Following 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

CASSETTE TAPES

Words and Music by Phyllida, staff member of EKR

Anyone Can Singalong

Dancing in the Shadows

Emerging Self by Phyllida

Coming Out of the Past with Phyllida and Friends

T-Shirts - $10  
Sweatshirts - $20

Children Should Be Seen and Heard and Believed

Children should be seen and heard . . . . and believed

T-Shirts  
$10

Sweatshirts  
$20

All Sizes  
4 Colors

ALL 4 TAPES ARE NOW AVAILABLE THROUGH THE EKR GIFTSHOP  
PRICED AT $10 — ORDER FORM: PAGE 7
I Recommend

ROAD TO RECOVERY, HEALING JOURNEY FOR SURVIVORS OF CLERGY SEXUAL ABUSE — Thirty-nine page booklet that specifically speaks to victims who have been betrayed by the one person most of us have learned to trust — our clergy. Topics covered include: symptoms and manifestation of CSA, boundary violations, issues of power use and abuse, grief cycle discussion, where, when and how to get help. $15.00 per booklet. $3.95 F.A.H. Make checks payable to: Island Scripture, 107 Old Camden, Chatham, MA 02633.

JUST HOLD ME WHILE I CRY — By Bobbie Steacy — A mother's healing 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. Marian Manzie takes you on a sails about surgery, surgery and resections. These stories are laid out with care and thoughtfulness. The emotional connection between mother and son, family and friends, provides a bridge for every reader who shares the unknown death by AIDS. $12.95 (80.00 to be donated to EKR Center), P. O. Box 40693, Albuquerque, NM 87196 (1-800-336-3202). Please use type or print legibly. Thanks.

MAIL ORDER FORM: Elisabeth Kliuber-Ross Center
South Route 616
Head Waters, Virginia 24442
Telephone (703) 396-3441

Name
Address
City State Zip

Please type or print legibly. Thanks.

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Please check one if the amount enclosed exceeds total cost:
☐ Accept as a donation
☐ Refund to me

THANK YOU

EKR Center Membership Application 1993

Type of Membership (Please check those that apply)

□ New □ Renewal

NAME
ADDRESS

PHONE (H) (W)

□ Type of Payment: Check □ Visa □ MasterCard

□ Refund to me

Outside of the United States, when sending money, please send U. S. funds

MY UNICORN HAS GONE AWAY by Robert L. Pohles. This small book offers a moving personal glimpse into the lives of a gay couple. The author and his partner, John, were together for 11 years and three months before John died of AIDS. Through poetry and essays, Pohles reminisces about the good and bad times they had together, and his lingering grief over John's tragic death. The result is a fascinating collage that will keep readers' eyes misty. This is a must book for understanding the tragic consequences of AIDS, the effect it has on relationships, and how one copes with the loss of a loved one to AIDS. All proceeds of the book go to the Committee for a Response to AIDS, 414 Powder House Pub, P. O. Box 13, Somerville, MA 02145.

VOICES, A COLLECTION OF POETRY AND ARTWORK ON DEATH, GRIEVING AND HEALING by Mike Berndtberg. Many of us, no matter how far we may have been in our coming, are left with an abundance of turbulent tears that beg for release and expression in some form. This book will remind you that poetry is possible for anyone to write, and that poetry is a vehicle that can allow our spirit to communicate on a higher level than we are capable of doing on our own. This book conveys the feelings of love and loss. Mike Berndtberg, through the writing of his own poetry around the death of a loved one, had found an outlet for that. "I wish I had written poetry for myself, and was thus stimulated to collect and assemble the poetry of others under similar circumstances." Mike Berndtberg, 138 Cypress Point Way, Moraga, CA 94556.

BEYOND TURNbOUE, A GUIDE TO RENEWAL THROUGH DEEP PERSONAL CHANGE by Alice Mack, E.D.D. In today's society of break-down and make-over (e.g. Beyond Turnboule, a Bible to all those affected by trauma, uncertainty and the search for life's deeper meaning). For those seeking now answers, this book provides hope that renewal is possible and that such inner change is the foundation for societal transformation. $12.95 +$3.00 S&H to: Connections Unlimited, 7266 N. Oracle Rd., Ste. 194, Tucson, AZ 85704.

