# Shanti Nilaya

NEWSLETTER

Shanti Nilaya • P.O. Box 2396 • Escondido, California 92025

Number 7, June 1981

## A Letter From Elisabeth

My dear friends,

God, if I could put into words all the things that are happening here at Shanti Nilaya—it would fill a volume! Since I last wrote to all of you, spring has come and gone and with it have come all the thunderstorms and "spring cleaning" bigger and better in some ways than we ever had before.

### Barham Association Ended

First things first. The biggest spring storm came on the day of summer solstice, June 21. And since this storm was brewing for quite a while, we postponed the mailing of this letter until today. On June 21, I fired Jay Barham and as a consequence of this, Marti Barham will no longer be associated with Shanti Nilaya. There were many, many things that preceded this decision, but it was long overdue! It was the most painful and difficult decision I have ever made! I had no doubts that I would give my life to pursue truth, however, and that Shanti Nilaya would only survive if all the members of the staff would work hard, be ethical, and remain without a shadow of a doubt in their motivations, dedicated in an unselfish way to the benefit of those who seek help and in alleviating suffering in our fellowmen. This I have found for my staff to be true through this very tumultuous period of time.

This move will naturally bring about tremendous changes. It will be less conflictual and controversial now for others to help and support our goals. We will continue our LDT workshops, Interpretation of Spontaneous Drawings workshops, and my planned Spirituality Workshop which, by the way, had to be postponed to the first weekend in September due to the new facilities that we will be using henceforth. We have cancelled the rent of the Barham Ranch and will henceforth not be responsible for any communications or commitments from the Barhams.

### Staff additions made, too

Now on to the good and exciting news. The first good change came with the addition of **John Pridonoff, Ph.D.,** to our staff. He is functioning in the position as our **Executive Director** and has his hands full in taking care of the million administrative details and other issues. The office has been open for a long time, and with John with us, he has proved to be a great blessing for all of us. **Bob White** followed in joining us in the middle of June. He is **our liaison and Public Relations person**. Bob is the man who organized the East Coast benefits for me (together with Bill Griswold) and has proved his ability and dedication to Shanti Nilaya for a long time. We are excited to have both of these men with us and they have been working overtime since their arrival to help Shanti Nilaya continue to rise to the goals which were established at its beginning.

### And now, about the fire. . .

Another big event came on Thursday before Good Friday with an **extensive house fire** in my beloved mountain home. It destroyed the kitchen and smoke damaged the rest of the house. Result: A totally new kitchen and living room (not yet completed), living out of boxes for the past two months and knowing what real friendship means! Charlotte, Dottie, Joyce and many other volunteers put hundreds of hours into cleaning, salvaging, packing and improvising while I continued my travels, lectures, and workshops undisturbed.

My greatest pride was that my daughter, Barbara, and I were able to put the fire out with garden hoses all by ourselves, and literally saved the rest of the house from total destruction. The fire department assured us that within one or two minutes the whole house would have been gone. We call that divine manipulation, inasmuch as we drove home at an unusual time and had the garden hoses hooked up. Barbara's vacation was ruined, but it was an incredible learning experience and I have only the highest praise for our village fire department who cared enough for us two ladies "up on the mountain," that they returned the next day to see that we were indeed still OK and calm. I was very touched by that!

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And in August, when I return from New Zealand and Australia, my house will be fixed up again. I may have a new stove and I'm looking forward to unpacking the goodies that were saved. Much of my American Indian collection has been saved, which I cannot say about my kitchen antiques, which will naturally be replaced in time. No one was injured and we still have a roof over our home. It is a beautiful lesson in "letting go" and I think I passed my test in "non attachment." Besides the tremendous mess for the past two months, all in all the positive aspects of it surpassed the negatives.

### Our International Travels and Adventures

At the end of June—I leave for **New Zealand and Australia** where I will have an opportunity to cross the continent twice. I will lecture in many of the larger cities to plant the seeds for next year's (third series) of **Life, Death and Transition workshops** there. We have a very active Shanti Nilaya group in Australia and hope to be able to bring more groups together and soon celebrate the first established Home of Peace abroad, as land and buildings are far less expensive there than in California. Rita Ward, who spent some time with us here, has volunteered to organize the intra-continental travels and lectures. And Bill Day and Anne and Jim Reid will help us from and in Brisbane, so it should be a busy and fruitful month of July. I will celebrate my birthday either with a group of aboriginals, and/or on a sheepfarm or opal panning in Australia!

