DEAR FRIENDS ALL OVER THE WORLD

This is the third Newsletter and the second to last one in 1994. There was a hectic fall, with the second South African Workshop behind us and Barbara's wedding (my only daughter) which was a great success. One hundred and forty five people in the wedding is a bit much for the mother of the bride, who still lives clean across the United States. Barbara and Conrad worked very hard and I am terribly proud of them. Needless to say, this is an opinion of the mother! she was the prettiest bride there ever was, when my son brought her down the isle, an exact copy of my late husband, thirty years younger.

Zimbabwe was well organized by Valerie and we had a much higher percentage of non-whites. We were all very pleased with the hard work they put into that Zimbabwe Workshop. We expect bigger miracles for the second one in Johannesburg in December.

Kathryn and Hal Cope did a fabulous job in organizing a trip to the "Bush" following the workshop, where we had a chance to see the African wildlife, sit with lions, watch big herds of wild buffalo, zebras, etc., etc. Thanks to all those who contributed with their love, energy and their time.

After returning to Head Waters we were surprised with a crew of friends from Faber, Virginia who were here to fix up the center. Painting, repairing and putting winterized coats on our Workshop Center. Doing all the work that was never done in the past 4 years since its existence! About a dozen of people, all friends and volunteers, geniuses, in handy work, carpentry, and painting, came to the center making it all ready for the first snow fall. Laughter filled the center. All wore blue T-shirts with the quote "Rescue Team". Thank you from all of us to all of you for your love and care and the chance for me to learn to receive. I am making rapid progress.

It is twenty-five years since the Life Magazine article has appeared that changed my life forever. My mail is still my biggest problem with an enormous amount of correspondence arriving here annually. I beg all of you to forget about sending me anymore unsolicited manuscripts because I have two rooms stacked full. It will take me two years before I am able to read them.

We have two new good people on my staff. One of them is Mona, who is in charge of my farm house and is in the midst of cleaning out my huge vegetable garden. The other is Cindy, my new personal secretary, who drowns in my mail and struggles to answer it. Both of them are good solid people which I needed badly since I moved to Virginia ten years ago.

Congratulations to shravy Cline, who handles my workshops, who got married September 10th.

We wish you all a nice quiet, peaceful fall and not too harsh a winter.

Love and Blessings,

Elisabeth

BARACK ROSS CENTER
South Route 616
Head Waters, Virginia 24442

Address Correction Requested
October 7, 1994 AFTERTHOUGHT

I just returned from Hershey, Pennsylvania, where I received a beautiful Leader Achievement Award from a caring and loving group and the former Governor and his family, only to find my house gutted and burned to the ground and one of my precious llamas shot dead.

It is an experience which makes your compassion soar for the homeless and those who lose everything in hurricanes, tornadoes, earthquakes, etc., etc. Yes, I have lost everything from my clothing to my collection of African Arts and Crafts to the thimble collection for my daughter, to all my American Indian rugs, collected over the past four decades, to my stained glass window collection, my books (over 4, 000 of them, many autographed), tapes, CD's photographs, etc., etc. My living room was full of Christmas presents ready to be mailed, hand-sewn and knitted, but not mailed fast enough to be salvaged. (These were crafts which a volunteer, Lucia, and I worked on all summer long and into the early part of fall). So Christmas will be different this year, and not in my "old house", which was less than ten years old. This year, there will be a small Christmas tree since the farm house does not have 20-foot ceilings, but we will celebrate the same season to remind us "Love Thy Neighbor As Thy Self." Elisabeth will start her life from scratch, which she has done many times before.

"Should you shield the canyons from the windstorms, you would never see the beauty of their carvings." Remember?

Love, Elisabeth

P.S. Even though the fire destroyed everything, including my mail and thousands of manuscripts, please, please do not resubmit any of this type of material, as I will not have the time to read it. Mail, more than ever now, is my biggest burden, and I am trying to retire. I will not be accepting any more correspondence that has not been solicited. Please be mindful of my situation.

THANK YOU!! TO THE FOLLOWING CONTRIBUTORS FROM ATLANTA FOLLOWING OUR RECENT TRAGEDY:

Kathy Pollard Jen Woodcock Nolan Jacobson D. Verch
Marilyn Schulman Dr. Linda Westman Boney Beasley R. Verch
Robin and Jim Greeley Susan McKay Beth Millen Tom Beckler
Robin Moore and Ashwood Subdivision Sherry Faro Dr. David Olmsed
Mary Oifore Terri Breach Eleanor Day Ben and Sharon Pitman
Sarah Darmetatter Martha Smith Rona and Mother Paul Capelliotti
Mary Brockway Pierre Pollard Felicia Mike, Sean & Drew Robinson
Pat Ranftt in Memory of Beryl Other

HOW CAN YOU HELP?

THE BEST WAY TO HELP ELISABETH IS BY MAKING SURE HER WORK CONTINUES, BY MAKING A DONATION TO THE ELISABETH KUBLER-ROSS CENTER, AND PLEASE REFRAIN FROM SENDING HER MAIL OR MANUSCRIPTS OR ASKING HER FOR LECTURES OR INTERVIEWS. PLEASE ALLOW ELISABETH THIS TIME TO TAKE CARE OF HERSELF AFTER SO MANY YEARS OF TAKING CARE OF OTHERS. THANK YOU.
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 understand the nature of what to anticipate in those heavy, hard-working retreats.

The workshops consist of 40-70 people from a variety of cultural, religious, and professional/non-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 the tendency to mutually influence 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 or day one and ends after lunch on day five. We work all day and evenings, often until early morning hours, in a tight, experiential manner. Lecture and case presentation are included, but there is also much personal sharing. There is much working through the fears, pain, anger, hurt 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/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 able 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 and indicate the date of desired workshop, and be sent to the address below. We request that you do not include workshop check with your correspondence; you are sending to Dr. Kubler-Ross. These workshops are conducted by Elisabeth's well-trained staff who have worked closely with her throughout the years. Because there is a 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_________________State_________Zip_________
Home Phone ___________________________Business Phone_________________DateOf Birth_________
Occupation________________________Age____M____F______Vegetarian Diets____
Check For $300 (NON-REFUNDABLE BUT TRANSFERABLE DEPOSIT) Or $600 (Full Fee)
Charge My VISA MASTERCARD FOR $300 (See line above) Or $600 (See line above)
Card Number____________________________Exp. Date_________
Authorized Signature______________________Early Arrival______($30 fee)
Alternate Choice: Workshop Location________Workshop Date_________
Accept my deposit and place me on waiting list______If choices are filled, return my deposit/cancel application_____
Hospitalizations within the past two 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________
Current Medications:_____________________
Do you have any special physical needs (wheelchair accessibility, etc.)?________
What are your personal experiences in the area of death and dying and/or losses_________

In case of emergency, please notify:________________________NAME________PHONE NUMBER________RELATIONSHIP________
Please make checks payable to the EKR Center. Please attach a photograph of yourself. Please attach a legal size self-addressed, stamped envelope. No special dietary needs will be met. All participants are responsible for travel arrangements to and from workshop site.

TODAY'S DATE_________________________SIGNATURE OF PARTICIPANT_________

WARNING: PRIOR TO LDT REGISTRATION

THE EXTERNALIZATION PROCESS USED IN THE WORKSHOPS IS NOT RECOMMENDED FOR PERSONS SUBJECT TO INTENSE CYCLICAL VARIATIONS IN MOOD WHICH MAY INDUCE A UNDIAGNOSED MANIC-DEPRESSIVE CONDITION. IF YOU HAVE RECURRING PERIODS OF DEEP DEPRESSION AND/OR EXTREME "HIGH" CHARACTERIZED BY EXHILARATION, HYPERACTIVITY AND PROLONGED WAKEFULNESS, PLEASE CONSULT A PSYCHIATRIC SPECIALIST FOR THOROUGH EVALUATION BEFORE DECIDING TO REGISTER IN A WORKSHOP.

NOTICE

CONCERNING SCHOLARSHIPS

We are no longer able to give full scholarships for any of our workshops. With more and more indigent participants, we are struggling to survive as an organization. Strict guidelines have to be enforced so that we may be able to continue our work. Those who are terminally ill may receive partial scholarships after we review the scholarship application. A substantial deposit must be paid before the workshop and regular monthly payments made if the full amount cannot be paid on or before the workshop date.

