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

Newsletter
No. 55 Fall 1993

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

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

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

DEAR FRIENDS,

The fall leaves are in their glorious colors, the garden is bare after the first few early frosts, and the only colors left are the pumpkins in a bundle of cornstalks and the salvaged mums which decorate the center and the farm kitchen.

We had a hectic fall and are right now in the third to the last LDT of the year, baking pies, cakes, and other goodies so the workshop participants don't go hungry when they work on their unfinished business which requires a lot of energy (and courage).

Last weekend we had our annual staff meeting with thirty-one workshop staffs in attendance, and seven of them coming a day early (thanks to their care and concern, which is very much appreciated) to help us with our annual clean-up of the Center. I don't know if you have any idea of how much work it is when you have no to staff to do the clean-up, the laundry, the shopping, etc., for fifty people almost constantly using the place, and very few of them clean up after themselves. We put an ad in the paper to find someone who could help with the cooking and the regular clean-up, but only one person responded, and her only question was how many AIDS patients we have here. Needless to say, we did not ask her for an interview.

Good news: A Japanese delegation of four arrived and brought with them a statue of the Buddha of Compassion, a valuable, beautiful piece which will not go in our chapel, as it would not last long out there. Thank you Yasuhiko Sato and to Dr. Urabe, Michal Sato and his two helpers who brought a ton of gifts from Japan and who are very motivated to continue our work on their continent.

The staff meeting theme was spirituality and we developed a ritual to make all of those in attendance familiar with acting and speaking from the spiritual quadrant. ANOAH instructed me the right before how to lead a talking circle and it was hugely successful. This is a method of sharing and bonding that teaches us how to speak from our spiritual quadrant. It takes some experience not to speak from the intellectual part of us, not to try to impress (ego), and not to worry whether we say "the right thing".

The talking circle is from the Native American way of life and is used for all kinds of communications, decision making, healing and celebration. Every original culture has some form of ritual of coming together. It supports unity and equality and is very uplifting for the soul who truly participates in it.

All the staff in attendance found this experience to be very positive and personally healing. The result was shown in our ability to reach solutions to the presented concerns from a unified and cooperative position. Since the theme of this staff workshop meeting was "spirituality and the LDT", we found this very effective and helpful in our process, which ultimately allowed us to resolve our concerns about Thursdays and the business concerns, as well.

For the holidays this year, we will start a collection of new toys of any kind for children; underwear, socks, and clothing, games, balls, hoops and anything that would thrill a needy child's heart for a Santa Claus - Christmas season. Please send it to us at the Center and label it "Needy South Dakota Children". This way it will be tax-deductible for you and we will have the joy of making Christmas packages to mail off in time for December. Thank you and bless you and have a wonderful holiday! Love, Light and Staff
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 expectation or illusion 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 commuting allowed, even for people who are local residents, since we have to become a group within a very short time.

Each workshop begins at lunch on day one and ends after lunch on day five. We work all day and evening, often well into the early morning hours, in a rather intense, experiential manner. Lecture and case presentation are included, but there is also much personal sharing. There is much working through the fears, pains, anger, determination, and unfinished business from your own past.

The emphasis of the workshops is on YOU, to help you get in touch with any negative aspects of your being (fear, shame, guilt, hostility, etc.), thus enabling you to work better with dying patients and/or other people. The more you are able to share 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.

REGISTRATION FORM-LDT WORKSHOP

REGISTRATION PROCEDURES:

The fee for the Life, Death and Transition Workshop is $600 (U.S. Dollars) for all participants. The Scholarship Fund for Workshops is reserved for those persons 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 monthly payment plan. Please contact our LDT Coordinator for more information. 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 the EKR Center, should indicate the date of desired workshop, 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.

These workshops are conducted by Elisabeth’s well-trained staff who have worked closely throughout the years. Because there is demand for the limited number of spaces in these workshops, please register as early as possible with a deposit to guarantee a place.

NAME ____________________________ WORKSHOP LOCATION ____________________________ WORKSHOP DATE ____________________________

ADDRESS ____________________________________________________________ CITY ____________________________ ZIP __________

HOME PHONE ( ) ______________________________________________ BUSINESS PHONE ( ) ______________ DATE OF BIRTH ______________

OCCUPATION ____________________________ AGE _______ F M ____________ VEGETARIAN DIET ______

CHECK FOR $300 (NON-REFUNDABLE BUT TRANSFERABLE DEPOSIT) OR $500 (FULL FEES)

CHARGE MY DISC: FIRST NAME ____________________________ LAST NAME ____________________________ CARD NUMBER ____________________________ EXP. DATE ____________________________

AUTHORIZED SIGNATURE ____________________________________________

ALTERNATE CHOICE: WORKSHOP LOCATION ____________________________ WORKSHOP DATE ____________________________

IF CHAIRS ARE FULL, RETURN REGISTRATION OR CANCEL APPLICATION.

HOSPITALIZATIONS WITHIN THE PAST TEN YEARS:

ARE YOU CURRENTLY IN COUNSELING OR RECEIVING ANY PSYCHOTHERAPEUTIC TREATMENT?

IS YOUR THERAPIST AWARE OF AND IN AGREEMENT WITH YOUR PARTICIPATION IN THIS WORKSHOP?

CANCELLATION POLICIES?

DO YOU HAVE ANY SPECIFIC PHYSICAL NEEDS (WHEELCHAIR ACCESSIBILITY, ETC.)?

DO YOU WANT TO SHARE YOUR EXPERIENCES IN THE AREA OF DREAD AND DYING AND OR DEATHS?

IN CASE OF CRISIS, PLEASE CALL ____________________________ ____________

THANK YOU FOR YOUR CONSIDERATION.

SIGNED NAME ____________________________________________

SIGNED NAME ____________________________________________

SIGNED NAME ____________________________________________

SIGNATURE OF PARTICIPANT ____________________________________________

This notice does not apply to NCT-TP. The Multi-Cultural Training and Outreach Program (MCT-TP) is a scholarship program to identify and recruit minority and community leaders who will take externalization back home. Donations may be sent to The Elisabeth Kubler-Ross Center. Please specify that the donation is to be used for the NCT-TP program.

NEW HORIZONS

During the years since Dr. Elisabeth Kubler-Ross began conducting 6-day workshops in 1977, her organization has developed Training Programs to teach professionals effective and positive ways of helping themselves and others externalize their feeling of anger, guilt, grief and fear. A team of well-trained, experienced professionals now facilitate the work begun by Dr. Kubler-Ross.

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

Strangers come together, find themselves supporting one another in an unconditioned, shared emotional experience. We emerge no longer strangers because they are no longer strangers to themselves. During the five days they challenge their own personal "windstorms" and discover the "beauty of their carvings."

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

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

WARNING: PRIOR TO LDT REGISTRATION

THE EXTERNALIZATION PROCESS USED IN THE WORKSHOPS IS NOT RECOMMENDED FOR PERSONS SUBJECT TO INTENSE CYCLIC VARIATIONS IN MOOD WHICH MAY INDICATE AN UNDIAGNOSED MANIC-DEPRESSIVE CONDITION. IF YOU HAVE HAVING PERIODS OF DEPRESSION AND OR EXTREMELY HIGH CHARACTERIZED BY EXHALATION, HYPERACTIVITY AND PROLONGED WAKEFULNESS, PLEASE CONSULT A PSYCHIATRIC SPECIALIST FOR THOROUGH EVALUATION BEFORE DECIDING TO REGISTER IN A WORKSHOP.
Dear Friends,

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

The Follow-up Intensive is open to anyone after they have completed 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.

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, Virginia 24442.

**Follow-Up Intensive Workshops**

Follow-Up Intensive Workshops provide the opportunity for more individual work and concentration on personal growth. The group is limited to 20-25 people.


For all registrations and correspondence, please include a ISISE.

**Training Program in the Externalization Process**

This training program is designed for licensed counselors, psychotherapists, mental health and health care professionals, and exceptional people who have been trained in this process. The training is intensive and designed to facilitate the externalization of repressed feelings in order to bring about resolution of deep emotional pain. Healing takes place by working through the fears, anger, and grief that we all have. The Externalization of Feelings Process is a most effective tool for use in private practice or group situations.

