SHANTI NILAYA NEWSLETTER
NUMBER 14, MARCH 1983



SPRING IS COMING EVERYWHERE!

Hello, everybody,

Spring is around the corner and all my flowers and vegetables are coming up after the heavy rainfalls here in California. **But spring is not only coming in my garden. It is coming to and through Shanti Nilaya everywhere** I have been since the beginning of the year.

It started with a visit to Hawaii at the beginning of the year, and what was supposed to be a leisurely visit turned out to be one of the busiest and most rewarding trips I have ever taken. First we were to have a big meeting in Honolulu for old friends and supporters, generously organized by Donna and Tom Fisher. But **before I could hug half the people** who came from different islands, I was surrounded by faces I had never seen before. There was the couple who had lost their 16 month old baby a few days earlier and had escaped to Hawaii to recover from the shock. As they walked into the Hilton, they became aware of my presence, and we had a wonderful talk and a more private meeting the next day in the Children's Hospital. I saw so many patients and bereaved families that evening that there was very little time left for socializing. But then **we believe in divine manipulation, and we are sure those people were sent for a purpose.**

After a good talk show the next day we went to the Children's Hospital, one of the best and loveliest places I have seen in a long time. **The staff was absolutely superb.** They spoiled me with the best oriental buffet I have seen in a long time. Although I saw many terminally ill children, I ate in between visits. One of the nurses remarked afterwards, "I don't know how she can stay so slim, the way she eats all the time!" It is true that I went into every interview with my mouth stuffed, and **I saw children of Samoan, Hawaiian and Japanese backgrounds, each of them telling their own story. We videotaped the visits and hope to make more teaching tapes available soon.**

I was so excited to find a really loving, caring place for these children, who symbolically represent all the races of the world, that I said, **"If you are ready to start a children's center here in Honolulu tonight, I will be ready!"** I say those things impulsively, but I mean them. At 1:30 AM we got the board together, and we sent notes out to friends to find an appropriate place to get started. We not only wish to help terminally ill children but also other youngsters in need — like little ones whose parents are in jail and who have no one with whom to share their problems, guilt, fear and shame. When the chronically handicapped, the terminally ill children and their siblings talk to these little ones, they soon understand that for some children the windstorms of life start early. **But they are not alone. Those are the children who, when they are grownups, will continue our work. We will then be proud to say we planted the seeds early.**

The next day I spent behind bars in the Oahu Prison, talking to the staff and visiting a very depressed medical ward, where much support is needed to help inmates and guards. In the Maui Prison, where I spent the next day, we not only have a screaming room, but also a brand new vegetable garden so the prisoners can learn gardening to support their families after their discharge.

During the Tuesday night Shanti Nilaya group meeting one of our favorite men shared with the group what it would be like to go before the judge the next day. He had been waiting for this day for over a year. Finally he came to the conclusion that it did not matter so much how many years he would get behind bars, but the fact that **he had experienced unconditional love in our group for the first time in his life and that he felt a free man now**, whether he would be freed the next day or end up in prison for another ten years. I think all the inmates and all of us Shanti Nilaya people had tears in our eyes. The prisoners sang for me for over an hour, and I only realized later on that they wrote these songs themselves. **A tape about this project and their singing will be available through Shanti Nilaya**, and all benefits from those sales will go to Shanti Nilaya/Maui. (We finally got them a little office and telephone answering service, before poor Bobbi goes bananas!)