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

Currently, we have several thousands of dollars on our books for persons who received payment plans, reduced fees, etc., with the promise to make monthly payments. So it won't be necessary for us to take further action, it would be greatly appreciated if those of you on the receiving end of this act of kindness would start making substantial monthly payments or send your payment in full ASAP.

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

NEW HORIZONS

During the years since Dr. Elisabeth Kubler-Ross began conducting 5-day workshops in 1977, her organization has developed Training Programs to teach professionals effective and positive ways of helping themselves and others handle their fear of dying, anger, guilt, grief and fear. A team of well-trained, experienced and sensitive professionals now facilitate the work begun by Dr. Kubler-Ross. Her messages have inspired thousands and at our workshops, whether conducted by Elisabeth or her staff, the healing work continues.

Strangers come together, find themselves supporting one another in an unspoken and unjudgemental way, and emerge as 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 caring."

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.
Follow-Up Intensive Workshops

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 who has completed one of our 5-day Life, Death and Transition Workshops. These experiential workshops will be intense and will be attended by smaller groups of people.

The Follow-up will begin with lunch on Friday and end with lunch on Sunday. The fee is $390, and will include room and board. If you have attended our 5-day workshop and would like to attend one of our Intensives, please call the Office at 703/396-3441 and we will send you a registration form. Return the completed form to: Workshop Coordinator, The Elisabeth Kubler-Ross Center, South Route 616, Head Waters, Virginia 22442.

For those who have attended our 5-day Life, Death and Transition workshop, the Follow-up Intensive provides the opportunity for more individual work and concentration on personal growth. The group is limited to 20-25 people. See lower right corner for dates and locations.

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 suppressed feelings in order to bring about resolution of deep emotional pain. Healing takes place by working through the fears, anger, anguish, and grief that make up our "Unfinished Business". The Externalization of Feelings Process is a most effective tool for use either in private practice or in group situations.

The Training Program is a 3-day residential weekend workshop. They begin Friday morning at 9 a.m. and end on Sunday after lunch. Cost: $390, which includes tuition and room and board. Expenses. There are no scholarships offered for these programs.

Enrollment: 15-20 trainees. In addition, up to 10 participants will attend the experiential portion (Saturday) of the weekend. (See "Guests" below).

An application for the Training I may be submitted upon completion of our 5-day Life, Death and Transition Workshop and Follow-up Intensive Workshop. Please send completed application to: Workshop Coordinator, The Elisabeth Kubler-Ross Center, South Route 616, Head Waters, Virginia 22442. When your application is received, it will be evaluated by our staff facilitators and/or Elisabeth, and you will be informed of their recommendation and of scheduled training.

*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 previously may come and work on personal issues. Trainees will be their facilitators, supervised by the teachers. COSTS ARE FOR ROOM AND BOARD ONLY. See lower right corner for dates and locations.

PLEASE SEND A LEGAL-SIZE, SELF-ADDRESS STAMPED ENVELOPE WITH ALL REGISTRATIONS AND/OR CORRESPONDENCE.

NOTICE: To enhance the quality of our Staff, no one will be admitted to Training I without having participated in an Intensive Workshop beforehand. We would also appreciate it if Staff and trainees would not leave immediately after any workshop, so we will have time to review, evaluate and make plans, and leave an updated list of pros and cons (signed by all) for Elisabeth and the review board.

Elisabeth Kubler-Ross CenterIntroductory Training Program in Externalization

"Externalization" is the term 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 (LDT), the five-day workshop which is the cornerstone of Elisabeth's work; 2) Intensive, a smaller three-day workshop for those who have found the externalization process useful for them and who wish to do more of their own grief work using this process; 3) Training I, a three-day workshop for those who are ready and interested in learning the theory and techniques needed to become a facilitator; 4) 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. Many trainees (and active staff of the Center) have utilized these two workshops again and again when they have identified more personal work to do or have needed a safe place to go to sort out what was impeding their serenity.

In the training workshops, some lecture material is presented; but the bulk of the time is spent doing personal work of facilitating others. It is common for 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 an "animal pig".

After completion of these four workshops, each trainee will receive a certificate of attendance for 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 they can be advised what additional training will be necessary before they will be invited as a "trainee" to an LDT. This might require attending another Intensive to do more personal work which is inhibiting the trainee from helping others who 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 trainees.

Elisabeth has been very clear that her staff will be "put through the paces" 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 on the application for Training II. Most of our staff have found the process extremely rewarding personally, although sometimes painful. Once approved to come to an LDT as a "trainee facilitator", a trainee will be expected to pay for their own travel and donate their time at the LDT in exchange for the experience of facilitating with trained staff. The length of this "apprenticeship" is also individual. The usual commitment might be five to seven LDTs as a trainee before being invited to become a member to 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.

The Elisabeth Kubler-Ross Center welcomes any donation, monetary or not, which may be sent to the EKR Center, Attention Donations, South Route 616, Head Waters, VA 22442. Besides money, we are in need of items that will be auctioned or sold at the gift shop. All donations are tax-deductible.

NOTICE

WE WILL NOT ALWAYS BE PUBLISHING OUR LISTING OF FRIENDS OF ELISABETH KUBLER ROSS CONTACT PEOPLE/SUPPORT GROUPS OR THE NETWORKING COLUMN. IF YOU WOULD LIKE A LISTING OF CONTACT PEOPLE/SUPPORT GROUPS IN YOUR AREA, OR A LIST OF ORGANIZATIONS THAT MEET YOUR DESIRED NEEDS, PLEASE CALL 703/396-3441 OR WRITE TO: EKR CENTER, SOUTH ROUTE 616, HEAD WATERS, VA 22442. ALL OF OUR STAFF WILL BE HAPPY TO ASSIST YOU IN ANY WAY POSSIBLE. (WE ARE TRYING TO SAVE MONEY WHEREVER POSSIBLE.)

Please...
BOOKS

No. 1005 - QUESTIONS AND ANSWERED 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. 1004 - 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. 1011 - WORKING IT THROUGH. Story of Elisabeth’s Workshops for people who’s 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. hauntingly beautiful and sensitive photographs by Mai Warshaw $7

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. $8

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 Mai Warshaw and text by Elisabeth. An intimate, close-up look at helping the dying truly live until they die. $15

CASSETTE TAPES

No. 2906 - AIDS MEETING THE CHALLENGE. EKR with Wil Garola and George Melton in LA, CA 91336. 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 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. 60 minutes $12.00

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 love. 90 minutes $8.00

No. 3004 - THE HEALING IN OUR TIME CONFERENCE LECTURES 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 Leona of Shanti Niles/Maui discuss the Maui Prison, interview with prisoners spiritual songs. A moving and inspiring testimonial. 90 minutes $8.00


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

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

No. 1006 - LIVING WITH DEATH AND DYING. Elisabeth discusses how children regard death, what their needs are when faced with death, and the symbolic verbal language used by the terminally ill. Includes a chapter on the interpretation of spontaneous drawing by Gregg Furrh, Ph. D. $9.