The training programs are 3-day residential, weekend workshops. They begin Friday morning at 9 a.m. and end on Sunday after lunch. Cost: $350, which includes tuition and room and board expenses. There are no scholarships offered for these programs. Enrollment is 20-25 students. In addition, up to 10 participants will attend the experiential portion (Saturday) of the weekend. (See "Guests" below).

An application for the training may be submitted upon completion of our 5-day Life, Death and Transition Workshop and Follow-Up Intensive Workshop. Please send a completed application to: Program Dept., The Elisabeth Kubler-Ross Center, South Route 616, Head Waters, Virginia 24442. Enclosure: $350, which includes tuition and room and board expenses. This is a non-refundable fee. You will be notified of your acceptance and of the recommended dates of attendance.

**Guests Welcome at Training Programs**

During the second day (usually Saturday) of our Training Programs, any person who has attended one of our sponsored workshops may come and work on personal issues. Trainees will be seen by facilitators supervised by the teachers.

**Training Programs Presently Confirmed:**

**TRAINING 1 & II COMBINATION**

Oct. 29-31-Vashon Island, WA (Seattle)

Nov. 5-7-Head Waters, VA

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

**NOTICE**

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.

NOTICE: To enhance the quality of our staff, no one will be admitted to Training I without having participated in an Intensive beforehand. No one, except for staff, would be allowed to immediately attend a workshop—so we will have time to review, evaluate people, and leave an updated list of pros and cons (signed by all) for Elisabeth and the review board.

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**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 training program several years ago.

The introductory Training Program in EXTERNALIZATION is composed of four Workshops: 1) Life, Death and Transition Workshop for 5 consecutive days; 2) Intensive, a smaller 3-day workshop for those who have found the externalization process useful for them and who wish to do more of their own grief work using this process; 3) Training I, a three-day workshop for those who are ready and interested in learning some of the theory and techniques needed to become a facilitator; 4) Training II, a three-day workshop for more advanced training.

The LTDT 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 grief 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 you attend the LTDT that precedes the Intensive. Also, many trainees who are staff of the Center have attended these two workshops again and again when they have identified more personal work to do and have needed a safe place to go to sort out what was impeding their healing.

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

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 to staff an LTDT as a "trainee facilitator." This might require attending another Intensive to do more personal work which is inhibiting the trainee from bearing 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 additional teaching for the trainee.

Elisabeth has been very clear that her staff will be "put through the puffer" before they will work in her workshops. That is why the LTDT and Intensive are not teaching workshops. The LTDT is there to let the trainee know in writing, perhaps on the application for Training II. Most of our staff have found the process extremely rewarding personally, although sometimes painful.

To become a staff or to become an LTDT as a "trainee facilitator," a trainee will be expected to pay for their own travel and provide their time at the LTDT in exchange for the experience of facilitating with trained staff. The length of this experience is determined by the individual. The usual commitment might be five to seven LTDTs as a trainee before being invited to become a member of the Elisabeth Kubler-Ross staff.

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

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

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**REGISTRATION FOR FOLLOW-UP INTENSIVE**

*In order for your registration to be processed, all questions must be answered!*

**PLEASE COMPLETE AND RETURN THE FOLLOWING FORM (confidential information)**

**ATTACH PHOTO WITH EACH REGISTRATION**

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<td>Please check here if you plan to arrive Thursday night:</td>
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<td>Are you currently in counseling:</td>
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<td>Is the therapist aware of and in agreement with your participation:</td>
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<td>Briefly describe:</td>
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<td>What are your personal experiences regarding losses and/or those that may have come up since attending our LTDT Workshop:</td>
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<td>In case of emergency, notify:</td>
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**NOTICE**

NO ONE GOES TO ANY WORKSHOP IF THEY STILL OWES MONIES FOR A PREVIOUS WORKSHOP
FRIENDS OF ELISABETH KUBLER-ROSS

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 Mathow/Sharon Miner
  P.O. Box 6231
  Santa Rosa, CA 95406
  (707)528-7046(Santa Rosa)
  (510)484-3894(San Francisco)

- Friends of EKR/Santa Cruz
  Pamela Rosengard
  336 8th Avenue
  Santa Cruz, CA 95062
  (408)462-0585 (W)
  (408)463-2630 (H)

- Mary Lou Haines ("Mo")
  P.O. Box 5
  Cambria, CA 93428
  (805)781-3600

CONNECTICUT:
- Friends of EKR / East Hartford
  JoAnn Mecca
  121 B. Wodson Hill Rd
  Westerlyfield, CT 06109
  (203)563-3025

HAWAII:
- Friends of EKR/Honolulu
  Dorothy Cohen
  700 Richards St. #2306
  Honolulu, HI 96813
  (808)526-4008

ILLINOIS:
- Friends of EKR/Oak Brook
  Companioned Friends
  Thomas Goodrich
  P.O. Box 3696
  Oakbrook, IL 60522
  (708)990-0010

MAINE:
- Friends of EKR/Auburn
  Jack Toomey
  34 Clifford St
  Mechanic Falls, ME 04256
  (207)345-9873

MASSACHUSETTS:
- Friends of EKR/Boston
  Marilyn Bier
  15 Parkinson St
  Needham, MA 02192
  (617)444-7977

MICHIGAN:
- Friends of EKR/MI
  Margie Van Leeuwen
  Box 753
  Pentwater, MI 49449
  (313)869-4568

NEW MEXICO:
- Friends of EKR/Santa Fe
  Paula Bremberg
  23 Fracaco Rd
  Santa Fe, NM 87505
  (505)844-1872

NEW YORK:
- Friends of EKR/Long Island
  Claudia Mirante
  61 Hitchcock Lane
  Old Westbury, NY 11568
  (516)997-9713

- Friends of EKR/New York City
  Ruth Bollantino
  315th Ave
  Brooklyn, NY 11215
  (718)706-9533

- Virginia
  Kirk Balcon
  Route 2 Box 461
  Marshall, VA 22115
  (703)354-3195

- Dr. Stonha Innsiam, Ph.D.
  Grief Recovery Program
  Ctr. for Positive Change
  144 Business Pl. Dr. Ste102
  Virginia Beach, VA 23462
  (804)497-4926

- WASHINGTON
  Friends of EKR/Seattle
  Bill Young
  P.O. Box 4256
  Seattle, WA 98104

- FOREIGN
  AUSTRALIA
  EKR ASSL (Aust.) Ltd.
  Judith Leung
  P.O. Box 62
  Coorabong
  New South Wales 2265
  008 817 812

- Austria
  Friends of EKR/Switzerland
  Karien Dienz
  Scheinbichl
  A-6370 Kirchhabel
  5356-4027
  (not for workshops)

- BELGIUM
  Friends of EKR/Belgium
  Zwachtaschep 38
  8680 G001K Belgium
  (054)567 428

- BRAZIL
  Friends of EKR/Brazil
  Barbara Svendsen
  Rio de Janeiro

- CANADA
  Friends of EKR/Kamloops
  Mo Mary Hunter
  105 Waddington Dr
  Kamloops, B.C. V2B1P7
  (604)374-7228

- ENGLAND
  Friends of EKR/England
  Ruth Olive
  10 Archery Fields House
  Whiston St
  London WCIX9PN
  England
  01-441-837-9796

- GERMANY
  Friends of EKR/Germany
  Tine Rein
  Obernei Dr 4B
  D-7000 Stuttgart 80
  Wir Germany
  01-419-71-19-99

- HOLLAND
  Friends of EKR/Holland
  Piet van Suijs
  Basstraat 12
  2421 TS Nieuwkoop
  01-72-73388

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

- PUERTO RICO
  Friends of EKR/Puerto Rico
  Angel Diaz-Montanez
  D-12 Grant St
  Parkville, Guaynabo
  Puerto Rico 00969

- SWITZERLAND
  Friends of EKR/Switzerland
  Eva Flachter-Kubler
  37 Otto Schaeferweg
  4125 Riehen
  Basel
  01-41-61-674-926

- Friends of EKR / Research Triangle Park, NC meets twice monthly.