Pia Ringstadt came from **Sweden** to attend my **Life, Death and Transition workshop** in Wisconsin with us and will return now to organize my lectures and workshops in Sweden and Finland for September 1982 together with the many friends who assisted in my last year's visit to Scandinavia and who made that visit such a memorable and fruitful one.

September 1981 will take me to **Brazil** for an international convention. I will use this opportunity to visit with Barbara Swirska in order to start the planning stages for a **Shanti Nilaya Brazil**. I lectured there two years ago, and requests for workshops and lectures are still coming in. So we are getting prepared with the help of our very special friend who has attended all our available workshops and is moving into this field of work with great zest and dedication.

In November we will return to Europe to do a **workshop in Germany and one in Switzerland**. The contact persons are Peter Dircks and Fritz Grimm whose address is Auf der Bojewiese 33, 2050 Hamburg 80 BRD, in Germany. In Switzerland the contact person is Eva Vargas, Schmittenstrasse 1, 4914 ROGGWIL. We want to thank all our overseas friends for their selfless and untiring help to put all these projects together. It is so much easier for us than to do all this work long distance.

### Our Home Gardens. . .Sprouting and Spreading

Hurrah, **Maui Shanti Nilaya** is incorporated! We celebrate and are proud of our Hawaiian siblings!

My visit to **Alaska** was wonderful. Governor and Bella Hammond treated me again like a member of their family. And I had a reunion with our beloved Eskimo Health Aides who attended my workshop last January in Anchorage to work together to improve the many problems of the local villages where alcohol, drugs, suicide and crime are taking an enormous toll. The final decisions regarding our Alaska Project will be made in Anchorage at the end of June, and we hope that our offer to help in training local people will be accepted and will set an example for other states.

In **Minnesota**, Governor Albert H. Quie has set the stage by introducing us to the State Health Commissioners and interested people to evaluate the possibility of workshops in their local prisons. Later this will hopefully be followed by our availability in high schools, much as we have prepared to do in California.

The **workshop on Spiritual Evolution** in the Escondido area is confirmed. There will be another scheduled also on the east coast hopefully before the end of 1981.

Thank you for all your support, your love, your gifts and energy. We are coming along slow but solid, and we are making progress here and abroad. We appreciate your gifts to our **Gift Shop**, which has already made enough profit to pay for the attendance of a dozen needy patients in my workshops, and we are proud of that. And when the skies are cloudy all over, the sky above my mountain home always seems to be blue. The garden is full of every conceivable flower and is alive with bluebirds, hummingbirds, salamanders and butterflies, and that will always be.

So, farewell my friends, until we get in touch again in the fall.

Love and blessings,

Elisabeth

### Thoughts From The Executive Director

Like Elisabeth's, this column has been re-written after we had originally sent the Newsletter to the printer's. This is because of all the tumultuous activities which have been taking place here at Shanti Nilaya during the latter part of May and the first three weeks of June. **Many significant changes have taken place,** all of

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which have served to strengthen not only the purposes and goals of Shanti Nilaya, but the personnel staff as well. What is amazing to some people is the fact that Shanti Nilaya is a large organization with a growing staff, significant expenses, an ever-expanding and demanding program, and that it continues to reach out to meet the needs of tens of thousands of people.

**Our staff is highly dedicated and enthusiastic** besides being extremely competent. They share their specialized skills in the areas which best serve Shanti Nilaya. My purpose is to help them as individuals and as a total staff to coordinate the program and policies as directed by the Board of Directors. Also, however, I am available in terms of your interest and concerns regarding this organization. Through this column I want to try to keep in touch with you, to let you know some of the exciting and developing plans which Shanti Nilaya has.

From time to time, **I will be asking for your help.** I believe that Shanti Nilaya will be stronger as those who are dedicated to its goals and purposes have the opportunity to participate. Therefore, in this first letter to you, I would like your help in several areas:

1. We are looking for several **new full-time staff members**. One position is that of a **high efficiency extremely competent secretary** who is extremely efficient as a typist, in dictation, and in filing procedures. Another position which is opening up is that of a **travel secretary**. This individual, besides needing to have excellent secretarial skills, would need to be able to speak and write German and French fluently. This travel secretary would handle Elisabeth's foreign correspondence as well as specialized confidential correspondence in other areas. If you know of such a person or you're that person for either of these positions, please contact either our Business Administrator, Lynn Akana, or me. We may be able to connect. The opportunities of working together through Shanti Nilaya could prove to be very exciting.