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

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.” $10

No. 1014 - ON LIFE AFTER DEATH. Four inspirational essays exploring Elisabeth’s 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 is no Death,” “Life, Death, and Life After Death” and “Death of a Parent” $7.95

No. 1012 - THE DOUGY LETTER (LETTER TO A CHILD WITH CANCER). A booklet written and illustrated by Elisabeth for parents of 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)

VIDEO TAPES

VIDEO NO. 1 - EKR LECTURE IN HAWAII Lecture presented in Maui on Jan. 31, 1982. Dr. Ross talks about his early years, his work with terminally ill patients and his LDT Workshops (technical quality not so good) 2 HRS. VHS $39.00

VIDEO 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 $7.50

VIDEO NO. 7 - NEVER TOO OLD TO DANCE. Ross talks with Kate McDonnell, a pioneer in dance therapy for older people. We see how movement can enhance the quality of life of the elderly and handicapped who need not only exercises but use music, joy, memories, and associations. We see Kate and her young children 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, Healing and Living with AIDS. The journey into healing by AIDS patients, caring for our fellow men. 60 minutes VHS $29.95

VIDEO NO. 6 - EKR LECTURES ON CHILDREN AND DEATH. EKR’s lecture to hospital staff on children’s problems and death. 1983 VHS $30.00

VIDEO NO. 13 - CHARLOTTEVILLE, VA 10/21/87. “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 of your life. The problem of "professionals" is addressed and she goes on to tell the "bunny story" and the prison story. A very complete presentation of her work. 120 min. VHS $40.00

WE ARE ALMOST HOME NOW - EKR SPEAKS ON CHILDREN IN THE FACE OF DEATH. This very sensitive and moving video weaves together the stories of six families who have experienced the death of a child with the wisdom and knowledge shared by EKR. For professionals and families. $250.00

ON YOUR E.G.S. ORDERS, BE AWARE THERE IS NO DISCOUNT APPLIED TO OUR SPECIAL EVENTS PRODUCTS AND WE WILL NOT SHIP IT IF OUR SYSTEM IS BUSY.
HEALERS ON HEALING Thirty-seven of the world's leaders on healing (including EKR) explore the nature of healing from many viewpoints. The writers seek a "golden thread" to tie together the approaches to healing $12.95.

LIFE & LOSS: A Guide to helping Grieving Children by Linda Goldman. This guide, through the use of photographs, children's work, anecdotes, simple techniques, and resources, helps "tune in" to the world of children. $19.95.

I MONTY "The book I want to reiterate again and again is 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. It will remind you of your own journey toward the light, and will remind you that the only thing that's relevant in life is love. So pick up I MONTY again, read it, give it to your friends, those who search, those who have lost somebody, those who are willing to ask the important questions, and especially those who are willing to give love a chance." Elisabeth $12.95.

GOOD GRIEF RITUALS - TOOLS FOR HEALING by Elaine Childs-Gowell. In this sensitive, comforting, and deeply thoughtful book, she offers the reader a series of simple grief rituals, among them the vesting of feelings, affirmations, exercises to act out negative emotions as well as feelings, facing, sharing, and more. Adult children of alcoholics and dysfunctional families, victims of incest and assault, and those who have lost a pet, wreckage, or suffered any kind of loss, will find that the "good grief rituals" move them through loss to forgiveness and, ultimately to gratitude and a new sense of life. $8.95.

BEYOND AIDS by George R. Melton in collaboration with W2 Garcia. The healing journey George and Will took after being diagnosed with AIC and AIDS. It explains the interplay between body, mind and spirit and the impact of it on our lives and bodies. $10.

MARY'S MESSAGE TO THE WORLD by Anne Kirkwood. This book contains a series of "talks" as given by Mary, 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. $12.95.

LOVE YOU FOREVER by Robert Munsch. A whimsical story of a mother's love for her child and then what happens to their lives. Fun, touching and meaningful. Frequently read aloud at EKR'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. "Unbelievable, but true story! Highly evolved super beings from far-off worlds appeared in fully materialized body forms. They explained why UFOs are surrounding the Earth during its dress changes. They predict a most marveous new age future on the Earth after the year 2000. $9.00."

SAYING GOOD-BYE by Jim Boulders. A coloring book for grieving children. It provides an effective non-verbal way for the grieving or dying child to communicate. This book reflects the experience and suggestions of professionals and parents from the fields of psychology, teaching, care giving, religion, medicine and publishing. Recommended for ages 4-12. $4.95.

THE SECRET WORLD OF DRAWINGS - Healing Through Art by Gregg Furth, Ph.D. Gregg explores the realm of the unconscious through the interpretation of drawings using a systematic analysis to give further understanding to messages from the unconscious. We learn from analytic interpretation of these expressions to see our weaknesses, fears and negative traits, as well as our strengths, accomplishments and untapped potential, giving us greater personal insight. $18.95.

EMBRACED BY THE LIGHT by Betty J. Edie. "The Most Profound and Complete Near-Death Experience Ever." Ms. Edie's experiences offer a stunning proof of life after physical death. She saw more, perhaps, than any other person has seen before, and came back with an almost photographic view. $16.95.

THE CELESTINE PROPHECY - An Adventure by James Redfield. "In the rain forests of Peru, an ancient manuscript has been discovered. Within its pages are keys insights into life, history, and the human dilemma as it is implicated in its degradational consequences. AENIGHTHESE AS WE MOVE TOWARD A COMPLETE SPIRITUAL CULTURE ON EARTH. $17.95.

OAHSPS CONDENSED VERSION by Laura Horst. From the Oahspe, originally printed in 1882: Historical Data from 73,000 years ago, psychic phenomena space ships, life after death, scientific facts, unknown sciences, philosophies, astounding discoveries of things to come. $9.95.

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

WHEN YOU CAN WALK ON WATER, TAKE THE BOAT by Barbara Buxton. "This is a very special book. Written in such a way that those who are totally skeptical can still read and enjoy it as a fairy tale, others... Will, 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 turbulent to come out polished. For those who sometimes feel forsaken and forgotten by God, read it and you will know that He is always by your side" Elisabeth $4.50.

TO HEAL AGAIN - Toward Serenity and the Resolution of Grief by Rusty Berkus. A magnificent, colorful illustrated book that offers an enchanting and fascinating journey through what in the past was difficult, restored and inspire the reader to greater experience of love, joy and inner peace. $13.95.

LIVING THROUGH DEATH - A SPIRITUAL APPROACH by Marla Ross. Written by a hospice nurse, this book addresses the spiritual and physical needs of the dying. It gently describes the natural physical progression the body undertakes in preparing to die and offers suggestions for bodily 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.

THE ART OF TRUE HEALING by Irael Regardie. This book centers around a powerful meditation. Through this practice, we stimulate our body, mind and spirit, and then learn to focus the energy in a great variety of ways that benefit ourselves and others. The book deals not only with physical healing, but healing every aspect of our lives. $9.95.

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 pooms, a mode of expression she had enjoyed since early childhood. Anyone of any age facing serious illness, as well as families and friends, will find encouragement in her words. $11.95.

HOW TO HANDLE TROUBLE - A Guide to Peace of Mind by John Carmody. For all those at a crisis point in life, this book is the answer to your prayers. It is even helpful for those who, with no major problems, are longing for a solid foundation to the rocky road of life. $20.00.

DESCENT OF THE DOVE by Aan Valanant and Debra Ew se. "A cleric's quest for peaceful actions is now sounding to all doves on earth. Humanity's consciousness is being transformed to achieve peace. No longer can words of peaceful intentions be stated without actions to support them.

GOOD MOURNING by Vivian Greene. This book is not about grieving, it's about loving. It will show bereaved people that real love survives anything, especially death and that this is only a temporary separation.

HEALING WATERS COOKBOOK "Favorite recipes of Elisabeth and friends of the Elisabeth Kubler-Ross Center. $5.00.

LIFE IS CHANGE - Growth is Optional by Karen Falser Clark. This excellent book is a guide for those who have the courage to face their challenges and the commitments to grow emotionally and spiritually. I highly recommend it. Elisabeth. All books autographed by author $14.00.

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

THE NINE FACES OF CHRIST - QUEST OF THE TRUE INITIATE by Eugene E. Whittom. This book deals with the inspired and relevant search for the True Religion, the unveiling of religious Truth long held so sacred that one risked life itself to find that Truth. $14.95.

PRAYER IN THE NEW AGE by White Eagle. A companion to Quiet Mind. Prayers and invocations of White Eagle, suitable for private use or groups. $6.00.

DRAGINGS FROM A DYING CHILD by Judith Bertola. This book concerns a young girl, Rachel, terminally ill with leukemia. The book describes a series of drawings she made and shows how she became aware that she was dying and even came to accept death. "This book is a must read for anybody who works with terminally ill children. It is in the spirit of Jung and Gregg Furth, and I highly recommend it Elisabeth. $15.95.

MORE BOOKS LISTED ON PAGE 9
The following paper was presented at a conference on death and dying at Yale University School of Medicine by Peter A. Selim, M.D., M.P.H., who is a member of the EKR Staff.