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

ARIZONA
- Larry Lincoln
  2630 N. Santa Lucia
  Tucson, AZ 85715
  (520)290-0020

- Jeannette Phillips
  5111 E. Crestview Dr
  Paradise Valley, AZ 85253
  (602)999-2634 (W)

- Kathleen Neely Williams
  505 Orchard Lane
  Sedona, AZ 86336
  (602)282-5457

- Colin Reiner
  143 Stillings Ave.
  San Francisco, CA 94113
  (415)596-3830

- Elizabeth Massey
  173 Spring Valley Rd
  Ridgefield, CT 06877
  (203)341-0007

- Donald Smith
  56 Birch Rd
  Storr, CT 06268
  (203)429-3454

- Rayanne Frezen-Gillies
  55 Quail Hollow Dr
  Hockessin, DE 19707

- FLORIDA
  Bill Guggenheim
  P.O. Box 532002
  Orlando, FL 32853
  (407)774-1260

- Vicki Lichtman
  4549 Brook Dr
  West Palm Beach, FL 33417
  (305)747-1494

- Kathleen Sondich
  5202 Otsego Blvd
  Jacksonville, FL 32210
  (904)384-3085

- GEORGIA
  Doris Pearce
  207 Donaldson St
  Statesboro, GA 30458
  (912)766-5713 (H)
  (912)681-5537 (W)

- Loretta Lasher
  P.O. Box 2752
  Smyrna, GA 30081

- Friends of EKR / Research Triangle Park, NC meetings twice monthly. For more information and directions, call Bobbie Marshall (919)929-7932

Continued on page 5
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Tel</th>
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<tbody>
<tr>
<td>Ginny Anderson Becker</td>
<td>8224 MacKay Court, Seattle, WA 98108</td>
<td>(206)520-5599</td>
</tr>
<tr>
<td>Gene Kazlow</td>
<td>19 W. 54th St, Ste 905, New York, NY 10001</td>
<td>(212)997-2500</td>
</tr>
<tr>
<td>Elaine Resnick</td>
<td>43 West 94th St, New York, NY 10025</td>
<td>(212)967-0649</td>
</tr>
<tr>
<td>Charles Heller, Ph.D.</td>
<td>1040 Atlantic Ave, Boulder, CO 80302</td>
<td>(303)447-2800</td>
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<tr>
<td>Charles Marshall</td>
<td>2131 Arthur Minn Rd, Hillsborough, NC 27278</td>
<td>(919)729-3722</td>
</tr>
<tr>
<td>Bobbie Marshall</td>
<td>34 Netherway Ave, New York, NY 10027</td>
<td>(212)987-2500</td>
</tr>
<tr>
<td>Sandy (James) and Susanna</td>
<td>1418 Hubbard Creek Rd, Urbana, OH 43070</td>
<td>(614)585-2100</td>
</tr>
<tr>
<td>Dorothea Hulett</td>
<td>8392 Summit Ridge Dr, Cincinnati, OH 45225</td>
<td>(513)474-3021</td>
</tr>
<tr>
<td>Don Wells</td>
<td>2120 Center St, NE, Salem, OR 97301</td>
<td>(503)222-6456</td>
</tr>
<tr>
<td>Bonnie Stacey-Stubbs</td>
<td>7286 Valley Rd, Albuquerque, NM 87106</td>
<td>(505)265-4540</td>
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<tr>
<td>Frank Moscatero</td>
<td>41 Fairlane Dr, Selden, NY 11784</td>
<td>(516)732-9245</td>
</tr>
<tr>
<td>Tom Franz</td>
<td>416 Christopher Baldy Hill Buffallo, NY 14260</td>
<td>(716)363-3152</td>
</tr>
<tr>
<td>Frank R. Rogers</td>
<td>2150 State Rd, Moore, OK 73040</td>
<td>(405)296-8292</td>
</tr>
<tr>
<td>Ross Livingstone</td>
<td>1040 Atlantic Ave, Boulder, CO 80302</td>
<td>(303)447-2800</td>
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<td>Bette Campbell</td>
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The Elisabeth Kubec-Ross Center welcomes any donations, monetary or not, which may be sent to EKRC, Donation, South Route 616; Head Waters, VA 24442. Besides money, we are in need of items that will be auctioned or sold at the gift shop. All donations are tax-deductible.
MAIL ORDER CATALOG
FALL 1993

Works by Elisabeth Kubler-Ross, M.D.

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. $10

No. 1005 QUESTIONS AND ANSWERS ON DEATH AND DYING. Elisabeth answers questions about accepting the end of life, suicide, terminal illness, euthanasia, telling the patient he is critically ill, the special difficulties surrounding death. $9

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 language used by the terminally ill. Includes a chapter on the interpretation of spontaneous drawings by Gregg Furth, Ph. D. $9

No. 1012 - THE DOUGLIE LETTER (LETTER TO A CHILD WITH CANCER). A booklet written and illustrated by Elisabeth in response to a young child's question about life and death. 1-10 copies $2.95 ea., 11-24 copies $2.50 ea, 25 or more $2 ea. (postage included)

VIDEOS FEATURING HER WORK

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

1985
VIDE0 NO. 3A - LIFE, DEATH AND THE DYING PATIENT PART I. Dr. Ross talks of her understanding of the human personality and the development of the physical, emotional, intellectual and spiritual quadrants of the personality. She discusses the human emotions and the result of repression of emotion. VHS $30.00

VIDE0 NO. 3B - LIFE, DEATH AND THE DYING PATIENT PART II. Dr. Ross continues her talk, elaborating the five natural emotions and the results of dealing with "unfinished business". She speaks of how to help patients improve the quality of life more than to prolong life and how to live with unconditional love. VHS $30.00

1993
VIDE0 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, young siblings and grandparents. VHS $30.00

VIDE0 NO 5 - DIALOGUE WITH ELISABETH AND MINISTER/MEDECIC ETHICS PROFESSOR: SPIRITUAL ISSUES AND RESOURCES FOR THE TERMINALLY ILL. This tape is relevant to helping professionals, newly diagnosed patients and long-term survivors of illness as well as those facing death. VHS $30.00

VIDE0 NO 10 - KUBLER-ROSS INTERVIEWS ADOLESCENT AMPUTEES. Elisabeth talks with 5 teenage cancer patients, all amputees, about their experiences, perceptions and challenges. VHS $30.00

OTHER VIDEO TAPES

VIDE0 NO. 1 - EKR LECTURE IN HAWAII. Lecture presented in Maui on Jan. 31, 1992. Dr. Ross talks about her early years, her work with terminally ill patients and her LDT Workshops (technical quality not so good) 2 HRB. VHS $30.00

VIDE0 NO.2 - NOTHING FINAL 1981 BBC production with rare footage of house calls and enlightening conversations with dying patients and their families regarding their feelings, needs, grief and "unfinished business". 60 minutes VHS $75.00

VIDE0 NO. 7 - NEVER TOO OLD TO DANCE. Dr. Ross talks with Kathy McDonald, a pioneer in dance therapy for older people. We see how movement can enhance the quality of life of the elderly and how_danced moved need not only exercise but use music, joy, memories, and associations. We see Kathy and her young dancers transforming lives. 30 minutes VHS $30.00

AIDS LIFE AND LOVE. EKR at her farm in VA. "AIDS is not a gay disease". Includes the politics of AIDS - what it is and what it isn't, Hospitalizing and Living with AIDS. The journey into healing by AIDS patients, caring for our fellow men. 80 minutes VHS $20.95

ON FOREIGN ORDERS, BE AWARE THESE ARE VHS FORMAT VIDEOS AND WILL NOT WORK IF YOUR SYSTEM IS PAL

No. 1007 - ON CHILDREN AND DEATH, Elisabeth describes the difficulties that parents with dying children must face; and making use of letters from parents, offering love and practical help in handling these crises. $10

No. 1008 - DEATH, THE FINAL STAGE OF GROWTH. Why do we treat death as a taboo? What are the sources of our fears? How can we prepare for our own death? These and other questions are answered by Elisabeth and others from a spectrum of viewpoints. $9

No. 1009 - TO LIVE UNTIL WE SAY GOOD-BYE. This landmark book shows Elisabeth's counseling work with the terminally ill. Memorable spontaneous photographs by Mal Warshaw and text by Elisabeth. An intimate, close-up look at helping the dying truly live until they die. $15

No. 1013 - AIDS: THE ULTIMATE CHALLENGE. A powerful and moving book in which Elisabeth reveals the tragic suffering of victims of AIDS and the marks and places where they come to us so that they can die with dignity and with their loved ones among them. $10