2. We are in the process of **computerizing our mailing list** and certain aspects of our correspondence. Shanti Nilaya has grown so rapidly in the last few years that we are now in the position of having an **active mailing list of over 23,000 people**. To make such a transition to a highly efficient computer system is a very costly project. This is a very important project to Elisabeth, inasmuch as it will help us to keep our correspondence with you, as well as the Newsletter, up to date and to be able to respond to many of your requests in a much more prompt fashion. **We need your help on this,** however. We need your financial contributions to help us get the best system for our needs. I encourage and invite each one of you to send a contribution to Shanti Nilaya and earmark it for the "Computer Fund." With the changes which have recently taken place in our organization, we anticipate a much more positive and stronger response than ever before to the programs of Elisabeth and others through Shanti Nilaya. We hope that you will give serious consideration to this request and that you will be able to help us at this very special time with this very special need.

3. You will notice that the **Gift Shop Order Form** has both some **new items** and some **significant changes**. Several of the tapes which were on previous order forms are no longer available at this time. They will be in the near future. They are in the process of being revised and edited to update them in relation to more current information that is presently available. Also, you will notice that there is a **videotape** that Elisabeth did at a high school. I strongly encourage you to buy a copy of this videotape as a tax-deductible gift to donate to your high school, church, temple or synagogue, public library, or even your local hospital. The videotape is exciting! It presents Elisabeth talking to a group of high school students about conditional and unconditional love. If thousands of teenagers (and their parents) would have the opportunity to see and hear this tape so many lives could be improved. Family relationships could be so much happier. Teenage years could be changed from those of loneliness, frustration, fear, and peer pressure to ones of happiness, contentment, a sense of inner peace and tranquillity and the excitement of viewing life as a challenge rather than as a threat. I enthusiastically invite you to consider the purchase of a copy of this videotape for your special organization that has the capability of reaching out especially to teenagers and their parents. (Also, please let us know the name and address of that receiving organization so that we can refer anyone who needs to see it. Your gift can change hundreds of lives.)

4. Another new change in our mail order form is that you now have the opportunity to purchase books, tapes and other items through the use of either your **VISA or MasterCard** credit cards. These same cards may be used to charge any workshop Shanti Nilaya offers which you might desire to attend. (Oftentimes, a person doesn't have the immediate cash when they desire to attend a particular workshop that is especially important to them at a particular moment in their lives. Now, you have that opportunity and we encourage you to use it.)

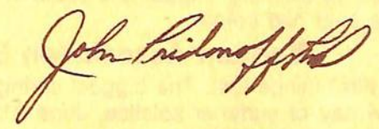
5. You will notice that as of January 1982, our workshop prices are being increased, with a second increase being effective six months later. All of us know how much the cost of living has gone up during the past few years. Yet, Shanti Nilaya has not increased its fees to keep pace with rising costs. It has become essential, now, to make these price adjustments. I am sure that we can count on your support and understanding in terms of this very important and necessary action. Of course, if you have any questions, please feel free to write to me.

6. Another new item you'll see on the order form is a **tape recording** of a presentation that **Elisabeth made in Santa Barbara**. I encourage you to order the tapes of that presentation for yourself, or as a gift for your family, special friends, or school, local library, or church. This is a very special presentation by Elisabeth, as she illustrates the importance and the vitality of healthy love versus the destructive type of love which often has been imposed upon us by others. In this lecture, Elisabeth provides a real alternative that we can put into practice immediately, not only in our own personal lives, but also with those we love and care about.

In another section of this Newsletter you will notice there have been **some changes in our Board of Directors** in personnel as well as some additional, new members. We are very excited about this new Board inasmuch as some wonderful people with tremendous credentials are bringing a level of concern, compassion, and expertise to the Board which will be of significant help in guiding Shanti Nilaya in the months ahead. Also, in other parts of this Newsletter, you will have the opportunity to find out about what Shanti Nilaya is doing, the various workshops and activities, and the feelings that Elisabeth has to share about our ongoing programs.

In our next Newsletter, I will be sharing with you an **exciting plan** by which you can become part of a **very unique group of people**. Not everyone will be able to be part of this very special group, nor will everyone want to be. But for those of you that desire, there will be a creative opportunity to be part of a very important support team! Meanwhile if you have any questions, criticisms (positive or negative), comments, or thoughts which you would like to express on how you feel Shanti Nilaya can be of better service to you, your special ones, or the society in which we all live, please do not hesitate to write to me personally.