BEFORE THEIR TIME
A CLINICIAN'S REFLECTIONS ON DEATH AND AIDS

This presentation has a much more personal tone than the lectures which I usually give at academic meetings, but I have come to understand that it is precisely through sharing one's own personal relationship with death and loss that a physician can be most helpful in working with patients who are facing life-threatening illness.

I graduated from medical school a June of 1981, in the same month and year that the first cases of AIDS were reported by the Centers for Disease Control (CDC). In a brief description which appeared in the Morbidity and Mortality Weekly Report, the CDC reported several clusters of cases of Pneumocystis carinii pneumonia and Kaposi's sarcoma in young homosexual men in New York and California. It was not evident to CDC at the time, and certainly not to me as went forward from my medical school graduation, thinking that I had acquired the base knowledge to serve as the foundation for my medical practice, that this new disease, later to be called AIDS, would become the leading cause of dying for young adults in the United States by the end of the decade. It was even less evident to me that this disease, which did not exist when I entered medical school, would soon become the major focus of my work as a physician.

I began my medical training at the end of the historical period that John Arras, my former Medical College of Georgia classmate in the Bronx, used to refer to as the postwar "Pax Bacteriologic." Infections diseases had come to appear to be vestiges of the pre-scientific past, and the ability of medicine and technology to conquer disease—the military imagery is intentional—seemed limitless. When death occurred, it was old, or less, commonly, in the very young. AIDS had profoundly changed all this.

In 1984, I took a position as the medical director of Montefiore's drug abuse treatment program in the South Bronx, at a time when the first wave of the AIDS epidemic was just beginning to impact upon this vulnerable population of drug injectors. It felt like we were witnessing the arrival of the plague, as it seems and ultimately hundreds of patients became critically ill and quickly died from this disease whose course we could do very little to affect. Unlike the few patients who had died in my care of other causes during medical school and even residency, these hundreds of patients were virtually all in their early 30s, almost all of them under fifty years of my own age. They also included many women, some of whom I attended during pregnancy and the birth of their children; young families which appeared to be some sort of terrible anomaly in the usual pattern of the life cycle, in which death seemed to have crowded out life and inflicted a cruel and painful destruction of the family, often affecting multiple generations. These events were particularly compelling to me since they coincided with the pregnancies of my wife and the birth of our two children, which occurred during those same years during those same years. I would sometimes share stories with the women about my wife's pregnancies, the birth and early development of our children, and then watch helplessly as the women became ill and died, and their children either did the same or, for those who were uninfected, lost their parents and went to live with extended families or in foster homes.

Surrounded unexpectedly by so much suffering and death, I was oddly, for a time, unaffected by it emotionally. I felt strong need to do this type of work, although I probably could not have articulated what this need was about, and I found a certain satisfaction in being with my patients. On some level, however, something was missing for me. After working in this environment for several years, one day I happened to attend a concert at the Cathedral of Saint John the Divine in New York, near Columbia University. As I was leaving the church after the concert, I noticed an advertisement for a concert of Beethoven's Ninth which I decided to attend, in front of a pair of white sheets. On the scroll, in calligraphy, was the simple words, "In Memory of Those Who Have Died of AIDS." I stopped and stared at these words, and suddenly began to cry for all of the patients I had lost, those faces I could see through the flickering light of the candles. I realized then that this work was about me and my life in ways that before then I could not have understood.

Elizabeth Kubler-Ross, who has been one of my most important teachers, has said that, "You never cry for anyone else, you only cry for yourself." After my experience in the cathedral, I came to understand the meaning of this simple phrase. My own father died suddenly in an 18-month battle. Because of the unusual circumstances of his death, this event and even the memory of his life quickly became family secrets which I was not permitted to discuss, so in effect I experienced a double loss. It was not until over 30 years later, when I was confronted with the deaths of these young men and women when I could do little more to save than I could have saved my father, that I began to realize how I had never come to terms with this first and primal loss. This realization became a gift for me as I then began the work of grieving both for my father, which I had never done, and for all of my patients who had died. After going through this experience, I found that I had become better able to be with my patients in their pain, to support them without feeling the blind compulsion to rescue them from something from which they could not be rescued, and to accompany them as they approached death without feeling that I somehow betrayed my patients by not doing more to save them. I have learned that the greatest gift that I can give to patients is to allow the awareness of my own pain and loss to deepen my solidarity with them, as they stand facing their illness and death. I am now convinced that it is the physician's fear of death, and his or her own expressed grief, which are the big impediments in the way his empathy, and result instead in pity, despair, revulsion, and the kind of enabling detachment which finds refuge in technological interventions and narrow medicalization.

I do not wish to indulge in the romanticization of death, nor in the imagery of the nobility of dying in those who are dying young. It has been very gratifying and a great relief to me as a clinician to experience the dramatic advances which have taken place in the medical care of people with AIDS over the past decade. These advances have in profound ways affected the clinical course of HIV infection, and have helped to convert a fulminating and rapidly fatal illness into a more chronic and treatable, albeit incurable, disease.

Nevertheless, I can recall with a kind of wistfulness the simple and unencumbered nature of my relationship with patients at an earlier time in the AIDS epidemic. Before our current therapies even existed, we coexisted with patients in the grim luxury in which all that physicians could do was to be there, to bear witness, to support, to comfort, and to accompany patients through their illness. When one is entitled to do this is simply our commitment not to abandon the patient, and the fact that we had traveled this road with others before. This fundamental connectedness with the patient seems well to characterize most of the history of the physician-patient relationship over the centuries, until powerful forces over the past several decades resulted in fragmentation and distortion of this relationship, often in the name of specialization, expertise, or increasing technical sophistication. It has been at times disturbing to observe how the rapid introduction of medical treatment interventions for AIDS—which, thankfully, have increased the number and complexity of courses of treatment in the past few years—has resulted in some ways in the tendency to over-medicalize the disease and lose sight of the important fundamental dynamics of life and death which still, ultimately, define it. I hope that the advent of the therapeutic era for AIDS does not have the price the loss of empathy and the ability simply to be with the patient, when instead one can find solace or distraction in pharmacologic protocols and technological tinkering.

It has always seemed ironic to me how those who are confronting dying are much more aware of living, and, in some cases, able to live in an immediate and intense way than those whose daily lives are dulled by the unconscious assumption that time is unlimited. Many patients have told me that having AIDS has allowed them—or required them—to preserve all of the superficial distractions and wasted energy that can take up so much of our attention and has been taken for what was truly important in their lives. One patient once said to me that, "AIDS is kind of like life, just speeded up," which I think describes well the accelerated process in which, over a period of weeks to months, people with AIDS may have to confront issues in the life cycle that normally would play out over decades, concerning the death of peers and family, the loss of physical and sexual functioning, decisions in cognition and memory, and the effects of aging on one's bodily appearance. Another patient once told me, with a little bitterness but also some satisfaction, that AIDS had taught him what his friends really were. And finally, I remember another patient, a 36-year-old intravenous drug user with AIDS, who had been using drugs for over 20 years and for the first time in his life had been able to stop. Confronting death had enabled him to undergo a spiritual conversion, stop using drugs, and reconcile himself with his family. Shortly before he died, he told me that he was so thankful that he had finally learned what it was like to live in the world and experience life without being addicted to drugs, and was only sorry that he had to die in order to do so.

Truly believe that ultimately, for both patients and physicians, AIDS is about letting go. It is only through a process of letting go of fear, blame, and through an acceptance of one's own vulnerability and powerlessness that one can become truly powerful. It is only in this way that we can, as the great labor organizer, Mother Jones put it, "Mourn the dead and fight like hell for the living," that we can get on with the process of living and dying that all of us have to confront, beyond the artificial distinctions between physician and patient. As Elisabeth Kubler-Ross has also said, "Nobody gets out of this life alive," and I think that the avoidance of this reality is something which often impedes physicians' ability to be effective in truly caring for their patients.