No. 1010 - REMEMBER THE SECRET. A beautiful children's story about love, caring and loss. Illustrated by Heather Preston. $8.95

No. 1011 - WORKING IT THROUGH. Story of Elizabeth's Workshops for people whose lives are touched by death, who are terminally ill, or have lost a loved one, or who are Doctors, Nurses, Social Workers, Clergy, or others involved with the dying. Heartly beautiful and sensitive photographs by Mal Warshaw $7

No. 1014 - ON LIFE AFTER DEATH. Four inspirational essays exploring Elisabeth's experiences, thoughts, and feeling on the afterlife. For the first time, she gathers her vast research on life after death and comments on "Living and Dying", "There is No Death", "Life, Death, and Life After Death" and "Death of a Parent". $7.95

VIDEO NO. 8 - EKR LECTURES ON CHILDREN AND DEATH. EKR's lecture to hospital staff on children's problems and death. 1993 VHS $50.00

VIDEO NO.13 - CHARLOTTESVILLE, VA 1981/87. "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 talk the "bunny story" and the prison story. A very complete presentation of her work. 120 min. VHS $40.00

CASSETTE TAPES

NO. 5008 - AIDS MEETING THE CHALLENGE. EKR with Wil Garza and George Melton in L.A. CAS 15/86. They discuss their ideas and methods of healing oneself. Set of 2 tapes. 120 minutes $16.00

NO. 3000 - HEALING AT THE END OF THIS CENTURY. A Society Comes of Age. Newly edited and packaged 1988 Whole Life Expo cassette published by Mystic Fire Audio. Sound Horizons Audio. Elisabeth offers profound psychological and spiritual insights for the living as well as the dying. 89 minutes $9.95

NO. 3001 - LIFE, DEATH AND LIFE AFTER DEATH. The basic teaching tape by EKR 90 minutes $8.00

NO. 3002 - EKR TALKS TO HIGH SCHOOL STUDENTS. EKR talks with teens about the quality of life, how to live more fully and with fewer anxieties about life and death. 90 minutes $8.00

NO. 3003 - THE SANTA BARBARA LECTURE 1981 on-location recording of a lecture by EKR centering 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 EKR. Oct. 22, 1982 at the Shoreham Hotel in Washington D.C. 90 minutes $9.00

NO. 3005 - THE MAUI PRISON TAPE. EKR and Bobbi Leome of Shanti Nilaesa/Maui discuss the Maui Prison, Interact with prisoners on spiritual songs. A moving and inspiring testimony. 90 minutes $8.00


NO. 3006A - MAKING THE MOST OF THE IN-BETWEEN by EKR lecture April 24, 1987 (preceded by "The Roses") sponsored by the LDT Center, Buffalo, NY 72 minutes $9.00

REQUEST FOR DIRECTIONS: By derek Gill Biography of Ekr her early years. CURRENTLY NOT AVAILABLE DUE TO PUBLISHER. $9.95
YOU CAN'T AFFORD THE LUXURY OF A NEGATIVE THOUGHT A book for people with any life-threatening illness - including life. This book is not so much to be read as it is to be used. There are two sections: The Disease and the Cure. The Disease is a negative thinking and the Cure is love. Spending more time focusing on the positive things in your life, 2. Spend less time thinking negatively, 3. Enjoy each moment WAS $10 NOW $4

MUTANT MESSAGE DOWNUNDER by Marlo Morgan An inspiring book that may well change your life. In this personal journey, author Marlo Morgan shares the experience of healing ways of her teachers, the Aborigines, their relation to the environment and a new perception of spirituality. WAS $12 NOW $9

Cassettes...

OCEAN WAS $10 NOW $7

ACCEPTING CHANGE WAS $10 NOW $7

EARTHLIGHT WAS $10 NOW $7

DO-IT-GET-OFF YOUR BUTTS (6 CASSETTE SERIES) WAS $23 NOW $10

HOW TO SURVIVE THE LOSS OF A LOVE WAS $10 NOW $7

SELF HEALING WAS $10 NOW $7

CARVINGS IN THE CANYON Barbara Melesin sings warm sensitive songs inspired by Elisabeth's work. WAS $10 NOW $7

FAIRY RING There is a message from nature within the Fairy Ring expressing new hope for a close co-operation between men and the nature kingdoms. By the use of gentle piano and synthesized strings, the music slowly unfolds a world of peace and tranquility. The effect is almost magical. WAS $10 NOW $7

CATCH A FALLING STAR A recording of children's music, songs and a special "polluter" story that stretches children's imaginations and allows them to see new perspectives to some issues. Songbook included. WAS $8 NOW $6

SOUFMATES Music designed to bring you to peaceful inner journeys. Includes "Taj Mahal Suit set, The Calling and Sea of Tranquility. WAS $10 NOW $7

CRYSTAL LOVE New age music to expand consciousness and uplift the spirit. WAS $8 NOW $6

TRUST IN LOVE Heartfelt and moving songs, WAS $10 NOW $7

ON WINGS OF SONG Songs of Awakening and Transformation. WAS $10 NOW $7

TAKE HEART songs with dulcimer, piano and harp. WAS $8 NOW $6

RISE UP WAS $10 NOW $7

Books...

GOOD GRIEF RITUALS - TOOLS FOR HEALING by Elaine Chidlis-Gowlett, a psychotherapist with over 20 years experience, the author realized that the emotion of grief was not limited to bereavement but was in fact experienced in an extraordinary range of circumstances, from natural disasters to the end of a love affair. In this sane, comforting, and deeply thoughtful book, she offers the reader a series of simple grief rituals, among them the venting of feelings, letter writing, affirmations, exercises to act out negative emotions as well as love. WAS $12.95 NOW $9

CLOSER TO THE LIGHT by Melvin Morse, M.D. with Paul Perry. Learning from the near-death experiences of children, amazing revelations of what it feels like to die. In hundreds of interviews with children who had been declared clinically dead, Dr. Morse found the same descriptions, the same experience, the same attitude, over and over again that the end of life is serene and joyful, a welcome event not to be feared. Here, in children too young to have absorbed our adult views and ideas of death, are first-hand accounts of out-of-body travel, telepathy, face-to-face encounters and encounters with dear friends and relatives - all answering our provocative near-death experience questions, all illuminating what it is like to die, and all with compassion and dignity, proving there is that elusive "something that survives bodily death. WAS $5.99

GOOD MOURNING by Vivian Greene. This book is not about grieving, it's about loving. It will show bereaved parents the reality of death, especially death and that this is only a temporary separation, $12

HEALING WATERS FARM COOKBOOK "Favorite" recipes of Elisabeth and friends of the Elisabeth Kubler-Ross Center. WAS $5 NOW $4

L. MONTY. "The book I want to reiterate again and recommend again for all of you who ask where we come from, where we go, what is the purpose of life, why is it so difficult for some and so easy for others, should pick up this book. We have been carrying it in our bookstore and it is a delight to read those wonderful accounts of L. MONTY the butterfly, who wakes up out of his cocoon. It will remind you of your own journey towards the light, and will remind you that the only thing that's relevant in life is love. So pick up L. MONTY again, read it again, give it to your friends, those who search, those who have lost somebody, those who are willing to ask the inner journey, include especially those who are willing to give love a chance" Elisabeth. WAS $12.95 NOW $9

PRAYER IN THE NEW AGE White Eagle. A companion to The Quiet Mind. Prayers and invocations of White Eagle, suitable for private use or groups. WAS $4.95 NOW $3

THE QUIET MIND White Eagle's pocket book of White Eagle's sayings, with deep and profound insights into human problems; a good introduction to his teaching. WAS $4.95 NOW $3
BOOKS

MARY'S MESSAGE TO THE WORLD by Anne Kirkwood. This book contains a series of "talks" as the Mother of Jesus, to a woman in Texas between 1987 and 1991. Mary predicts disruptive earth changes in this decade, but the real message is how to be more fully conscious of our presence and purpose here on earth, and how to prepare for re-entry into the spirit world after physical death. Her eloquent discourses reveal a most compassionate and universal Mother. $12.95