Respectfully yours,



# CALENDAR OF EVENTS 1981, AUGUST-DECEMBER

**Life, Death & Transition Workshops**
*(Elisabeth and Staff) 5 days (inc. rm. & bd.) $350*

| | | |
|---|---|---|
| **September** | **14-18** | Escondido, CA |
| **October** | **12-16** | St. Norbert, Canada |
| **October** | **26-30** | Escondido, CA |
| **November** | **9-13** | Hamburg, West Germany (in German) |
| **November** | **16-20** | Switzerland (near Lugano) (in German) |
| **Nov 30 - Dec 4** | | Corbett, OR |

**Workshop on Spiritual Evolution**
*(Elisabeth) 3 days (inc. rm. & bd.) $250*

| | | |
|---|---|---|
| **September** | **4- 6** | Julian, CA |
| **October** | **9-11** | Wappingers Falls, NY |

**Interpretation of Spontaneous Drawings**
*(Gregg Furth, Ph.D.) 5-day $300*

| | |
|---|---|
| **Aug 31 - Sep 4** | Escondido, CA |
| **Sep 21 - Sep 25** | Escondido, CA |

**Bereaved Parents Workshop**
*(Elisabeth, and Carol Kearns) 3 days (inc. rm. & bd.) $300*

| | |
|---|---|
| **Sep 1-3** | Danville, CA |

**Introduction to Interpretation of Spontaneous Drawings**
*(Elisabeth) 1-day price undetermined as yet*

| | |
|---|---|
| **August (tentative)** | Tucson, AZ |

**Elisabeth's Lectures**
*(++Shanti Nilaya Benefit)*

| | | | |
|---|---|---|---|
| **Jul** | **31** | ++ | La Mesa, CA (714) 465-0711, x644 |
| **Aug** | **6-9** | | Santa Barbara, CA (213) 933-5591 |
| **Sep** | **25** | | Brazil (tentative) |
| | **29** | ++ | Hagerstown, MD (301) 582-1134 |
| | **30** | ++ | Pittsford, NY (716) 385-2707 |
| **Oct** | **7** | ++ | Escondido, CA (714) 745-2724 |
| | **11** | ++ | Winnipeg, Canada (204) 284-4104 |
| | **22** | ++ | Sacramento, CA (916) 442-4608 |
| | **23** | ++ | Portola Valley, Ca (415) 851-8411 |
| **Nov** | **5** | | Washington, DC (704) 683-3124 |

All workshops deposits are **non-refundable**. A deposit may be transferrable to another workshop under certain conditions.

**1982 FEE SCHEDULE**

In January and again in June 1982, the fees for the Life, Death and Transition Workshops will increase.

**Professionals $550 (*650 after 6/1/82)**
Professors, Medical Doctors, Psychologists, Attorneys, Funeral Directors

**Allied Professionals $450 (*550 after 6/1/82)**
Nurses, Social Workers, Policemen, Ambulance Drivers, Firemen, Paramedics, Clergy

**All Others $400 (*450 after 6/1/82)**

All donations to Shanti Nilaya's "Life, Death and Transition Workshop Scholarship Fund" will enable a needy person to attend one of our workshops.

Fees for other Shanti Nilaya workshops, lectures and presentations in 1982 will also be adjusted. Future brochures and newsletters will contain those revisions.

Special fee of $250 may be available for full-time students, terminal patients, S.S.I. recipients, or disabled persons. Special forms must be completed and returned one month prior to workshop date. All requests will be confidential.

## Board Membership Changes

There have been some changes on our Board of Directors, with all sorts of positive energy, new thoughts and exciting ideas already beginning to flow as a result. Here is our new and revised list of officers and board members:

President: Elisabeth Kubler-Ross, M.D.
Vice President: Linda Pitta
Secretary: Lynn Hayes, M.A.
Treasurer: Rosalie Monteleone
Pamela Dulyea
Donna Spaulding, MPH
John North Western, R.N.
Bernardino Zanini, M.D.

## IN HER HONOR

Something really super has just happened, and we're really excited to share it with you. We received word a while back that Elisabeth was one of three persons nominated to receive the very first Teilhard Prize, to be given annually by the Teilhard Foundation "for the promotion of human unity."

The other two nominees were former President Jimmy Carter and Indian human and civil rights advocate, activist and author Vine DeLoria.

We are able to tell you now, just at the very last minute as this newsletter goes to press, that *Elisabeth has been selected*! She will receive the Prize Aug. 15 in a very special ceremony in Denver.