1993 EKR Center Membership Program

Our newsletter is our main source of contact with people who believe in and support the work of Elisabeth Kliuber-Ross. It is sent to those who are members through a donation. Below are the types of memberships and the extras you will receive for your chosen membership.

Effective March 1, 1990, we began issuing memberships good for 1 year at a time only. Upon receipt of your membership dues you will receive a membership card, a brochure describing our goals and purposes, and a newsletter.

NEW OR RENEWAL MEMBERSHIPS

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

□ EKR Pen □ EKR Pen + 2-Year Pocket Planner
Dear Elisabeth...

I literally have been born in to adult thinking and I wanted Elisabeth to know how very grateful I am for her part in my awakening. She probably wasn’t aware of doing anything, but I believe she was God’s instrument for me. Where the intense pain and shame coiled up from the base of my spine to my solar plexus there is now a spreading warmth and sensation of acceptance. How can I ever thank her and her workshop for that gift of ignorance removal? ...

... L.I.

... Since my first LDT... my life has changed in such dramatic ways... Many miraculous things have happened and are happening. I am constantly in awe of the way I am supplied with whatever I need, just when I need it most...

... J.B.L.

... My life has certainly been made richer through my experience ...

S.P.V.

I have just recently returned from the LDT... I want to take this opportunity to express my gratitude for the opportunity. I feel a release of pent-up negative energy which has become quite burdensome, and a calm reassurance about — well, about life, death, and transition...

... K.R.F.

... During my grief work, I was surprised to find that some of the grief in my heart and mind still contained past losses I thought I had overcome. I learned to accept my past for what it is and my future for what it will be. For those who make judgements against me and reject me... I know there will be those who will accept me with unconditional love. In return, I will strive to accept them the same way... I would like to write that I feel you and your staff have served well. What is being done is beautiful and fortunate for those like myself who seek the truth, understanding and joy in light of the pain. Keep up the good work. I thank you...

... J.S.

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**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 dual epidemics towards fostering more healthful living that honors body, mind and spirit.

To these ends we have four, 3-day retreats a 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 $50. The retreatant will write you back, if you’d like, telling of their experience. Checks may be mailed to: UBAM, 207 West 133rd Street, New York, New York 10030.

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**HIV STATISTICS FOR VIRGINIA**

March 1, 1992  
March 1, 1993

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**WE WANT YOU!**

For those of you who have been to the EKR Center in Head Waters, Virginia:

In the dining room there is a paper mache statue unofficially entitled "Angel of Life/Angel of Death". The creator of this statue would like your feedback on this piece of art.

Please send one copy of your comments to:

Melinda White  
38 Southwind Drive  
Burlington, VT 05401

and one copy to:

EKR Center  
Attn: Stacho  
South Rd. 616  
Headwaters, VA 24442

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**THANK YOU!**

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**CHILDREN LEARN WHAT THEY LIVE**

If a child lives with criticism, He learns to condemn.  
If a child lives with hostility, He learns to fight.  
If a child lives with ridicule, He learns to be shy.  
If a child lives with shame, He learns to feel guilty.  
If a child lives with tolerance, He learns to be patient.  
If a child lives with encouragement, He learns confidence.  
If a child lives with praise, He learns to appreciate.  
If a child lives with fairness, He learns justice.  
If a child lives with security, He learns to have faith.  
If a child lives with approval, He learns to like himself.  
If a child lives with acceptance and friendship, He learns to find love in the world.
A Peace Message from Sonny and Elaine
Reyna San Juan American Indian Council

Greetings to all of you, my relatives. It is a very special honor to have my wife Bluebird and I visiting with our Sister, Elisabeth, who has been adopted into our family; and on this second week of May, 1972.