LOVE YOU FOREVER by Robert Munsch. A whimsical, heartfelt story of a mother's love for her child and what happens then, in their lives. Fun, touching and meaningful. Frequently read aloud at EK's LDT Workshops. $4.95

MORNING HAS BEEN ALL NIGHT COMING. "John Harricharan's new book begins where "When You Can Walk on Water" left off. In a sense, it's a continuation although either one can be read independently of the other. When you read it, you'll love the style. You will see the ordinary life of an average man who becomes a widower and tries to raise two orphans by himself. He worries about making a living, taking care of the children and still has time, in a way to grow spiritually and emotionally." Elizabeth $7.95

SAVING GOOD-BYE by Jim Boulders. A coloring book for grieving children. It provides an effective and helpful way for the grieving child or dying child to communicate. Excellent for use with both group and individual counseling. This book reflects family and friends and the reader to greater experience of love, joy and inner peace. $13.95

WHEN YOU CAN WALK ON WATER, TAKE THE BOAT by John Harricharan. "This is a very special book. Written in such a way that those who are total skeptics can still read and enjoy it as a fairy tale, others... Well, I will let you guess. But read it and pass it on. It has a lot of wisdom in it, and shows better than any other book I have read in a long time that wisdom, knowledge, and spiritual growth are not easily attained - you often have to go through a tumble and confusion and mess before you learn what those who seem to feel foreseen and forgotten by God, read it, and you will know that He is always by your side." Elizabeth $3.95

LIVING THROUGH DEATH - A SPIRITUAL APPROACH by Mari Bass. Written by a hospice nurse, this is a simple book that addresses the spiritual and physical needs of the dying. It provides valuable information that is both inspiring and useful and gives a tentative reassurance to the readers about how they can do to support themselves and their loved one during the dying process. It gently describes the natural physical progression the body underakes in preparing to die and offers suggestions for body comfort. It offers a fresh perspective on the relationship between the caregiver and the dying person and emphasizes the importance of heart to heart communication and relates how it can be nurtured during the final months or days of a person's life. $12.95

LIVING IS FOREVER by J. Edwin Carter. This book, written as a novel, takes place sometime in the future, perhaps America, Earth changes have occurred and the world is in shock. The task, to save civilization and ensure the survival of its higher values. $9.95

ASTRONOMICAL MESSAGES FROM THE COSMOS by Laura Horst. Unbelievable, but true story! Highly evolved sources of the far-off worlds appeared in fully materialized body forms. They explained why UFO's are surrounding the Earth during it's changes. They predict a most marvelous new age future on the Earth after the year 2000. $9.95

OSHOSPE'S CONVOLVED VERSION by Laura Horst. From the Oshoosp, originally printed in 1882: Historical Data from 75,000 years ago, psychic phenomena space ships, life after death, scientific facts, unknown sciences, prophecies, astounding discoveries of things to come. $9.95

OSHOSPE'S AMAZING PREDICTIONS OF THINGS TO COME by Laura Horst. A fantastic future is predicted for all people on the Earth. Ponder upon Oshoosp's enlightening revelations. $9.95

DRAWINGS FROM A DYING CHILD by Judy Bertolino. This book contains drawings, girl, Rachel, terminally ill with leukemia. The book describes a series of drawings she made and shows how she became fully aware of the fact that she was dying and even came to accept death. *This book is a must read for anybody who works with children, especially terminally ill children. It is in the spirit of Jung and Gregg Foster, highly, highly, highly recommend it" Elizabeth $15.95

MANGO DAYS - A TEENAGER FACING ETERNITY REFLECTS ON THE BEAUTY OF LIFE by Patty Smith. Patty, 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. Anyone of any age facing serious illness, as well as friends and family, will find encouragement in her words. $11.95

OSUSAN - LOOKING FORWARD WITH HOPE AFTER THE DEATH OF A CHILD by James W. Angell. Is a true classic on the meaning of hope when confronted by the death of the young. This book is a wonderful guide for those who face the reorganization of their lives following the death of a loved one. $9.95

LIFE IS CHANGE - GROWTH IS OPTIONAL by Karen Kaiser Clark. "This excellent book is for those who have the courage to face their challenges and the commitments to grow emotionally and spiritually, I highly recommend it" Elizabeth All books autographed by author $14.95

PROUD MOMENTS by Howard Rainer. Whoever picks up this book will first be struck by the beautiful photography, over 100 full color photos. Portraits of approximately 90 Native American Indians from numerous tribes throughout North America as well as panoramic views of the land and nature make this volume sparkle. (This book is no longer in print and we have the last 50 sets available. The United States only - limited quantity available) $39.95

HOW TO HANDLE A TROUBLE - A GUIDE TO PEACE OF MIND by John Carberry. For those at a crisis point in life, this book is the answer to your prayers. In fact, it's even helpful for those who, with no major problems, are looking for a solid foundation to the rocky road of life. $20.00

FINAL GIFTS - UNDERSTANDING THE SPECIAL AWARENESS, NEEDS, AND COMMUNICATIONS OF THE DYING by Maggie Callanan and Patricia Kelley. How to help and listen. $4.99

MOM, I'M ALL RIGHT by Kathleen Sandefur. A mother of a fourteen-year-old suicide victim tells her memories, story and offers advice and warning to parents of teenagers. This book is a must and should be required reading for all school teachers. $7.00

Cassettes...

No. 3041 - BEAUTIFUL DREAMER AWAKE "Music and visualization to guide you to renew sleeping and radiant awakening" $8.00

No. 3042 Irene Smith's service through touch guidelines for massaging people with AIDS. 6 hours. $39.95

SONGS FOR THE INNER CHILD. 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 $16.00 CD

RUBBER HOSES $7.00

SUMMERLAND POSTER BY CORY. A special friend of Elisabeth's, Cory, dies after a 5 1/2 year struggle with leukemia. His third relapse at the age of 7 signaled the end of life. At that time Cory had many "out of body" experiences and actually visited the other side many times. He walked in God's garden and came back with wondrous tales of his journeys. He drew pictures of what he saw there. Elisabeth uses his drawing in her workshops worldwide. A particularly good drawing is of the "crystal castle" where God lives in a land over the rainbow bridge called "Summerland." A poster of the drawing done by Cory for his mother depicting the same scene is now available through our newsletter. We think the community of Seattle, Washington and Cory's mother (Sherry Enelow) should be given the exclusive privilege in support of this work. Color poster (20 x 24) $9.95 each.

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

Speaking boards...

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

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 persons below.

For information:

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Beav Water, PA 44442

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764 Cypress
Newbury Park, CA 91320

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21021 Ventura Blvd.
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Woodland Hills, CA 91364

Att. Lynn Klein
(818)340-7500

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South America

Barbara Swirska
Caja Postal 54167
San Paulo, Brazil

SunaBir.
QLD Aust. 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; SWEATSHIRT: $25
(use order form on page 10)

HEALING LOSS AND TRANSITION

an audio cassette tape

“We are each others’ answers...”

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

Compiled, written and spoken by Jacob Watson, Elisabeth Kubler-Ross staff member.
Available through the EKR Bookstore for $10.00. Use order form on page 10.

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

Anyone Can Singalong
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1. I am Energy *
2. Let Love Shine*
3. It’s a Gift to be Simple
4. Weave Us Together
5. The Dialogue*
6. Love is Flowing
7. We Shall Overcome
8. Annie’s Song
9. I Will Never Forget You/
10. Kum Baya

SIDE TWO:
1. Amazing Grace
2. Michael Row the Boat
3. In Dublin’s Fair City
4. Down by the Riverside
5. The Rose
6. Elisabeth*
7. In Appreciation of Mother Earth*

Dancing in the Shadows
SIDEONE:
1. The Dialogue
2. Let Love Shine
3. I Didn’t Know
4. Where You Go
5. Hold On
6. I Am Energy
7. I Will Never Forget You
8. I Hear Your Tears
9. The Little Bogey Man
10. Aruna
11. Take My Hand
12. A Safe Harbor
Words and music by Phyllida, except title and music of "Where You Go"
by Anabel Duff (F) 1989
Acoustic Guitar - Phyllida
Additional Acoustic Guitar and Bass Eugene Dunphy

SIDE TWO:
1. Sunrise
2. Healed Memories
3. Lift Me Up Higher
4. "You Are Deeply Loved" (A Meditation)
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2. One Child Hurts*
3. O.K. to Say it*
4. Two Warm Arms*
5. Rainbow Song*
6. Coping Game*
7. The Choice*
8. Homework to be Done*
9. Shattered Silence*
10. I Will Never Forget You#
11. Poem by Amir

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4. The Weary Women of the North
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Our Newsletter is our main source of contact with people who believe in and support the work of Elisabeth Kubler-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.