In closing, I would like to recall my last conversation with a patient who died several months ago, a woman in her early thirties whom I will call Maria, who had been ill for several years and seemed to be lingering on well past the point that anyone thought she would survive. She had a six-year-old daughter, whom I will call Lisa, who was being cared for by her aunt since Maria's death. Maria's aunt had agreed to raise the child after Maria's death, which had helped to relieve Maria's concerns, but Maria felt guilty that she was leaving her only child. In fact, it became clear that this was the only reason that she had survived as long as she had. She felt that she needed to die, but couldn't. She was also saddened because Lisa at times was angry with her for not being able to play with her and not being there to put her to bed at night. Finally, I asked her what she was most afraid of, she said that she was afraid that by dying she would be betraying her little girl, that this would somehow make her a sign to the child that she didn't truly love her. After we talked about it, she came to realize that these two things were totally separate, that she had to die but that nothing could ever take away the bond between her and her daughter. I encouraged her to talk to Lisa about this, and to let her know that she would always love her and always be with her in her heart. Maria was grateful, and no matter what happened, she spent the whole day with her child, and said everything that she needed to say. Two days later, she died, peacefully, at home. And for me, the thirty-nine-year-old physician, with the eighteen-month old boy inside who had never had that last conversation with his father, nothing could have been more gratifying.
NEW from the CDC National AIDS CLEARING HOUSE

The Clearinghouse can now offer you quick access to copies of HIV/AIDS-related materials, from a wide variety of publishers.

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The following poem was written by the mother of a fourteen year old who killed himself with a handgun at his school

TO THE CLASS OF '94

My thoughts and wishes are simple, and meant with best intent,
They're coming from a Mother's heart, and with my love are sent,
To all of you that graduate, from high schools near and far,
I wish to you the best life brings, with hopes shiner as a star.

As you leave your high school lives behind, and venture toward new dreams, life's challenges will vary, from the daily school routine.

You may find yourself in turmoil, as new challenges appear.
But realize that this is life, and help is very near.

Choices may be difficult, and seem all too complicated.
Situations may arise that make you agitated.

This is when you ask for help, through family or friends.
Perhaps a teacher you have known can help you find an end.

The end you're looking for my friend is simple to obtain.
Just talk it through, and count to ten, no need for guilt or shame.

Life's answers should be hopeful, and sustain you to go on.
Life's full of different pathways, as you move steadily along.

Your life's a special gift. The choices are all yours!
It's an adventure worth the taking, for the wonders you'll endure!

There's no warranty, or guarantee, that life will go real smooth.
For bumps in roads do happen, we older folks can prove.

Just ride the ride, adjust to turns, and detours on the way.
Your life's not special just to you, but to others, every day.

Your Parents, Brothers, Sisters, Friends, Neighbors, Teachers too!
All care that you are on this earth, and share the world with you.

So nurture you, you're all there is, the mold was only one.
Make life worth living every day, with hope, with love, with fun!

This mother's heart is broken, from a day her littlest son,
Chose not to walk life's pathways, and left this world undone.

He wasn't finished growing, and he never said good-bye.
Instead he took his own sweet life, and left us wondering why.

That's why I write to all of you, he would have been a grand,
From the class of '94, a handsome, promising lad.

God speaks to you all! Love life!!!

In memory of Ryan Crawford, class of '94
by Terri Curlin

THE CHILDREN'S LEGACY

The Children's Legacy is a Nationally known organization that provides for supportive services to children with life-threatening illness and for children who have been severely injured by burns.
The Children's Legacy was founded in 1987, and has touched many lives and has grown through the support of people all over the world.
The need for the Legacy grows everyday as more children are diagnosed with some form of life-threatening illness. In order to continue to develop and implement the programs and provide the free services to participating families, more financial assistance is needed.
Dr. Elisabeth Kubler-Ross applauds and supports the wonderful work the Children's Legacy provides to the children and their families.

If you would like to learn more about this worthwhile organization, or if you would like to offer some financial assistance, please contact: THE CHILDREN'S LEGACY, P.O. BOX 300105, DENVER, CO 80203.

The following poem was shared by Suzanne Hall, EKR Trainer, at the memorial service for Sooja Kim. Sooja participated in many EKR Workshops during the last seven years of her struggle with leukemia.

"The quality of one's life depends on the quality of attention."

It was the paying attention. Sooja that I have known. Our friendship, which began more than four years ago through the Elisabeth Kubler-Ross work, was unconditional.
Sooja asked me to be present during her transition. "Because," she said, "you will not try to hold on to me." She requested my letting go. She asked.
We talked as she prepared to go to the hospital for a month-long stay about her not being attached to the outcomes — that she would be delighted to come home and live and experience life for many more years, yet she would also gladly embrace the next step of the journey to enlightenment. "The gift," she said, "is in being completely present in the moment." Remember as we planned this memorial service she was having a meal of her favorite foods, savoring every bite. Later, in the hospital, the same attention was given to her repetitive meal of crushed ice.
One day as I arrived at the hospital she said, "shall I be silly?", then proceeded to enjoy a foot dip in an imaginary mountain stream as she soaked her feet in ice water. She splashed and shrieked with the abandonment of a young child. She sought me there is opportunity in every moment and faced her fear for truth as I wrapped her feet in cool wash cloths. One day after several strangers had paid her a visit she said, "I look terrible, don't I?" referring to her bald head and withering body. I replied, "No, Sooja, you look beautiful!" She said, "You see things other people don't see."
And so it was that I sat with her in peace and love after she left her body and witnessed her scars and relatives come by to say their good-byes. Sooja is now free from suffering and moving on in grace. Rejoice in the knowledge that this memorial service is one of her final wishes and we are honoring her as she watches smiling in happiness.

We extend our deepest sympathy to the family and loved ones of Nancy Holder, EKR Trainee. Nancy died in a climbing accident.
SALE ITEMS AVAILABLE THROUGH EKR CENTER

ALL ITEMS ARE LIMITED IN QUANTITY. YOU WILL RECEIVE A FULL REFUND INCLUDING POSTAGE IF THE ITEM YOU ORDER IS NO LONGER AVAILABLE.

HOME CARE FOR THE CHRONICALLY ILL OR DISABLED CHILD. $3.50

AIDS: YOU CAN'T CATCH IT-HOLDING HANDS. $3

LIFE101: EVERYTHING WE WISH WE HAD LEARNED ABOUT LIFE IN SCHOOL BUT DIDN'T. This book helps you to learn all of these things along with how to be self-worth, forgiveness, and acceptance. $3.00.

COMING HOME: A GUIDE TO DYING AT HOME WITH DIGNITY an excellent reference book for those who need some practical understanding about the needs of dying patients, as well as the resources available in this country. Includes Elizabeth's teachings. WAS $17.95 NOW $8.00

O SUSAN - LOOKING FORWARD WITH HOPE AFTER THE DEATH OF A CHILD by James W. Annett. A wonderful guide for recognizing your life after the death of a loved one. WAS $9.95 now $4.00.

TAKE CHARGE: A GUIDE TO FEELING GOOD. Essays, stories, opinions, philosophy of life, quotes, and affirmations as seen by W.W. Johnson. $3.50.

CURREN CE ITEMS...

YOU CANT AFFORD THE LUXURY OF A NEGATIVE THOUGHT - A book for People with any Life Threatening Illness—including Life by John-Roger and Peter McWilliams. This book is to be used. Some of the sections in this book, "The Disease and the Cure" and "The Disease is Negative Thinking and the Cure" $4.00

HOW TO SURVIVE THE LOSS OF A LOVE by Melba Colgrove, Ph.D., Harold H. Bloomfield, M.D. & Peter McWilliams. This book is to be used, not just read. If you are experiencing loss, this book is for you. "Brilliantly done. Very, very helpful to many, many people." says Larry King. Featured on CNN. $4.00 Also AVAILABLE ON 2 CASSETTE TAPE SET $8.00.

CASSETTES...

ACCEPTANCE CHANGES WAS $10 NOW $7

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

VIDEOS...

JASON - THE WAY WE LIVE TODAY. A documentary follow-up to the 1990 video, "If AIDS is so bad how come we don't know anybody who has it?" The continuing true story of Jason and his family. The words and pictures reveal the impact this extraordinary smiling child has had on everyone his life has touched. 30 minutes. $49.95.

MICHELANGELO ITEMS...

Rubber Horse: $7.00

SONGBOOKS used at the LDB Workshops: $2.00

SPACKING 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 tumor, 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 persons below.

For more information:

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BOOKS AVAILABLE THROUGH EKR CENTER...