The Great Spirit sends us here on behalf of the One Earth One People Peace Vision and to honor our Sister, Elisabeth Kubler-Ross, to honor her as one of our own kind. To honor her as indigenous spiritual woman leader in this world, to bring recognition that the power of this universe comes here to witness this adoption in the prayer to confirm it in the ancestral tradition. We are very honored to have been in this process. We're very thankful to Grandfather and to Grandmother for giving us this very special time together to pray. During this time it is very important that we are here to share with you, to tell you, the most important thing, the most relevant information regarding the nature of this time on our Grandmother, the Earth. We believe it to be true that we are one people on one earth. We believe it to be true that our spiritual Grandfather is the sun of all living things. We believe it to be true that our spiritual Grandmother is the earth of all living things. We believe it to be true that first man, first woman in human form, looked like us. We're red people, created on this Turtle Island, as messengers from the original people we bring you this message and call upon all relatives to join in this call for help from our Grandmother, the Earth. We believe that red people, white people, black people and yellow people, are one family. We believe that we are descendants of original man, original woman, Earth man, Earth woman, indigenous people. Spiritual man, spiritual woman. We know it to be true that our Grandfather, the sun, took a spark of his light and gave us the spirit. We believe it to be true that our Grandmother, the Earth, took a pinch of her dust and gave us a body. We know we are the seventh generation today. We come here to share with you, the seventh generation prophecy.

In the beginning of the time, when we were all indigenous people, Great Spirit spread us around this Grandmother Earth on this beautiful planet, and in the indigenous cultures, there was natural law and there was natural wisdom, because we know that there is no death. We know that our spirit comes from the stars, and we know that it is a great wondrous mystery, and up until recent times, all of us lived in this natural condition of natural law as indigenous people. Within the power, within the model of natural law, indigenous people, we were given the original instructions of the original sacred architecture of our Grandmother, the Earth, this home place of this solar system, within the greater body of this universe in the heart of the Great Spirit.

We know that in that time the emphasis was on natural relationship. Nature is pure spirit, we took care of nature and nature took care of us. There was a sacred relationship with the family of humanity and with the greater family of all life. There was sacred relationship with our Grandmother, the Earth, and in this way, the emphasis was on taking care of our children, of the women, right now, go there and bring the men, men of honor, respected and honored all living things. The strength of men of honor was to honor nature, to honor the children, the children's future and to honor the elders. Men of honor agreed to help each other, and men of honor agreed not to hurt anybody or anything, and if men of honor could not work with each other, they agreed not to hurt each other and not to hurt anything, so this natural, indigenous, spiritual native culture continues to be the cultural legacy of humanity, red, white, black and yellow.

However, in our time we have lost indigenous culture and there are only a few people left that still preserve it, live it, and maintain it. In this way, we come here to share with you. The elders, the spirit of our Grandmother, the Earth, the spirit of our Grandfather, the Sun, has come into our ceremonies this year and has told us: "Please Grandson, please Granddaughter, you must go into the world. You must travel across your Grandmother, the Earth, and tell my children, tell your relatives, tell your brothers and sisters, red, white, black and yellow, this truth, this wisdom, this knowledge. You have supplemented this original knowledge with industry and with technology, and we are all suffering."

The spirit told us, all of us: "We're living in this natural condition, this sacred condition. When we knew that we came from the stars, when we knew that there is no death, when we knew that there was a celebration of the changing of the soul, because in death the spirit only changes form and we are all honored and we are short, wonderful experience called life on our Grandmother, the Earth. Even today among our Native American indigenous peoples we celebrate this spiritual fact. We believe it to be true that our children are gifts from the stars. We believe it to be true that we are sacred, we are holy, we are good. We believe it to be true that the power of the spirit of the rituals and the ceremonies and the traditions were so that we would never forget who we are. Even today the birth of a child is a celebration, and the discipline of the children is gentle, and is always given to the Uncles and the Aunts, so that a child grows up with a healthy, happy and loving relationship with her mother and father. The elders, the Grandfathers and the Grandmothers are honored. We do not put our grandparents in old people's homes. If you have Grandparents in old people's homes, please come and see how we live here. Do NOT let them stay there, they are going to die of heartbreak. These are the true living heroes of our human kind, our Grandfathers and Grandmothers. They have so much wisdom, so much love, so much to teach, so much to share. Please bring them home so that they can teach your children, they can inspire your children, they can mold your children to grow up to be loving, wholesome human beings."