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MORTAL ACTS - EIGHTEEN EMPOWERING RITUALS FOR CONFRONTING DEATH by David Feinstein and Peg Elliot Mayo. "It is one of the best publications I have seen on the topic. I would be honored to recommend it highly for anybody who has the courage to delve into the issue of death and dying." Elisabeth $9.00 Ask your local bookstore.

LESSONS IN EVIL, LESSONS FROM THE LIGHT - A TRUE STORY OF SATANIC ABUSE AND SPIRITUAL HEALING by Gal Carr Feldman, Ph. D. "Gripping, disturbing, and yet ultimately cleansing... Dr. Feldman has been on the edge of the fiery abyss with her patient and brought both of them back alive." Ann Rule. Write to Crown Publishers, Inc.; 201 East 50th St; New York, NY 10022

THE JEWISH WAY IN DEATH AND MOURNING by Maurice Lamm Write: Jonathan David Publishers, Inc.; 68-22 Eliot Ave; Middle Village, NY 11379

THE MYSTERIES OF CREATION - THE GENESIS STORY by Rocco A. Errico. Write: Nochra Foundation, Publisher; 18022 Cowan St, Ste 100 B-G; Irvine, CA 92714
DEAR ELISABETH...

...I am writing to express my deep and abiding appreciation for the methods you created for us to resolve our "unfinished business," methods which, some of us refer to as "The Work."...I too was able to live more deeply and come to terms with qualities in myself that would have taken me life times to recognize, not just weaknesses but, probably, more importantly, strengths....Thank you for being you so I could be me...G.J.

...And we sang: "Once we were blind but now we see." Never have I received such a gift. Never have I seen such beauty and wholeness. If only the world could see, what healing there would be...Thanks Elisabeth...R.J.C.

...The LDT workshop was a journey far beneath words...The experience, to me, was so like childbirth - you dilate and contract - it could at times be messy and immensely painful, but the end result is always worth the effort...I think now that, in a sense, protection is the refusal to let another be - something that cannot be done until I fully let myself be...N.R.

...I have a very warm place in my heart for all the work that is being done by Elisabeth and her helpers. I attended an LDT workshop which changed my life dramatically. I will always be thankful for the wonderful work...S.B.

...Thank you and God bless...K.S.

Dr. Floyd Harr recently made his transition. Blessings to all of his family.

OUR BELOVED YVONNE TODDNEY RECENTLY PASSED ON, OUR BLESSINGS ARE WITH JACK AND FAMILY.

THINGS YOU DIDN'T DO (UNFINISHED BUSINESS)...my title

Remember the day I borrowed your brand new car, and I dented it?
And remember the time I dragged you to the beach, and you said it would rain, and it did?
I thought you'd say I told you so, but you didn't.
And the time I flirted with all the guys to make you jealous, and you were?
I thought you'd leave me, but you didn't.
And the time I spilled blueberry pie all over your brand new car rug?
I thought you'd drop me for sure, but you didn't.
And the time I forgot to tell you the dance was formal and you showed up in jeans?
I thought you'd smack me, but you didn't.
Yes, there were lots of things you didn't do, but you put up with me and you loved me and you protected me.
And there were so many things I wanted to make up to you when you returned from Vietnam, but you didn't.

From a student of L. Buscaglia

THE 1993/1994 LIFE, DEATH AND TRANSITION WORKSHOP

(PLEASE NOTE: SCHEDULED DATES ARE SUBJECT TO CHANGE)

All of the following workshops will be held at the Elisabeth Kubler-Ross Conference Center located in Head Waters, VA.
Airport: Shenandoah Valley Regional Airport

1993
MARCH 4-8 FRIDAY-TUESDAY
NOVEMBER 19-23 FRIDAY-TUESDAY
DECEMBER 3-7 FRIDAY-TUESDAY
1994
JUNE 13-17 MONDAY-FRIDAY
JULY 25-29 MONDAY-FRIDAY
AUGUST 22-26 MONDAY-FRIDAY

IF YOU WERE BORN BEFORE 1940

For all of us born before 1940, consider the changes we have witnessed. We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic contact lenses, Frisbees and the Pill.

We were born before radar, credit cards split atoms, laser beams and bulletproof pens; before pantyhose, dishwasher, clothes dryers, electric blankets, air conditioners, hip-dry clothes...and before man walked on the moon. We got married first and then lived together. How quaint can you be?

In our youth, clothes were for clothes, not "coming out of." Bunnies were small rabbits and rabbits were not Volkswagens. Designer jeans were scumming girls named Jean or Janie and having a meaningful relationship meant getting along well with your cousins.

We thought fast food was what you ate during Lent, and outer space was the back of the Riviera Theater.

We were house-husbands, gay rights computer dating, dual careers and commuter marriages. We were before day-care centers, group therapy and nursing homes.

We never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yogurt, and guys wearing earrings. For us, time sharing meant togetherness...not computers or condominiums. A "chip" meant a piece of wood...hardware meant hardward and software wasn't even a word.

In 1940, "Mad in Japan" meant junk and the term "making out" referred to how you did it on your own. Pizza, McDonald's and instant coffee were unheard of.

In 1940, "Mad in Japan" meant junk and the term "making out" referred to how you did it on your own. Pizza, McDonald's and instant coffee were unheard of.

In our time when there were 5 and 10 cent stores, where you bought things for five and ten cents. For one nickel you could ride a street car, make a phone call, buy Pepsi through stamps to mail one letter and two postcards. You could buy a new Chevy coupe for $600.00...but who could afford one? a pitty too, because gas was 9 cents a gallon.

In our day, cigarette smoking was fashionable, grass was mowed, Coke was a cold drink, and pot was something you cooked in. Rock music was Grandma's lullaby.

And were it the last generation that was so damn bad as to think you needed a husband to have a baby.

No wonder we are so confused and there is such a generation gap.

Author unknown

BREATH

Don't cry for me, Mama. I'm in a better place.
And I have taken with me the image of your face.
Your happiest smile, your gentlest touch,
I know you love me very much

Don't cry for me each time you think of all the days we had.
I_hour me a laugh, an approving nod
for the times I made you glad.
And don't cry for long, for I'll be here as seen can come
across the span of time that must pass for each and everyone.

Like life Mama, and like it fully,
repeat your golden dreams,
for we can only imagine
what awaits us in God's scheme.

My dearest Mother, you gave me life God gave me life,
and my soul should shall ever be
Now don't cry for me, for God will see
She will once again share time and love
in eternity.

by E. Sandefur

1993 has been declared the INTERNATIONAL YEAR OF INDIGENOUS PEOPLES. It is a year to learn more about the ways of indigenous peoples both in the USA and around the world. It is important that we get to know these peoples, as well as their dreams and their struggles. Great Elk Waters, a board member of the Interfaith Council for the United Nations, and a leader in the United Shewnee Remnant Band, has been designated as an official speaker for indigenous peoples. To learn more about this special year, write to:

Great Elk Waters
c/o UDC
1010 S. Flower St. Suite 401
Los Angeles, CA 90015-1428
RE-CLAIMING MY FRAGMENTS, MY DAD
by Ian McDonald

For the past 18 months I have been returning in my mind to the Land and Home where I grew up. I was experiencing an increasing need to return physically to the exact places, and reclaim the little abandoned, undeserving and unloved lands.

Connecting with the present owners of the sheep and cattle property was met with delight. Yes, they will let me meet me, and I could move at will on the land, now after 30 years.

On entering the old home, tears came to my eyes, my feeling of loss - the what might have been surfaced within me. I felt fragmented, parts were within me, others were yet to be claimed. Little lands left behind, could I welcome them in and give the love they needed.

Then cups of tea; talk of them; talk of my Old photographs, joy and smiles today. Goodness me, you look so - Oh! Distinguished grey!