No. 3041 - BEAUTIFUL DREAMER AWALES "Music and visualizaton to guide you to renewing sleep 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. Cassette $10.00, CD $16.00.

WORDS AND MUSIC BY PHYLLIDA-STAFF MEMBER OF EKR

ANYONE CAN SING ALONG
DANCING IN THE SHADOWS
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EMERGING SELF
COMING OUT OF THE PAST


NEW NEW NEW
BOOKS RECOMMENDED BY ELISABETH FOR CHRISTMAS

NEW BY ELISABETH!!!!

DEATH IS OF VITAL IMPORTANCE by Elisabeth Kubler-Ross, M.D.
Based on E.K.R.'s tape-recorded lectures given throughout the world during the last ten years. Recommended for those in contact with death and dying for those on a spiritual path, searching for deeper levels within themselves. $12.95

VISIONS OF GOD FROM THE NEAR-DEATH EXPERIENCE by Ken Vincent. "Visions is wonderful..." E.K.R.
ON YOUR OWN - A Widow's Passage to Emotional & Financial Well-being by Alexandra Armstrong and Mary R. Donahue. These authors have both experienced the trauma of widowedhood. In this book they provide compassionate advice to help widows cope with both the emotional and financial turmoil. Dearborn Financial Publishing, Inc.

I'M GRIEVING AS FAST AS I CAN - How Young Widows and Widowers can Cope and Heal by Linda Feinberg. Although this book is about loss and should be helpful to anyone who has suffered a loss, the emphasis of this book is on young widowed people. New Horizon Press, P.O. Box 569, Far Hills, NJ 07931.

HELPING CHILDREN HEAL FROM LOSS - A KEEPSAKE BOOK OF SPECIAL MEMORIES by Laurie Van-Si & Lynn Powers. This book was created to help children express their grief, enabling them to cope with the death of someone close. Designed specifically for children, the book encourages self-expression using a variety of techniques comfortable to children - drawing, writing, story telling, etc. Continuing Education Press, Portland State Univ., Portland, OR.


I LOVE THIS OLD BODY - A Spiritual Workbook for Women and JOURNEYS - A Personal Legacy Workbook by Linda Curill. The author invites you to see the pages of these workbooks to be a sacred space; all your own. They invite you to share yourself intimately as your gift to yourself. Linda Curill, P.O. Box 8164, Colorado Springs, CO 80933.


LIFELINE - A Journal for Parents Grieving a Miscarriage, Stillbirth or Early Infant Death by Joana Reid, a mother grieving the loss of her son. Pineapple Press, P.O. Box 56, Mullet Lake, MI.

UNDERSTANDING THE TRAUMA OF CHILDHOOD PSYCHO-SOCIAL SEXUAL ABUSE by Elizabeth Adams. This book, written by a veteran writer and self-help group leader who was herself a victim of childhood sexual and psychological abuse, will not only chronicle her first decade of step-by-step recovery in an instructive manner, but will offer carefully researched testimony on the controversial claim that abuse allegations are frequently unfounded. Memoir. Millbrook Publishing, Inc., 41, N. Road, Suite 201, Bedford, MA 01730.

ULTIMATE JOURNEY by Robert A. Monroe. "A challenging and exciting book. I have participated in Monroe's research and had many of my own out-of-body experiences, but I could barely put it down. It is the best of Robert Monroe's books." - Elisabeth Kubler-Ross. The author of "Journey Out of the Body" and "Far Journeys" now completes the trilogy with his new book on the journey we all take - ULTIMATE JOURNEY. Published by Doubleday & Company, 1540 Broadway, New York, N.Y. 10036.

MY LIFE IS ON HOLD - One Family's Struggle with Terminal Illness by Marjoe Davidson. MDEE Publishing Co., P.O. Box 771, Concord, WA 98237.

AN ALPHABET ABOUT KIDS WITH CANCER by Rita Burgland. Published by The Children's Legacy, P.O. Box 300030, Denver, CO 80203.

MUTANT MESSAGE DOWN UNDER by Mario Morgan. This incredible adventure story offers us an opportunity to discover the wisdom of an ancient culture and to hear its compelling message. "Mutant Message Down Under is the fictitious account of the spiritual odyssey of an American woman in Australia."-HarperCollins Publishers, Inc., 10 East 53rd Street, New York, NY 10022.

LIFECYCLES - Reincarnation and the Web of Life by Christopher M. Bache, Ph.D. "The most intelligent and broad ranging discussion of reincarnation I have encountered," says Roger Vooogler, Author of "Other Lives, Other Selves."

APRIL FOOL'S DAY - A Modern Love Story by Bryce Courtney. This book is controversial, painful and heartwreaking, yet it has a gentle humor. It is also life affirming, and above all, it is a testimony to the incredible regenerative strength of love how when we confront our worst, we can become our best. "April Fool's Day will change the way you think. Published by Mandarin, Reed Books Australia, 22 Salmon Street, Port Melbourne, Victoria 3207.

COMFORT AND CARE FOR THE CRITICALLY ILL by June Caro Koff. Reasonable, carefully worded advice is offered in a human and straightforward way. It means that patients and caregivers alike will be well cared for physically, emotionally and spiritually in whatever time remains. Ask about the other books titles "When Will I Stop Crying," "Teaching Ourselves Who is Grieving," "Teenagers Talk About Grief," and "Grief Support Group Manual." Available at your favorite Christian bookstore, G. Dalton, Waldenbooks or by calling (800) 943-2742.

DEALING CREATIVELY WITH DEATH - Manual of Death Education and Simple Burial - Eleventh Edition by Ernest Morgan. This book goes into ways to: 1) Maintain control of the dying process while still getting support in planning and implementation; 2) Keep medical and funeral expenses down; and 3) Make the body and tissue donor system work more effectively. Zenon Communications, 515 Place, Bayside, NY 11361.

MORTAL ACTS - EIGHTH EMPOWERING VIRTUOUS FOR CONSCIENTIOUS DEATHS by David Steinzein and Peg Ilott Mayo. "It is one of the best publications I have seen on the topic. I would be honored to recommend it highly for anyone who has the courage to delve into the issues of death and dying. " Elizabeth. Ask your local bookstore.

CASSETTE


FEELINGS FROM DAVE

It started from a dream by a dreamer this notion to send me by Healing Water's Farm. I resisted, not knowing, repulsed by demonace, turned off by past good intentions, not wishing harm. I relented, of course, for a week in the hills, willing to offer up some physical balance, trading it all for in a set of spiritual gills, martyring personal will and survival talents.

I worried all Monday how elastic they seemed, to sweat, to rave, to beat the mat soundly. Tuesday I coped, emoted, packed, and weaned. Wednesday I settled, resisted, hugged roundly. Something moved through me that night. golden and energetic, cathartic and feeling.

I became one dialemeter, yet glued by the light, one moment profoundly a part of, another realing.

By Thursday the personalities had jelled, the toxins had dwindled, the light had been healing. I bypassed therapists, their humanness swelled, the "spooks" had vanished, the spirits revealing. I relished EKR's stories, her opinions, and her smoke; she struck my cords soundly on healing my illness. Perhaps my thinking was negative, terminal, I think. Friday a.m, a conquest, auction sales signaled wellness.

I think of you all, you Sue, Paula, Linda. The dawn up with Janet, the skit with Tom... I treasure the moments you unconditionally loved me. Will's gifts to the young ones, Eva's, will have I save. Carole, the Rose to be cherished, walks down the hill, and moments of silence, the Angel of Life. Elisabeth's keen wit, bedtime stories, a child, Jack's fall out of bed, someone's pain, a sharp knife.

My drawings and poems, thank you all for accepting my reluctance, and dreams, my heavy delusions. We've all settled back, relationships perspective, I know I grew spiritually, this so illusion.

I would wish you all wellness, health, and a dream of a world cast in the mold of a memory of caring, EKR's guide, with all the impetus of a love-beam, the forethought, the knowledge, the faith, the daring.

Thank you all for a wonderful week! Dave O.