We believe it to be true that we lived in this holy state up until recent times. We know it to be true that the red, white, black and yellow, had the same original model, very similar model, indigenous model. We believe we celebrated our sacred place in this natural system, in the natural law of the sacred ancestral tradition.

We see the things that have happened to us in this world. We see that the birth of the industrial revolution began to change our natural model and that the advent of greed and destruction began to destroy our natural model. That among the red people, white people, black people and yellow people, the extent of damage to our indigenous people, to our indigenous culture, became so great that it began to affect our sacred relationship with our Grandmother, the Earth, and with all living creatures, with all life, with all her children. Today relatives, we find ourselves at the most crucial, the most critical, the most dangerous junction of all human history. We are here relatives, today, right now. We cannot deny it, we cannot say it is not here because we have done it. We have brought it upon ourselves.

The spirit of our Grandmother, the Earth, comes to us earlier in this year in a sacred ceremony. She appeared to us in the form of a sacred woman and she talked to us. She said: "Grandson, Granddaughter, please help me. You, my indigenous children of the red, white, black and yellow people, you who still talk to me, you who still hear me, you who still pray with me, and who still honor all of my children, the humans, the animals, the trees, and the plants, the fish, the reptiles, the waters, the skies, the mountains, the valleys, the streams, the forests, everything. You are all my children. We are in a cycle of hope. I am suffering. I am in pain. I am dying. Your technology and your industry has become a cancer on my skin. You have done this, my children. Now I ask that you undo it. I call upon you, my children, the red, white, black and yellow people. You were created to live on my skin. You were not created to cause this disaster, this environmental disaster which plagued me and the future of all life. Please my children, I need your help. Please my children, you must help me. I am calling upon you my children to help me in a peaceful way and in a non-violent way, and I am calling upon you, my children, to help me because we are in a cycle of hope, and so many of you are committing suicide and so many of you are in pain, and are in suffering because you feel that there is no hope. My children, we are in a short cycle of hope, but there is no hope, because there is so much suffering and so much to suffer, not violently, not violently. I am calling upon all of you, my children. I am calling upon all of you to declare a global, peaceful, non-violent revolution to help to save the indigenous and technological damage to myself and to all my children. Please, I am calling upon you. This is why you are here today. This is why you are here today. This is why you are here today.
tion. This is why you were conceived and born in the dream of the Creator to be walking out faith and living in love. From your conception to your life as a woman, men, children, grandmas, grandpas, all of you. Nothing else matters your children, nothing else matters.

There is not so much time that you can put it off anymore. Not even science can tell you that we can put it off anymore. Your industrial and technologists are misleading you. Your industrial and technological leaders are misleading you and your children. They are misleading you because the power, the non-violent power to mitigate the disaster effects of industry and technology. If you fail to help your friends, we have to do this real help and all of your prophecies are warning you of this. I do not want to hurt you, my children. You have a short cycle of hope. You have the power, you have the ability, you have the courage, you have the courage to change the things that are wrong. And you have a cycle of how you are called to create circles of hope all over the world. I am calling all of you to sit inside all of your other issues, all of the other issues of lies and cons and convince your friends and your true, serious attention upon this major disaster which is upon us right now. We don’t have three years, we don’t have five years, we don’t have ten years. It has to be done now. I am calling upon you, my children, to peacefully, non-violently mitigate industry, mitigate technology, so that this environmental disaster can be undone as much as possible. It has to be done with love. It has to be done with care.

Earth Woman told us last month: “If you fail to try to help her, your Grandmother the Earth, we have to try to help her, this Earth is walking around right now, if she lives and survives this first child will not look like us. Her first child will not look like us. We are warning you, we are warning you, we are warning you now, and she, the spirit of grandmother, the Earth, is pleading for us to help her. She is pleading for us to help her because she is suffering. If you cannot help non-violently, then please, do not get involved.

There has been too much pain, too much suffering. So really, our ancestors, our indigenous People, that means all of us, red, white, black, yellow, and every person of every single indigenous people, we are all related. This is the One Earth, One People, One Peace Vision. It is a direct plan for help from the spirit of our Grandmother the Earth. We have made her a prayer, that is the first time we have told her in prayer and in ceremonies, in the sacred place of the lodge, we have told her: We promise you, we will not take away this industry technology and we will undo enough of this environmental damage. We know what we have become. We know humanity has become a cancer on your skin and we promise you we dedicate our life to heal the cancer on your skin.