My sense of excitement deepened as I approached the place in the distant paddock where Dad and I rested with the sheep and enjoyed our "Saddle Bag lunch."

There was the old tree and the bare patch almost waiting for me to light our fire again. I sat there for a time as the teenager, dating with the Spirit of my dad.

"All those years you must have sat here, a brief respite in your obsessive work ethic."

My anger welled up.

"For you were never really there for me; I felt never loved by you; while I strived to find that love."

I released into the anger for a time, and then felt the earth beneath my body, a suffusion of abundance surrounded me. Tears of gratitude welled up and moved down my face. Words were a time coming. Words of thanks for providing all that physical abundance.

"Maybe that was the only way you could love me."

I wanted more.

Could I now love myself enough to deserve that extra love in the here and now?

I moved to the adult Ian."

"I can love you now young Ian, come with me and I will forgive and do my best."

Wait! One more thing, there was water for our "Quart Pot" tea. Not far away there were two small rocky water holes, just as if time had passed them by.

Tears rolled down my cheeks again as I knelt there, lifting the sweet water to my face and letting it splash around.

I was having a time of joyous innocence, loving myself in that joy. Upon my return to the old home, I was blessed with a briar though clearing thunderstorm. The rain cleared and I drove away with a great sense of peace.

By Ian McDonald

INTERNATIONAL INTERNSHIP PROGRAMS, TOKYO
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For the twenty-first century, the most vital business resource is information. INTERNATIONAL INTERNSHIP PROGRAMS (IIP), has and continues to be, the main source where companies abroad can learn from their counterparts in Japan. IIP has accrued experience from over a decade of placing over 3,500 individuals worldwide thus being the foremost pioneer in the field of professional internships.

The method is simple. By hosting a Japanese professional intern, you bring the Far East and its expertise into your office at NO FINANCIAL COST, learn more about Japan-its culture and life-style-that is their ways of working and thinking, and promote mutual understanding and international harmony.

The result is that your company will be unique compared to those organizations which do not adopt this alternative in human resources. Your company will be positioned to face the intricacies of the Japanese market in today's world and tomorrow's.

Call or write for further information.

Calvin & Hobbes

I wonder where we go when we die...

Pittsburgh!

You mean it wasn't good or something bad...

Calvin & Hobbes

BEING GENTLE WITH OURSELVES DURING TIMES OF GRIEF

The process of adapting to change and loss takes energy. Grief is draining, sometimes exhausting. Some people need to "cocoon for transformation" in Pat Carney's words, while going through grief. We may feel more tired than usual. Our ability to function well in other areas of our life may be reduced, temporarily. We may want to hide out in the safety of our bedroom. Grief is heavy. It can weigh us down. It's okay to be gentle with ourselves when we're going through change and grief. Yes, we want to maintain the disciplines of recovery. But we can be compassionate with ourselves. We do not have to expect more from ourselves than we can deliver during this time. We do not ever have to expect as much from ourselves as we would normally and reasonably expect. We may need more rest, more sleep, more comfort. We may be more needy and have less to give. It's okay to accept ourselves, and our changed needs, during time and transformation. We can surrender to the process, and trust that a new, exciting energy is being created within us. Before long, we will take wings and fly. God, help me accept my changed needs during time of grief, change, and loss.

Melody Beattie in THE LANGUAGE OF LETTING GO
Page 13

I-95

I left my sons, my home and wife
I was with grief and anger and fear of life
and began a journey down a spiritual road
My heart was heavy and quite a load

I drove south on I-95
With terror and torment over being alive.
It was clear I was weary and lost in despair.
My hope was Head Waters to wash my head clear.

The fear was solid as thick white ice
It was cold, it was dense - a terrible price
To pay for a life I had sculptured with care.
To live life like this, it didn't seem fair.

The people were strange and so was the place
All my ground was gone, no mask on my face.
I found myself into the sea
To know if I'd sink or come up with me

So lost in confusion, self-doubt and doubt
No longer the victor but seeking the way out
I cried and I believed and betted that book.
My eyes were wet and my whole body shook.

It wasn't my parents or wife I came to beat
But my lost lost self that I prayed to meet.
He came so calmly out of my rage
I happily opened to his cage.

I held him and loved him as dear as my own
I knew for certain what now could be grown.
I could see in my eyes that a veil had been lifted
I felt at my core that my being was gifted.

And so as a tribute to all of you here
I thank you now for my being clear.
The work lives ahead and day by day
I'll see you all and remember the way.

We have all shown courage and grit and guts
The road ahead with no end or buts.
So gather your strength, the ride will be wild
Become an adult and heal your own child.

So tomorrow we leave, we all say goodbye
For me it will be hard, I know I will cry.
From your strength and your pain and your punch and drive
I'll head home tomorrow on I-95.

by A. Abrams

THE STEP BEYOND

Throughout human history, there has been a common yearning and nostalgia for something deep in ourselves - our true identity, our origin. Many of us interpret it as a desire to visit the site of our physical origin, our birthplace and childhood. Of those who do, many come away unsatisfied and unfulfilled.

They expect more but cannot define what they mean by "more." A growing number of us grandchild, the same astute enough to realize that the site of their origin, either physically or emotionally.

With this in mind, three world leaders with wide experience in states of human consciousness, Elisabeth Kubler-Ross, Charles Tart and Robert Monroe have designed a special kind of help for those with life-threatening illness of injury and to their family and loved ones. It is appropriately labeled: GOING HOME.

This set of learning exercises on audio cassette first of all offers a means whereby the individual can reduce dramatically the common fear of physical death. The result can be at least a greater tolerance of the situation. At most, the GOING HOME Subject may learn to control calmly the sequence when it takes place.

GOING HOME also helps family and friends understand and accept the physical death process so as to provide badly needed specific support at critical moments.

The Primary Purpose is to provide the key Subject with an interesting prospect of valuable knowledge achieved through direct experience, rather than a dull and distasteful event.

Related Secondary Purposes:
A. To develop in the Subject through direct experience the knowledge that one is indeed more than the physical body.
B. To help the Subject release emotions, guilt and obligations that are no longer needed and bind one to the present physical life experience.
C. To help the Subject recognize and remember some of the possibilities subsequent to this present physical life experience.
D. To provide the Subject with an opportunity to exercise calmly and rationally the option to depart this physical existence when one so desires.
E. They provide Family and Friends with means to help them adjust to and recover from the loss of their devoted ones.

The GOING HOME album of six tapes is used in inpatient residence, in hospitals, hospices, nursing care facilities and elsewhere. It will be available through the EKR Center Mail Order in early December. If you are interested, please let us know.

FACILITATOR

MEGAN BRONSON

I want the world to be a safe place for children someday - this work serves that end. One of the wonderful aspects of being a grandmother is a deeper awareness of the preciousness of the child. I love spending time with my grandson, Benjamin. It is a delight to have the chance to be with him and watch him grow.

PROFILE

In November 1985, I attended an LDT in Phoenix, New York. I had no idea on entering that workshop how much pain and anger and sadness and fear I was carrying in my own heart, nor did I have any awareness of how that pain had controlled and run my life. At the LDT, I caught a glimpse of how the world could be if people had a safe place to release their pain, anger, sadness and fear that stand in the way of being able to love fully. Since that LDT, I have had the privilege of being with and facilitating the healing process, rather than seeing myself as "doing" anything to make things happen. I believe that our actions lead to the healing. We are catalysts for the process - this is how I view the work. My heart is happy when I am doing the work of the workshops - I am a joy to be with people as courageously take back their lives and reclaim the power of their life's energy. It is also a joy to work with the wonderful staff and trainees who have been my dearest and trusted friends. I am grateful to Elisabeth for her courage and the sacrifices of this work.

To Those I Love and Those Who Love Me

When I am gone, release me,
let me go.

I have so many things to do and see,
You mustn't tie yourself to me with tears,
be happy that we had so many years.

I gave you my love, you can only guess -
how much you gave me in happiness.
I thank you for the love you each have shown,
but now it's time I travel alone.

So grieve awhile, for if grieve you must -
then let your grief be comforted by trust.
It's only for awhile that we must part -
so bless the memories within your heart.

Don't be far away,
for life goes on.
So if you need me,
call and I will come.

Though you can't see or touch me - I'll be near,
and if you listen with your heart,
you'll hear all my love around you
soft and clear.