GUIDE TO HOTLINES:

AIDS
1-800-342-AIDS

CANCER
1-800-525-3777

DRUG ABUSE
1-800-638-2045

HEART DISEASE
1-800-241-6993

HOSPICE EDUCATION INSTITUTE
1-800-331-1620

KIDNEY DISEASE
1-800-636-8299

LUNG DISEASE
1-800-222-LUNG

PAIN CONTROL CENTER
1-800-726-2502

ORGAN DONATIONS
1-800-528-2971

SECOND SURGICAL OPINION
1-800-539-6633/IN MD 800-942-6603
### MAIL ORDER FORM

Elisabeth Kubler-Ross Center  
South Route 616  
Head Waters, Virginia 24442  
Phone: 703/396-3441  
Fax: 703/396-6164

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All mail orders must be accompanied by payment: check, MasterCard, VISA, or money order. On call-in orders, we accept MasterCard and VISA. We do not have a credit policy for mail orders.

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### PEACE IS POSSIBLE

**T-SHIRTS - $11**  
**SWEATSHIRTS - $20**

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### CHILDREN SHOULD BE SEEN AND HEARD AND BELIEVED

**T-SHIRTS - $11**  
**SWEATSHIRTS - $20**

- **Adult L - XL**  
  - White  
  - Children's Sizes Available

### 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. Pink or blue background lettering.)

- **"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"**  
  (Pink, purple, or white shirt. Black lettering. Please specify choice of color.)

**EACH SHIRT IS PRINTED WITH ELSABETH'S SIGNATURE**

**SIZES:** M - L - XL  
**PRICES:** T-SHIRT: $15; SWEATSHIRT: $25

### INTRODUCING...

**NEW EKR CENTER T-SHIRT**

- **White T-shirt with Elisabeth's picture in color**

**SIZE:** LARGE ONLY  
**PRICE:** $25.00

### 1994/1995 EKR CENTER MEMBERSHIP PROGRAM

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.

- Effective March 1, 1990, we began issuing memberships good for one (1) year at a time only.
- Upon receipt of your membership dues you will receive a membership card and a one-year subscription to the Newsletter.

**NEW OR RENEWAL MEMBERSHIPS**

- $15-EKR PEN  
- $20 OR MORE-EKR PEN AND 2-YEAR POCKET PLANNER
1994/95 LIFE, DEATH AND TRANSITION WORKSHOP SCHEDULE
(SCHEDULED DATES ARE SUBJECT TO CHANGE)
The workshops will be held at the Elisabeth Kubler-Ross Conference Center located in Head Waters, Virginia unless otherwise specified.

1994
October 14-18
November 18-22
December 9-13

1995
January 12-16
January 13-17
February 3-7

Vashon Island, WA

March 10-14
March 27-31
April 21-25

Stoney Point, NY

May 12-16
June 5-9
July 10-14

August 14-18
September 15-19
October 13-17

November 10-14
December 8-12

WHAT I HAVE LIVED FOR
Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a deep ocean of anguish, reaching to the very verge of despair.

I have sought love, first, because it brings ecstasy - ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness - that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss. I have sought it, finally, because in the union of love I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and through it might seem too good for human life, this is what - at last - I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to apprehend the Pythagorean power by which number holds sway above the flux. A little of this, but not much, I have achieved.

Love and knowledge, so far as they were possible, led upward toward the heavens. But always pity brought me back to earth. Echoes of cries of pain reverberate in my heart. Children in famine, victims tortured by oppressors, helpless old people a hated burden to their sons, and the hole world of loneliness, poverty, and pain make a mockery of what human life should be. I long to alleviate the evil, but I cannot, and I too suffer.

This has been my life. I have found it worth living, and would gladly live it again if the chance were offered me.

By Bertram Russell

1994/95 INTENSIVE/TRAINING I & II
INTENSIVES

1994
October 7-9
October 7-9

Santa Rosa, CA

1995
February 17-19
March 24-26
June 16-18

Seattle, WA

Head Waters, VA

Head Waters, VA

July 28-30
October 27-29

Head Waters, VA

Head Waters, VA

*TRAINING LEVEL I AND II (COMBINED)
1994
November 11-13

Vashon Island, WA

Head Waters, VA

1995
February 24-26
May 19-21

Head Waters, VA

Head Waters, VA

August 25-27
November 17-19

Head Waters, VA

Head Waters, VA

HELP WANTED:
COOK FOR CONFERENCE CENTER
DEPENDABLE FARM HAND

*MUST BE ABLE TO WORK FLEXIBLE HOURS
*BE WILLING TO WORK HARD
*SOME EXPERIENCE NECESSARY

COMPETITIVE PAY AND EXCELLENT BENEFITS

SEND RESUME TO:
The Elisabeth Kubler-Ross Center
South Route 616
Head Waters, VA 24442

APPLICATION FOR DEATH EDUCATION AND COUNSELING
A provisional chapter (National Capital Area Chapter) for Virginia, Washington DC, and Maryland for the Association for Death Education and Counseling (ADEC), has been formed. This chapter also initiated a student sub-committee at George Mason University in Fairfax, Virginia. The regional chapter and the student sub-committee cooperate closely and besides organizing discussion groups and lectures, are working towards establishing courses and/or programs in loss and death education and counseling in the academic setting. Part of this endeavor is to establish active networking between the university and the community, especially in terms of practicum placements, research and job opportunities. We welcome new members and any input concerning speakers, research opportunities, practicum offers, or information about similar educational endeavors. For information please contact Angela Loeblein at 703-256-5096.

NOTICE
Applications for the Intensives and Trainings may be obtained at the LDT Workshops, or by contacting our office.

I want to love you without clutching,
appreciate you without judging,
join you without invading,
invite you without demanding,

Leave you without guilt,
criticize you without blaming
and help you without insulting.

If I can have the same from you
then we can truly meet
and enrich each other...

Unknown

The following poem was written by one of our LDT Workshop participants.

LOVE: UNCONDITIONAL LOVE
A seed of a dream was growing within me,
and now it is almost a live tree.
This tree stands for love unconditional,
and it might be the dream of us all.

Now we are all gathered here,
different people with hopes and fears
anger, pain and a lot of tears,
resentment and grief, we all want to share.

I thank you for all and the people I met,
this workshop is something I'll never forget.
My dream has come through, I love you all
and this really means unconditional.

by Elisabeth H.
HIGHLIGHTS FROM ZIMBABWE - AUGUST 1994

Lion Relaxing in Lower Zambezi Park

Natural Sand Sculpture in Nambia

Elephants in Etosha Pan, Nambia

Elisabeth at Lower Zambezi Park
FRIENDS OF ELISABETH KUBLER-ROSS

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 Matthews/Barbara Werner
P.O. Box 6231
Santa Rosa, CA 95406
(707) 528-7046 (Joyce)
(510) 484-3804 (Barbara)

Friends of EKR/Santa Cruz
Pamela Rosenzweig
336 8th Avenue
Santa Cruz, CA 95062
(408) 462-0583 (W)
(408) 462-7830 (H)

Macy Lou Hansen ("M.L."
P.O. Box 5
Cambridge, MA 02142
(617) 781-3600

**CONNECTICUT**
Friends of EKR/East Hartford
JoAnn Maccio
123 B. Wolcott Hill Rd
West Hartford, CT 06109
(203) 563-3025

**HAWAII**
Friends of EKR/Honolulu
Dorothy Mason
999 Wilder Ave. Apt. 703
Honolulu, HI 96822-2628
(808) 526-4008

**ILLINOIS**
Friends of EKR/Orak Brook
Compassionate Friends
Theresa Goodrich
P.O. Box 2696
Oakbrook, IL 60522
(708) 990-0401

**MAINE**
Friends of EKR/Auburn
Jack Toomey
34 Clifford St
Mechanic Falls, ME 04256
(207) 345-9773

**MASSACHUSETTS**
Friends of EKR/Boston
Maylin Brier
15 Parkerston St
Needham, MA 02192
(617) 444-7977

**MICHIGAN**
Friends of EKR/Mi
Margie Van Loensten
Box 753
Flintwater, MI 48449
(313) 869-3458

**NEW MEXICO**
Friends of EKR/Santa Fe
Paula Brenner
23 Prisco Rd
Santa Fe, NM 87505
(505) 984-1872

**NEW YORK**
Friends of EKR/Long Island
Clara Miotto
61 Hitchcock Lane
Old Westbury, NY 11556
(516) 997-9713

Friends of EKR/Albany
Rev. John Malicki, Ph.D.
Dir. of Consultation Center
790 Locust Ave.
Albany, NY 12203
(518) 489-4431