It is the greatest time of all in human history. It is the greatest time of hope. For the first time in one hundred thousand years, all of us, red, white, black and yellow, we have understood everything else does not matter. So we call upon all of you to bring forth your resources, to bring forth your inspiration, your courage, your heart, your passion and dedication to help us stand and let us stand together. Let us stand united and let us in a peaceful, non-violent and loving way, deal with the leaders of technology and the leaders of industry and the leaders of technology, and we will peacefully, non-violently demand right now to change, because there is no future there. There is no future.

The prophecies are warning us. The environmental disasters are upon us right now. Many of our people are warning us that we are at the point of irreparable damage right now. Even scientists, the most courageous scientists are warning us that we are at a point of irreparable damage right now. Even right now. Even scientists, the most courageous scientists are warning us that we are at a point of irreparable damage right now.

We are calling for a coalition of concerned human beings, for breeders and global organizations to create a coalition of global coalition to call forth gatherings and meetings and lectures and prayers so that we can meet each other. We can pray with each other, we can share ideas and concepts so that immediately we can begin to mitigate, and begin to try to undo as much of the environmental damages as possible. This is the nature of the times, and it is obvious modern man, modern woman, have become dysfunctional. Modern man, modern woman, we have become a cancer on the skin of our Grandmother, the Earth. We are calling upon you to heal this environmental and this is all that matters now. She has asked me to give you this information, The “One Earth One People Peace Vision” is a call to help the One Earth, One People, One Mother, the Earth. This historic human movement focuses on the following objectives:

1. The message directly from our Grandmother, the Earth, calling upon all of her human children to create a peaceful, non-violent revolution for change in technology and industry to insure the global environmental survival of all life.

2. That the love of Creator for all His children is the sacred gift including this peaceful, non-violent revolution for human society to help our Grandmother the Earth.

3. Through creative education, through a peaceful process of change, helping to bring out the Creator’s love with respect for diversity of opinion to realistically solve the global environmental crises and its serious, immediate threat to all life.

4. To plan and pursue immediate, practical, meaningful results of goals.

This is how we can create our own vision of change within the greatest vision of hope for this time. To make a promise to her, to Grandmother, the Earth, to become a peaceful link in this growing global network of inspired peoples and to call upon the wisdom of all native cultures, of all races, as our spiritual, cultural foundation and which we nurture our own personal vision within the greater vision of hope to help our Grandmother, the Earth.

We are all related.

Bluebird shares her “One Earth One People” poem of the original plan of Creation, life-giver. She is on one earth. All life is sacred, the Earth is sacred. We must cherish and protect our Mother Earth, Father Sky, above, and sacred oceans below. The forgiving nature of mankind will live in harmony with all living things, so that seven generations to follow each generation, our future generations will live in harmony with these future generations at our ceremonies. These sacred feathers carry on our prayers to God, whom we call Grandfather, so that our spirits will live in the Trench of the Day. She is Daughter of the stars, as she is the name of this beautiful land of Shemashoand, where we have come to pray and to speak. We pray that our children will carry on her great work that she is doing for the Mother Earth and all its peoples, peacefully, justly, peacefully, beautiful, the divine smile of Creator. Mitakuye Oyasin the Ye’ihi Tewa.

Thank you, my wife, Bluebird. This is Soncy Rayna. We’d like to ask our Sister to speak: Sister Elisabeth: “All you who read this, remember the teachings, this is all in the prophecies; the Hopi prophecies, Navajo, Native American and others. We are people, irrelevant of the race and the color of our skin. We all come from the same source, from same stone and return to the same place where we come from. It only matters what you do between. If you have hope and give hope, and love and give love to the Earth. We need to help Mother Earth and we can’t wait because we’ve been too destructive for so long. If you keep the Earth, you keep your mind and in your heart, you will not dump stuff on your skin. You will not use nuclear weapons and destroy the soil from which we depend on. It is not just one, it is all, human beings. You can try to take this seriously and if you do your job in your place of the planet and everyone your body does this and their neighbors do it and their children will learn how to do it; then Mother Earth has a chance to feed another generation. If we don’t do it now, there will be no place to grow for our children and our children children, and it will all happen like a dream that ended very badly. It’s your choice, and your conscience that is at stake. It’s your knowledge. And are people are prepared to help. Thank you, thank you, thank you.”