Our friend then shared with the group how his father used to hang him by his hands on a laundry cord, beating him till he bled. The father then rubbed Hawaiian salt into his wounds. No one ever came to his rescue in spite of this almost daily

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torture until he ran away from home at age 12. He was caught and ended up in a reform school, where the tortures were continued daily by a friend of his father, who was in charge. He received beatings before breakfast until he was twenty, a bitter man who stole and became the Robin Hood of Hawaii. Whatever he stole, he passed along to the needy, but he was soon caught and spent much time in jail. This time he had worked on himself through our group and was determined that there were better ways to help the poor and beaten children. **And the miracle happened!** A judge who a year before had no faith in him and would have preferred to put him behind bars for the rest of his life, **freed him into the custody of Shanti Nilaya** to help other youngsters to share their early traumas and prevent them from ending up in prison. **God, did we celebrate!**

Bobbi and I went to pick him up and were surprised to find him in the waiting room of the correctional institution **with his three year old son, waiting to give us the pleasure of sharing his first hour of freedom.** We were told his wife went to play golf! A wonderful lesson for us to include the wives in a group so they can share in the growth and can help each other. After a brief visit to the beach they took me to the airport, where I sat back in awe and wonderment about my all too brief "holiday in Hawaii." **I saw 26 terminally ill children, a young man with cancer and a new AIDS victim in housecalls. We started Shanti Nilaya/Honolulu and a children's center and had our first wonderful results of our Maui prison work — all in four days!** Isn't life beautiful when we stop worrying and planning about tomorrows?

Our Vietnam project is going equally wonderful with Sandy's and Shiela's help. We hope we will be able to reduce the suicide rate of those men and women who returned to heal their emotional and physical wounds so they can work toward peace and understanding among people of all nations. **There is so much work to be done, but SPRING IS COMING EVERYWHERE!**

My four weeks in Holland and Switzerland were hectic but gratifying. I shall tell more about that in a later issue. Suffice it to say, we have an **official Shanti Nilaya/Switzerland**, and I am terribly proud of our friends in Europe who work very hard to make this dream come true. Especially **my sister, Eva Bacher and her very patient husband, Peter, need to be congratulated** as their phone rings day and night and her table looks almost as bad as mine, covered with mail and requests for workshops and lectures from all over Europe.

Our European workshops in both Switzerlannd and Austria (May, June and December) are filled, and we are **in the process of adding new training workshops in Europe** to prepare more staff for multi-lingual workshops, as the French and Belgians have been neglected and need our help too. So if **any of you have attended one** of my workshops **and speak two or more languages** fluently and are ready for this hard but most rewarding work, let us know and we will put you on our list (Letters have to be written: "Attention Sheila, Training Workshop in Europe").

Have a blessed and wonderful Easter and **rejoice with us that the seeds we have planted for 20 years are sprouting and blooming** on many continents. If you know of any well-to-do people, **tell them we are a non-profit corporation and need help** in order to reach in many corners of sadness and despair. **Let us all share in his special springtime.**

With love and blessings,

Elisabeth



ABOUT SHANTI NILAYA

Shanti Nilaya (sanskrit for "Home of Peace") is a non-profit, non-sectarian organization dealing with the promotion of psychological, physical and spiritual healing of children and adults through the practice of unconditional love.

Founded by Elisabeth Kubler-Ross, M.D. in 1977, Shanti Nilaya is the "home" through which Dr. Ross conducts five-day, live-in workshops in "Life, Death and Transition" all over the world. Shanti Nilaya is also homebase for training programs in the externalization process; for coordinating lectures and seminars; and for the growing mail-order handling of literature and other items supporting the work of Elisabeth and Shanti Nilaya.

Groups of supporters called Friends of Shanti Nilaya exist in many parts of the United States and the rest of the world. The Shanti Nilaya newsletter informs friends of Shanti Nilaya's work and activities throughout the world.

SHANTI NILAYA PROJECTS

VIETNAM VETERAN PROJECT

Shanti Nilaya representatives gave a presentation titled "Living More Fully Through Grief Work" to staff from Western U.S. Vietnam Veteran Outreach Centers at a conference in San Diego last month. Participants from 30 out of 100 V.A. Vet Centers attended the presentations given by Sheila Hill, Shanti Nilaya Workshop and Training Coordinator; Alexandra Teguis, on sabbatical from Manchester Community College in Connecticut to Shanti Nilaya; and Bob Johnstone, an Attorney from Oregon and ex-Marine combat veteran. Supporting the presentations were Jane Ferraro, Shanti Nilaya facilitator-in-training, and Bob's wife, Julie Johnstone.