She was chosen, in the Foundation's words, in recognition of her **"research into, and public aspousal of, a sane and humane attitude towards death, and her insistence on the 'taste of life' as a necessary condition for human transformation."**

This is a wonderful honor, and just a super positive sign! The Teilhard Foundation is named after French scientist, priest and philosopher Pierre Teilhard de Chardin, whose writings have been considered landmarks of human understanding. The organization is national in scope and is based in Boulder, Colorado.

We knew you would want to share in the joy we all feel, and that you would also feel a big boost of positive energy! Without your love and constant support, we all know that so much of the good that is happening would not be possible.

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FOR Gift Shop orders payable through Master Card or VISA, fold here, staple and mail. All others enclose Order Form and check or money order in an envelope and mail to address below.

Name

Address

City State Zip

First Class Postage

**Shanti Nilaya**
**P.O. Box 2396**
**Escondido, CA 92025**

# SHANTI NILAYA GIFT SHOP ORDER FORM

| **Books and Booklets** *Autographed by Elisabeth | QUANTITY ORDERED | TOTAL AMOUNT |
|---|---|---|
| *ON DEATH AND DYING, by Elisabeth Kubler-Ross, M.D., $2.95 | | |
| *QUESTIONS AND ANSWERS ON DEATH AND DYING, by Elisabeth Kubler-Ross, M.D., $2.45 | | |
| *DEATH, THE FINAL STAGE OF GROWTH, by Elisabeth Kubler-Ross, M.D., $9.95 (Paperback $2.95) (specify) | | |
| *TO LIVE UNTIL WE SAY GOODBYE, by Elisabeth Kubler-Ross, M.D., with photos by Mal Warshaw, $12.95 (Paperback $5.95) (specify) | | |
| *LIVING WITH DEATH AND DYING, by Elisabeth Kubler-Ross, M.D., $10.95 | | |
| "Letter to a Child with Cancer" (the Dougy Book), by Elisabeth Kubler-Ross, M.D., 1-10 copies $2.95 ea.; 11-24 copies $2.50 ea.; 25 or more $2.00 ea.; (postage and handling included) | | |
| THE QUIET MIND (a White Eagle Book), $3.30 | | |
| I, MONTY, by Marcus Bach, $8.95 | | |
| THERE IS A RAINBOW BEHIND EVERY DARK CLOUD, (by Center for Attitudinal Healing), $5.95 | | |
| **Cassette Tapes, Videotapes and other favorite Gift Shop Items** | | |
| **Tape #4 - ELISABETH KUBLER-ROSS TALKS TO HIGH SCHOOL STUDENTS,** by Elisabeth Kubler-Ross, M.D. Elisabeth talks with teenagers about the quality of life; how to live more fully and with fewer anxieties about life and death. 60 minutes, $7.95 | | |
| **Tape #7 - THE SANTA BARBARA LECTURE 1981,** by Elisabeth Kubler-Ross, M.D. Illustrates the importance of unconditional vs. conditional love, with practical examples for the enhancement of life. 60 minutes, $7.95 | | |
| **Videotape - ELISABETH KUBLER-ROSS: A DIALOGUE WITH HIGH SCHOOL STUDENTS,** Elisabeth speaks to students at a high school on suicide, family relationships, and the meaning of unconditional love. A dynamic, important document (Specify BETA or VHS). Part I, 60 minutes, $75.00; Part II, 60 minutes, $75.00 (specify) | | |
| Tape A - OCEAN, flute by Larkin, $7.95 | | |
| Tape B - WHEREVER YOU GO, by Brothers of the Weston Priory, $6.95 | | |
| 1981 SHANTI NILAYA CALENDARS, $1.50 | | |
| RED STAINED GLASS HEART, $5.00 | | |
| RUBBER HOSES, $5.00 | | |

___I enclose my check or money order payable in U.S. funds to SHANTI NILAYA

___Please charge purchase to my:

___MasterCard ___VISA; Exp. Date _____

Account # _____

_____
Authorized Signature

TOTAL FOR MERCHANDISE _____

6% sales tax, CA residents only _____

POSTAGE & HANDLING ($2 each book or tape, $1 each other item) _____

GRAND TOTAL _____

(Check one) If the amount enclosed exceeds the total cost please ___ accept as donation/___ refund to me.
(Please allow four to eight weeks for delivery.)

**Shanti Nilaya • P.O. Box 2396 • Escondido, California 92025**

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