Our relatives, this is to announce that we are available to come and lecture and we are available to travel around the world. We’re available to create support groups, to come and create circles of hope so that this spiritual work will get done in our time. We are available to travel, and to use the space, the telecommunication and transportation with the support of the One Earth, One People, One Mother, the Earth. We can use the communication network, educational networks, entertainment networks, and other gatherings. We can use any place, every resource available. We call on you to use all of your resources available. This message can go out.

The “One Earth One People Peace Vision” inspires and empowers peoples to restore respectful relationships between humankind and creatures through understanding and returning to natural law, the original plan of Creator, that all life is sacred and environmentally interconnected.

The “One Earth One People Peace Vision” honors the several important events, such as the 1989 International Year of the Indigenous Peoples. The “One Earth One People Peace Vision” shares a global vision of hope and concern for Mother Earth, and encourages Native American leaders and environmentalists Sonny and Elaine Rayna, who are co-founders of the “One Earth One People Peace Vision” movement, to form a non-profit organization affiliated with the San Juan Indian American Council, to preserve, promote, and perpetuate the tradition, culture, and spirituality of the Native Peoples of the Americas and the world.

The “One Earth One People Peace Vision” is a cultural movement, a peaceful, non-violent movement which views the growth of the modern industrial and technological society at the expense of the world’s tribal peoples, their sacred cultures and ecological areas and the global environment at large.

The Vision animates the four races of humanity, white, black, yellow and red as a tribal family. Today, mostly separated from their tribal and cultural identities and heritage; original tribal cultures emphasize the sacred survival of the family and humankind, in balance with all living things.

The survival was and is measured in seven future generations to follow each generation. The Vision calls upon all peoples to reclaim awareness of their cultural and spiritual heritages, which nurture a natural love and concern for all nature, and collectively commitments to practical and workable solutions to end the rampant global damage, abuse, and misuse of modern technology.

The Vision is a peaceful process, non-violent process, calling upon personal integrity, creativity, and knowledge to address the worst crisis of all time-the extinction of life as we now know it.

Native tribal prophecies, and modern computer models give us a few very short years to salvage life on this planet, Grandmother, the Earth. The “One Earth One People Peace Vision” solicitors your time, participation, support and recommendations and resources to help our Grandmother, the Earth.

The time is running out, we cannot let it slide no longer be put off. There is only time enough to help HER and to help awaken our human relatives to also help HER. To help us can solve the problem, and growing to help Grandma Earth. This is the human destiny of this time. This destiny calls upon all indigenous peoples, red, yellow, black, white in all walks of life to work together and undo the environmental plague that imperils all life. Grandmother Earth awakes to your hours.

We are all related

The San Juan American Indian Council with its “One Earth One People Peace Vision” welcomes your involvement, recommendations, support, donations, networking. The goal is to create OEP Chapters and groups in all countries and lands.

One Earth One People Vision
P.O. Box 1290
San Juan Bautista, CA 95045
(408) 623-2379

For more information on ordering the items above, please write to:
Bluebird Woman Designs
Box 1290
San Juan Bautista, 95045 or call
(408) 623-2108
Children with AIDS Project of America
4020 N. 20th St., Suite 101
Phoenix, AZ 85016
(602) 285-4809, RUI Line (800) 843-4854
"An organization whose role is to develop a full understanding of children with, and at risk of, AIDS and drug addiction infants, including the medical, psychological, legal and financial issues. Our mission is to develop educational, foster and family centered care programs that are both effective and compassionate."