Ruth Bollentine
315 6th Ave
Brooklyn, NY 11215
(718) 768-7953

**TEXAS**
The Kubler-Ross Center of Houston
Diane Arens
Houston, TX
(713) 487-2131

**VIRGINIA**
Kirk Balsam
Route 2 Box 481
Marshall, VA 22115
(703) 364-3195

Dr. Steven Isaacson, Ph. D.
Cancer Recovery Program
Ctr. for Positive Change
144 Business Pk. Dr. Ste 102
Virginia Beach, VA 23462
(804) 497-4926

**WASHINGTGN**
Friends of EKR/Seattle
Bill Young
P.O.Box 4326
S. Colby, WA 98234

**FOREIGN OVERSEAS**
AUSTRALIA
EKR ASSN (Aust.) Ltd.
Judith Ling
P.O. Box 62
Coorabong NSW Australia 2265
02 817 812

Keith Taylor
043 284519

AUSTRIA
Friends of EKR/Austria
Karina Dieras
Schirnichl A-6370 Klubbel
5356-4027

(not for Workshops)

BELGIUM
Friends of EKR/Belgium
Zwarteschupl 38
B1680 Dixmude 1, Belgium
(054) 567 428

BRUSCEL
Friends of EKR/Brazil
Barbara Swirski
R. Masterson
1, Apt. 52
01240 01

Sao Paulo

CANADA
Friends of EKR/Kamloops
Joan Hunter
105 Waddington Dr.
Kamloops, B.C. V2E1P7
(604) 374-7228

Friends of EKR/Vancouver
Diane Livingstone
6190 Macdonald St.
Vancouver, B.C. V6N1E6
(604) 261-6422

ENGLAND
Friends of EKR/England
Ruth Oliver
19 Archerfield House
Wharton St.
London WC1X9PN
England
011-4471-837-7976

GERMANY
Friends of EKR/Germany
Tieze Rein
Olone Brandeis. 44B
D-7000 Stuttgart 80
West Germany
011-49-741-71-19-99

HOLLAND
Friends of EKR/Holland
Pieter Sluis
Beachatun 12
3413 TS Nieuwkoop
07125-73338

NEW ZEALAND
EKR NZ Trust
P.O. Box 24-170
Birkenhead
Auckland
New Zealand

PUERTO RICO
Friends of EKR/Puerto Rico
Angel Diaz-Montes
D-12 Grant St.
San Juan, Puerto Rico 00969

SWITZERLAND
Friends of EKR/Switzerland
Eva Bachler/Kubler
37 Grenzachwettern
4125 Kien

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
(602) 290-0020

Patricia DeMere
P.O. Box 6202
San Jose, CA 95150
(408) 257-5401

Jeanne Phillips
5111 E. Creative Dr
Paradise Valley, AZ 85253
(602) 998-2654 (w)

Richard Campbell
1034 Avon Circle
Thornton Oaks, CA 91360
(818) 718-3627 (w)
(805) 493-3823 (h)

Roz Leiser
143 Stillings Ave.
San Francisco, CA 94131
(415) 385-3830

**CONNECTICUT**
Alexandra Tegulis
611 Merrow Rd
Coventry, CT 06238
(203) 964-9004 Ext. 6124 (h)
(203) 742-7443

Elizabeth Menasie
173 Spring Valley Rd
Ridgefield, CT 06877
(203) 431-0007

Donald Smith
56 Birch Rd
Storrs, CT 06268
(203) 249-3454

**DELAWARE**
Rayanne Peres-Gillies
55 Quall Hollow Dr
Hockessin, DE 19707

**FLORIDA**
Bill O'Sullivan
P.O. Box 23202
Orlando, FL 32853
(407) 774-1260

Vicki Lichtman
4519 Brook Dr.
West Palm Beach, FL 33417
(407) 471-1494

Kathleen Sindicich
5020 Ortega Blvd
Jacksonville, FL 32210
(904) 384-3985

Joyce Mekos
P.O. Box 6231
Santa Rosa, CA 95406
(707) 528-7046

GEORGIA
Doris Pearce
207 Donaldson St.
Smyrna, GA 30084
(912) 764-5714 (H)

**ICELAND**
Linda Havens-Cook
P.O. Box 1332
San Juan Capistrano, CA 92675
(949) 263-4169

Pat Ostrum
P.O. Box 210382
San Diego, CA 92112

(909) 263-4169

Sherrill Mannapoot
P.O. Box 279
Smyrna, GA 30081

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 revisit 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 finally become astute enough to realize one way or another, that each of us will eventually be "Going Home." To our original point of origin, not Here but there. It's only a matter of time.

With this in mind, three world leaders with a wide range of 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 or 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 the least, 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. To 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 can be used in private residence, in hospitals, hospices, nursing care facilities and elsewhere. They are available through the Monroe Institute at 1-800-541-2488.

SKILLED TOUCH FOR THE SERIOUSLY ILL

A Service Through Touch Workshop Taught by Irene Smith & Ken Bridgeman

December 2-5, 1994
March 31-April 3, 1995
September 24-27, 1995
The Elisabeth Kubler-Ross Center
Head Waters, Virginia

Touch is a basic human need. It is a natural vehicle for expressing compassionate care.

Upon completion of this course, participants will be able to facilitate relaxation and relief from pain through massage and other laying on of hands techniques for bedridden and dying persons in hospital and home settings. You will acquire skills for coping with the psychological impact of illness and defining personal and professional boundaries while providing intimate care. The skills learned in this course are invaluable to nurse practitioners, massage professionals and friends and family of the seriously ill. No previous touch training is necessary for this course.

IRENE SMITH is founder and director of the non-profit organization Service Through Touch. Since 1982, Irene has provided skilled touch for hundreds of people in hospital, home and hospice settings. Her written contributions include Chapter 9 in AIDS: The Ultimate Challenge by Elisabeth Kubler-Ross, M.D. Chapter 5 in Psychosomatics, and the healing process edited by Jason Serinman, and Chapter 4 of the Feminine Face of God. Irene's audio tapes, video tapes and workshops have inspired people since 1982. Irene's Co-Director KEN BRIDGEHMAN is a health educator and professional massage practitioner. Ken has sought to bring nurturing touch to the seriously ill, especially HIV infected persons, since 1984. He is co-author of the internationally utilized Guidelines for Massaging People With AIDS and has co-directed workshops with Irene Smith since 1987.

$490 includes room and board and course fee.
A $150 (non-refundable) deposit is required for registration ten (10) days prior to workshop
For information, please contact: Lois Pongo (201) 226-4884
15 Whifield Street, Caldwell, NJ 07006

GREG FURTH WORKSHOPS ON THE UNCONSCIOUS

Gregg Furt has a Ph.D in counseling with concentration on investigating the unconscious via drawings. He is a graduate from the C.G. Jung Institute, Zurich, and author of The Secret World of Drawings and he maintains a practice in New York City.

THERAPEUTIC ART METHODS TRAINING EMPHASIZING JUNGIAN PSYCHOLOGY AND SPONTANEOUS DRAWING

1994-95 Five-Part Series in Annapolis, MD begins December 2, 3, and 4, 1994; February 10, 11, and 12, 1995; March 31, April 1 and 2; May 5, 6, and 7; last session to be arranged.

1994-95 Five-Part Series in Detroit, Mich. begins November 11, 12, and 13, 1994; January 6, 7, and 8, 1995; April 7, 8, and 9; June 2, 3, and 4; September 8, 9, and 10.

Upon completion of this 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, some of whom may find using non-verbal communication more productive. A certificate of completion will be given. College credit may be available and is obtained on an individual basis.

INTRODUCTION TO PICTURE INTERPRETATION WORKSHOP

January 27, 28, and 29, 1995 to be held in Head Waters, Virginia

For further information regarding the above, contact:
Charlotte Eldredge at (410) 757-2227 or
Gregg M. Furt at (212) 721-6665