The Shanti Nilaya staff were very encouraged by the interest in their grief work program. The value of grief work as directed toward the special needs of combat veterans was clearly demonstrated. The men and women in attendance showed themselves to be a concerned, powerful and positive leadership force in our society.

Veterans from the Vietnam war have literally taken the **experience of "hell" and "holocaust"** and have converted it into positive energy for social change. They are making us aware that Vietnam, its aftermath and the delayed traumatic stress syndrome (which approximately 800,000 experience) is not merely a problem of the veteran, but a challenge to all of us to remember the lessons of Vietnam.

Shanti Nilaya's proposal addresses 1) the need for "burn-out" prevention in the Vietnam Vet Centers, and 2) the need for more information and skills — such as the externalization process — to assist clients in working through heavy grief/loss issues.

Our thanks to Mr. Shad Meshad, Regional Coordinator of the Vietnam Veterans Outreach Program, and the many Vet Center staff members for providing us the opportunity to reach people who can make a difference. We are hoping to give our presentation again at the East Coast Region Conference for Vietnam Veteran Outreach Center Staff in mid-May.

Working on the Vet Project, Shanti Nilaya became aware of the need to network resources, time and money to a greater extent. Although we have accomplished much to date with limited funding, there still exists an appalling suicide statistic (59,000 men and women — all viet vets). **There is a desperate need for continued financing and support for our proposal and work.**

For further information please contact
Shanti Nilaya

TRAINING PROGRAMS IN THE EXTERNALIZATION PROCESS

We have just completed a series of four training workshops, California last September, Chicago and Maryland in January, and Alaska last February. These weekends went very, very well and we are pleased and honored to see the new energy and dedication contributed by the trainees to this program.

A special thank you to the contact people who organized these workshops: Subhana (Escondido, California), Shanti Nilaya-California, Lois Thompson (Elk Grove Village, Illinois), Friends of Shanti Nilaya-Chicago, Shep Jeffreys (Columbia, Maryland), Susan Lahaie (Anchorage, Alaska), and Friends of Shanti Nilaya-Anchorage.

We have appreciated all feedback and suggestions. There are two things that seem to be true for almost everyone who has taken the training; there is a need for more opportunities to work on personal growth issues using the process of externalization, and there is a need for more opportunities for facilitators in training to get their practicum experience. Shanti Nilaya is making every effort to meet these needs.

We are also finding that there is too much material given in the one weekend, that there is enough to learn to make up two training weekends. For that reason **we are creating a Training II workshop.**

The Training II workshop will be a follow-up to the beginning training (Training I). It will be organized differently, giving more time for growth work and experience. More time will be devoted to the cognitive correlation of the personal work that is done (on an individual basis). Also, we will spend more time in discussion with trainees regarding ideas, plans and possible problems encountered in the establishment of screaming rooms and mutual support groups in their own communities.

We thank all trainees, training staff and interested persons for their input into this program. It is a new program; it is evolving. It is Shanti Nilaya's goal to help others learn the externalization process. For everyone, the first step is to get in touch with the "Hitler" within oneself. In many ways, one's own "Hitler", or the negativity and pain of repressed emotions, is potentially the greatest teacher, and one's own personal growth work is the most valuable learning experience.

We now have requests to schedule the following training weekends:

Southern California	— Training I (Beginning)
Honolulu, Hawaii	— Training I (Beginning)
Boston area, Mass.	— Training I (Beginning)
California	— Training II (Advanced)
Chicago, Illinois	— Training II (Advanced)
East Coast	— Training II (Advanced)

A schedule for the above workshops will be created as soon as possible. This schedule will be sent out to all those who have inquired. For anyone who is interested in this training program, but who has not yet been in touch, please let us know and information will be sent as soon as it is available. Write to Sheila Hill, Training Program Coordinator.