The Sunshine Foundation
"Bringing sunshine into the lives of seriously ill children"

NATIONAL OFFICE
1401 Levick Street, Philadelphia, PA 19135

"The Rainbow Report: Services and Support for Children with Life-Threatening or Catastrophic Illness."
The Rainbow Center, P.O. Box 8826, Toledo, OH 43606

RAINBOW HOUSE
A Program of Lifelites, Inc.
2300 3rd Street, Suite 300
Trenton, NJ 08628
(609) 771-1660

Rainbow House is a nine bed, long-term care facility for youth between the age of 12 and 21 who are HIV positive. This population may include mothers with babies, issues, pregnant adolescents and former drug and/or alcohol dependent teens. Rainbow’s philosophy is to provide a secure, nurturing and positive environment that accommodates life and the future. We accomplish this through specialized programs to meet the individual needs of our population.

Our facility provides the following in-house services: individual and family counseling; alternative education and G.E.D. program; medical care; recreation; and a host of other services. The staff at Rainbow House works with each youngster to foster self-acceptance, high self-esteem, and a positive attitude. Until there is a cure, there is a home for teens - Rainbow House.

Rainbows For All God’s Children, Inc.
1111 Tower Rd., Schaumberg, IL 60173
(708) 312-3188

A not-for-profit organization that provides training and curriculum to schools, churches and social services agencies so that they may establish effective peer support groups for children, adolescents and adults who are grieving a death, a divorce or any other painful transition in their family.

CANDIELEIGHTERS
Childhood Cancer Foundation
1321 18th Street NW, Suite 200
Washington, DC 20036
1-800-350-1220 or (202) 698-5136

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

Children’s Hospice International
901 North Washington Street, Suite 700
Alexandria, VA 22314
(703) 634-6320
1-800-24-CHEL

RonalD MCDONaLD HOUSE
Home-away-from-home for children with cancer and other serious illnesses.
(212) 876-1590

Down’s Syndrome
1-800-222-4962

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

Rise N Shine Foundation
1305 Fourth Avenue, 910 Cobb Building
Seattle, Washington 98101
(206) 638-8949

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

HIGHER EARTH WOBAN
A cause for the Terribly Ill: An Opportunity
Human Services Alliance’s (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 a non-profit organization (no paid staff). It offers a variety of opportunities for full-time live-in volunteer services. You are invited to come and be a part of this unique group expression of Love in Action. To experience the joy of service — the virtually unlimited possibilities for renewal and growth which open up to us when we give of ourselves in service to others.

HSA was recognized by President George Bush as point of light #682 in his Thomas Jefferson light Program.

Contact: Human Service Alliance
509 Old Greensboro Road
Winston Salem, NC 27101
Phone: (316) 778-4737

The purpose of this group is to promote awareness of Reyos’ Syndrome, to provide guidance for those who have encountered Reyos’ Syndrome, and to support researchers who are researching the syndrome.

Reyes’ Syndrome Foundation
(800) 253-7395/700-231-7393 (in Ohio)

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

The Marions Support System
P.O. Box 5099, Madison, WI 53705-5099
(608) 333-2548

The St. Francis Center is a source of guidance, information and support people living with life-threatening illness and bereavement. For more information, contact:
St. Francis Center
1350 Mac Arthur Blvd., N.W.
Washington, D.C. 20016
(202) 480-0000

"Amyl" is a Teaching Community designed to assist those individuals, both adolescents and adults, with substance abuse problems. The multi-cultural, holistic approach Amyl uses to intervene in the lives of substance abuse help to access a broader spectrum of people all over the United States. For further information, contact:
Amyl, Inc.
P.O. Box 60925, Tuscon, AZ 85701-6092
(520) 749-5690
Carlie Arrington
Robin Porter

THE HEALING WOMAN: The monthly newsletter for women survivors of childhood sexual abuse. Each issue features self-help articles; an interview with a woman who has recovered from childhood sexual abuse; personal writings by women survivors; and other valuable information pertaining to childhood sexual abuse.

Write to:
THE HEALING WOMAN
P. O. Box 3038
Moss Beach, CA 94038
(415) 728-0339; Fax: (415) 728-1214

See NETWORKING, Page 15
NOTICE:

All participants (of the Workshops held at the Elisabeth Kubler-Ross Center in Head Waters, VA) who would like to volunteer their time one day before and/or two days after a workshop to help clean up can stay the extra days free of charge.