And then, when you must come this way alone,
I'll greet you with a smile and say -
"Welcome Home!"
Networking...

PHONE PAL PROGRAM
If you or someone close to you has a life-threatening illness, we invite you to be part of our Phone Pal Program. "Phone Pals" facing life-threatening illnesses can call each other free of charge on the telephone and share their feelings, frustrations and hopes openly so that they can face their lives with each other. Each applicant is matched up with someone who shares common experience, disease or physical disability. The program is available to anyone in need, regardless of age. For more information, contact: Jacksonville Center For Attitudinal Healing P.O. Box 52116 Jacksonville, FL 32201 (904)852-HELP

Children with AIDS Project of America 4000 South 9th St, Ste 101 Phoenix, AZ 85016 (602)265-4859, Hot Line (602)843-8654 “An open line is our role is to develop a fuller understanding of children with, and at risk, of AIDS and drug addicted infants, including the medical, psychosocial, legal, and financial issues to develop a local and national adoptive, foster and family centered care program that are both effective and compassionate.” The Sunshine Foundation "Bringing sunshine into the lives of seriously ill children” NATIONAL OFFICE
Sunshine Foundation 4010 Levick St, Philadelphia, PA 19135 "The Rainbow Report: Services and Support for Children with life-threatening or catastrophic illness" The Rainbow Center, P.O. Box 2862, Toledo, OH 43606 RAINBOW HOUSE A program of Lifelines, Inc. 2205 W Thomas Rd, Trenton, NJ 08638 (609)771-1600 Rainbow House, A nine-bed, long-term facility for youth between the ages of 12 and 21 who are HIV positive. This population may include mothers with babies, teens, pregnant adolescents, and former drug and/or alcohol dependent teens. Rainbow’s philosophy is to provide a secure, nurturing and positive environment that accentuates life and the future. We accomplish this through specialized programs that meet the individual needs of our varied population.

Our facility provided the following in-house services: individual and family counseling; alternate education and GED program; medical care; recreation; and a host of other services. The staff at Rainbow House works with each youth 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., Schaumburg, IL 60173 (847)810-1880

A non-profit organization that provides training and curriculum to schools, churches and social service agencies so that they may establish effective peer support groups for children, adolescents and adults who are grief-stricken, or any other painful transition in their family. CANDLEIGHTS Childhood Cancer Foundation 1312 18th St NW, Ste 200 Washington DC, 20036 1-800-336-2223 or (202)659-5136

Parents of Murdered Children (513)721-LOVE Between 9AM and 1PM EST

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

Children's Hospice International 901 North Washington St, Ste 700 Alexandria, VA 22314 1-800-2-4CHILD or (703)684-0330

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

Down's Syndrome 1-800-221-4602

RSE N' SHINE FOUNDATION 1305 Fourth Ave, 910 Cobb Bldg. Seattle, WA 98101 (206)828-8949

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

SID'S ALLIANCE 10500 Little Patuxent Pkwy, Ste 420 Columbia, MD 21044 1-800-221-SIDS or (410)964-8000

OTHER

Care for the Terminallly Ill: An Opportunity. Human Services Alliance's (HSA) Care for the Terminal 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 living and supportive environment. Round-the-clock care is provided by trained volunteers. This is a service provided free of charge.

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

HSA was recognized by former President George Bush in the 1986 Point of Light #532 in his Thousand Points of Light Program.

Contact: Human Service Alliance 9983 Old Greensboro Rd Winston-Salem, NC 27101 (336)761-8745

Nation Reye's Syndrome Foundation 1-800-233-7393/700-231-7393 The purpose of this group is to promote awareness of Reye's Syndrome, to provide guidance for those who have encountered Reye's Syndrome, and to raise funds for further research of the syndrome.

Amity, Inc. P.O. Box 60502, Tucson, AZ 85751-6520 (602)749-5980

Carrie Arbiter or Robin Porter "Amity" is a Teaching Community designed to assist those individuals and adults, with substance abuse problems. The multi-cultural, holistic approach Amity uses to intervene in the lives of substance abusers helps to access a broader spectrum of people all over the United States.

Haven of Northern Virginia (703)941-7000 Provides emotional support for persons with terminal illness and the bereaved.
CONSCIOUS LIVING
CONSCIOUS DYING
A WEEKEND OF EXPLORATION
AND
HEALING

Stephen Levine

This weekend will be an opportunity to explore our common grief, loss, sense of separation, and great capacity for healing. Stephen Levine's open-hearted 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.

"HIS 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.

S.F. FIRST WEEKEND IN MARCH INFORMATION NOT AVAILABLE UNTIL DECEMBER OF 1983

Nursing credits offered by Hayes-Shippey Consultants, California Board of Registered Nurses approved - Provider #CEP#847-11 hours offered

Serial Work: Category 1 credit hours approved by NASW - 185.636 - 11 hours offered

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. Please send one copy of all your comments to:

Melinda White
38 Southwind Drive
Burlington, VT 05401
and one copy to:

EKR Center
Attn: Statue
South Route 616
Head Waters, Va 24442

Thank you!
Skilled Touch for the Seriously Ill

Taught by: Irene Smith
Sponsored by: The EKR Center
November 13-16, 1993
Head Waters, Virginia

She has also been acknowledged in the media, including articles in the West-Journal and Yoga Journal. Irene’s written contributions include Chapter nine in AIDS: THE ULTIMATE CHALLENGE, also in Kues-Keller, R.D., and Chapter Four of PSYCHOCOMMUNITY AND THE HEALING PROCESS, edited by Jason Stuart. She is the author of the widely util-
ized GUIDELINES FOR MASSAGE OF PERSONS WITH AIDS. Irene’s tape videos, audio tapes, and workshops have inspired people worldwide since 1988.

Ken Bridgepan

Ken Bridgeman 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, he created a four-hour “AIDS Class” that continues to be used in the core curriculum. Ken is also to bringing nurturing touch to persons with life-threatening illnesses, especially HIV infection, in home, hospice, and hospital settings since 1984. Since 1987, Ken has co-facilitated the STT workshops with Irene Smith. He is also the 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.

WHY MASSAGE THE SERIOUSLY ILL?

PHYSICAL BENEFITS:
- Helps to control pain and discomfort.
- Helps reduce confusion and disorientation by supplying more oxygen to the brain and by offering a point of physical reality.
- Stimulates the flow of blood and lymph, thereby aiding the body in toxin release.
- Encourages general physical mobility.

PSYCHOLOGICAL BENEFITS:
- Validates life and gives hope.
- Reduces fear and isolation.
- Helps the patient to access emotion.
- Provides emotional safety and nurturing, particularly for those without access to their family or other personal support system.
- Reinforces a more positive body image that may be lost due to debilitation and disease.
- Allows that patient to develop a more positive relationship with his or her illness.
- Gives the family and support team a tool for communicating and bonding with their loved ones.

BENEFITS TO HEALTH CARE STAFF:
- By helping to ease the physical and attitudinal discomforts of the patient, massage eases a portion of the emotional burden under which overworked health care teams are forced to operate.

WORKSHOP PHILOSOPHY:
- Touch was never meant to be a luxury, it’s basic human need and instinctive form of communica-
tion. Touch is an action that validates life and gives hope to both the giver and the re-
ceiver. Hands trained in skills touch have been in the forefront of making this gift available to all people.

GREGG FURTH WORKSHOPS

GREGG FURTH has a Ph.D. in counseling with concentration on investigations of drawing as a viable aid in counseling. He is a graduate of analytical psychology at the C.G. Jung Institute, Zurich, Switzerland. He is the author of The Secret World of Drawings and he maintains and office in NYC.

GREGG ON SEEING: Novice in the field of picture interpretation wonders how it is possible to “see” what a picture says. Hearing with the eyes is a frightening task for one, but the person who comes with this fear actually does have the ability to “hear” without the eyes. The picture knows; one needs only to learn to “listen” to the picture.

AN INTRODUCTION TO THE INTERPRETATION OF IMPROMPTU DRAWING

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

March 25, 26, 27 1994 in Head Waters, Virginia at the Elisabeth Küber-Ross Center

For more information, contact Charlotte Eldredge at (410)757-2227

NO PICTURE AVAILABLE FOR REPRINTING

IRENE SMITH