We thank you all for your patience with this new program, your interest and enthusiasm, friendship and support, and your commitment and love. And we especially thank the training program staff: Jack Toomey, Rosalie Monteleone, Sharon Tobin and Sheila Hill.

SHANTI NILAYA PROJECTS

CHILDRENS WORKSHOPS

Two childrens workshops will be offered this year. The first will be Saturday, **May 14, 1983 from 9:00 a.m. to 4:30 p.m.** The workshop will be held in North Hollywood, CA. The **maximum number** of children that can attend **is fifteen**. The ages of the children for the workshop is **7 through 11 years**. Fee for the one day workshop is **$100**.

The second Childrens Workshop will be offered on June 18, 1983 in the Chicago, Illinois area. The workshops will be conducted by Elisabeth. Children may be registered through Shanti Nilaya. Please address registrations to the attention of **CHILDRENS WORKSHOP.**

GOOD NEWS

A recent visit with Ann Daley, John Alexander and Mwalimi Imara at Elisabeth's house ended with a happy note. Not only was a children's center started in Honolulu as a result of the visit. But Ann's longstanding dream to start the **Children's Hospice International** was realized. Board Members include Elisabeth and Ann and the purpose for the organization is threefold:

1. To support health care agencies that engage in the treatment of terminally ill children and their families.
   This effort stems from the recognition that there are unique circumstances involved in the cases of dying children, which differ significantly from those of adult patients.
   The concept embraces all aspects of treatment and counseling, from time of diagnosis of the patient through posttransitional therapy for bereaved family members.
2. To coordinate support systems for parents and siblings of children experiencing serious illness or those who have encountered the sudden loss of a child through accident or violence.
3. To develop a clearinghouse function so that information can be more readily assimilated and disseminated concerning research, programs, support groups, education and training programs, and to provide for a public relations effort.

SPEAKING BOARDS

A wonderful tool for those paralyzed and unable to speak. Contacts for more information:

USA: Janet and Bill Raven
31 Ilex Drive
Newbury Park, California 91320

EUROPE: Annika Minnberg
Koltrast v.11
S-16137 Bromma,
Sweden

Pia Ringstrand
Norrtullsgat. 53
S-11345 Stockholm
Sweden 08-332828

Eva Bacher
Grenzacherweg 37
4125 Riehen, Basel
Switzerland

I'M NOT OK
YOU'RE NOT OK
& THAT'S OK!

OTHER NEWS

Pledge to Shanti Nilaya Needs Matching Donors

An anonymous donor, in collaboration with some of his friends, has pledged **$3,000 toward the purchase of a badly needed IBM word processor or memory typewriter** depending on how much the readers of the newsletter can contribute. This is a **matching-type** donation. **Contributions should be earmarked "IBM" and sent to Shanti Nilaya.**

MAIL ORDER CONVENIENCE

Anyone with a Mastercard or VISA may call in their orders, straight to our **Mail Order Department** (619) 743-5553 between Monday through Friday, between 9:00 a.m. — 5:00 p.m.

THANK YOU

A special thank you to all our friends who sent in suggestions for t-shirt sayings. The three we chose are as follows: ***"It is better to light one candle. . ." "I'm not O.K., you're not O.K., & that's O.K. . ." "Where there is no love, put love and you will find love. . ."***

BEQUEST GIFTS

From time to time, we are asked how bequests can be made to Shanti Nilaya. Attorneys who prepare wills can draft the form of bequest most suitable for carrying out the donor's wishes. **A donor could leave Shanti Nilaya a sum in dollars, a share of the estate, a portion of income from a trust**, and there are other possibilities. Your own lawyer can advise you on the best way to make such a bequest.

WORKSHOP FEES INCREASE

Beginning with the November 7-11, 1983, "Life, Death and Transition Workshop" in Eastsound Washington, the cost for participants for all "Life, Death and Transition Workshops will be **$550.** This fee change is effective, no matter when the registration is paid. The workshops prior to November 7, 1983 will still be available on a sliding fee scale basis.