GREGG FURTH WORKSHOPS

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

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

An Introduction to the Interpretation of Impromptu Drawings

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

Structured and unstructured drawings will be demonstrated. These drawings will help show how we can uncover early childhood hurts to be worked upon in the counseling process. This workshop/seminar is 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, seeing Cairns and The Great Barrier Reef. Take a ride through the tropical rain forest, view the Botanical Gardens of Darwin, explore Ayers 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 Furth, 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 drawing is one of the most radically effective, yet accessible tools at the therapist's disposal. Extensive study of symbols via analysis of fairytale, 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. Furth, 330 West 72nd St., N. Y., N. Y. 10023, (212) 721-6465
SKILLED TOUCH FOR THE SERIOUSLY ILL

Taught 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 secondary. 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 require no previous formal experience with 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 universal precautions for disease control.

To Take Home:
• The STT Workbook, which includes exercises and techniques that are taught in the workshop.
• A 24 page set of Guidelines For Working With H.I.V. Infected Persons.
• The STT Certificate of Completion, with the number of hours earned.

About the Instructors:
Irene Smith
Irene Smith 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. As the recipient of several community service awards, Irene's work has been 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 Psychomommy And The Healing Process, edited by Jason Swirnow. She is 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 1986.

Ken Bridgegan
Ken Bridgegan 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 sought to bring nurturing touch to persons with life-threatening illnesses, especially H.I.V. infection, in home, hospital, and hospice settings since 1984. Since 1987, Ken has co-facilitated the STT Workshops with Irene Smith. He is also co-author and editor of the Guidelines For Massage of Persons With AIDS. Ken currently serves on the STT Board and has a private massage practice in San Francisco, California.

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 fee. A $150 (non-refundable) deposit is required for registration 10 days prior to workshop. When: 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. Pongrand 15 Whitfield Street, Caldwell, NY 10006 (201) 226-4884

The proceeds of this workshop will go to support the work of the Elisabeth Kubler-Ross Center.

NOTICE

We have stopped doing all workshops in Europe — until we have at least 5 fully trained French and Spanish speaking staff (and trainees), at which time we will consider doing our first workshop in Spain and France respectively.

In January, 1994 we plan to go to South Africa. We need to know how many staff (and well-trained trainees) are willing to risk that adventure without being paid. South Africa cannot come up with enough money but is willing to pay for our transportation and local room and board. Please let us know FAST so we can book the airlines and get going on it.

We are also considering adding a 2nd workshop in Israel. If Interested, let me know soon.

I presume you all know that South Africa is still a risky place to work in, especially since we will have a 50/50% white and black workshop participation and the far right political party (exactly like the neo nazis in Germany) don't like. You are going on your own risk and so are all of us!!

CONSCIOUS LIVING/CONSCIOUS DYING
A WEEKEND OF EXPLORATION AND HEALING

Stephen Levine

The weekend will be an opportunity to explore our common grief, loss, sense of separation, and great capacity for healing. Stephen Levine's open-heart approach encourages participants to look directly at life and death with clarity, and without judgment. Using guided meditations and discussion, we will explore the living, dying, grieving and healing process with awareness, and compassion. Stephen's conscious work with the dying and bereaved has been invaluable to those seeking original techniques for working with illness, death, grief, pain and healing. Author of Who Dies?, Healing Into Life and Death, A Gradual Awakening, and Guided Meditations, Explorations and Healings, Stephen has been a consultant to hospitals, hospices, medical schools and professional organizations throughout the United States and Canada.

"THIS WORK IS MAGIC"
Elisabeth Kubler-Ross

"To take the path of healing is to directly participate in life, to enter the process with a light step and a merciful awareness which receives the moment as it is."

Stephen Levine

Previous events have sold out — please register early.

OCTOBER 23 & 24, 1993, 10-5
BOSTON MARRIOTT/CAMBRIDGE, MASS.
FOR MORE INFORMATION CALL (415) 753-5755

Nursing credits offered by Wayman-Shipard Consultants, California Board of Registered Nursing approval — Program 81CPB467 — 11 hours offered

Serial Work Catalog 1 credits have been approved by NASW - DIS 636 — 11 hours offered