1984 CALENDAR ARTIST NEEDED

Shanti Nilaya is looking for an artist to illustrate our Calendar for 1984.

TRANSFORMATION THROUGH RELATIONSHIP

Alan Kubler M.A. and *Maureen Franey Kubler M.A.* are Bay Area therapists working with individuals, couples, families and children. Through couples workshops, parent education classes and individual therapy they look at how we can create self-transformation through expressing our aliveness and revealing our hearts in relationships.

For information call (415) 843-6289.

"It is better to light one candle..."

SPECIAL NOTICE

Elisabeth will only answer urgent mail from patients for the remainder of this year. She will read your notes "In between flights," however. Thank you for your understanding.

CALENDAR OF EVENTS

LIFE, DEATH AND TRANSITION WORKSHOP SCHEDULE

1983

April 11-15	The Nature Place Florissant, Colorado 80816 (303) 748-3475
May 23-27	Agra, Switzerland (near Lugano, in German) contact Eva Bacher Grenzacherweg 37 4125 Riehen/BS Switzerland
May 31-June 4	Innsbruck, Austria Contact Eva Bacher
June 20-24	Villa Redeemer Retreat P.O. Box 6 Glenview, Illinois 60025 (312) 724-0425
July 4-8	Old Mission San Luis Rey Retreat P.O. Box 407 San Luis Rey, California 92068 (619) 757-3659
August	Overseas
August 15-19	Mount Alvernia Retreat House P.O. Box 858 Wappingers Falls, New York 12590 (914) 297-5706
September 12-16	England Contact Margaret Manning
September 19-23	England Contact Margaret Manning 98 Charlton Lane London SE7 England
October 3-7	Mount Alvernia Retreat House P.O. Box 858 Wappingers Falls, New York 12590 (914) 297-5706
November 7-11	The Louis Foundation c/o The Outlook Inn P.O. Box 210 Eastsound, Washington 98245 (206) 376-2581
November 28-December 2	Florida

CORRECTION:

We regret the error in the last newsletter (December, 1982) concerning the dates for the June 1983 "Life, Death and Transition Workshop" scheduled to take place in the Chicago area.

The correct dates are **June 20-24, 1983** Villa Redeemer Retreat, Glenview, Illinois.

WORKSHOPS FILLING FAST

Because there is such a demand for the limited number of spaces in each "Life, Death and Transition Workshop", if you are interested in attending, please **register as early as possible with a deposit** to guarantee a space. Workshops look like they are filling as much as two months ahead.

GREGG FURTH SCHEDULE

Interpretation of Drawing Workshops held by Dr. Gregg Furth has had a great appeal and is attended over the USA, Europe and Canada. The beginner and advanced courses are offered in 1983. For further information please contact Shanti Nilaya.

ELISABETH'S SCHEDULE OF LECTURES

1983

April 6	Lecture in Asheville, North Carolina Mountain Area Health Education Ctr. Contact Hettie L. Garland (704) 258-0881
April 7	Lecture in Macon, Georgia Mercer University Contact Thomas J. Glennon (912) 744-2956
April 8	Lecture in Atlanta, Georgia American Reiki Association Contact Nonie Greene (404) 874-9142
April 11	Lecture in Colorado Springs, Colorado Penrose Hospital Contact Jeanne Katz-Snyder (303) 591-2511 x400
April 15	Lecture in Denver, Colorado Rocky Mountain Women's Institute Contact. Cheryl Bezio-Gorham (303) 753-3378
April 30	Lecture in Boston, Massachusetts Contact Don Schumaker (617) 926-0830
April 30	Lecture in Washington D.C. St. Francis Center (202) 234-5613
May 20	Lecture in Bern, Switzerland Contact Eva Bacher Grenzacherweg 37 4125 Riehn Basel, Switzerland
May 27	Lecture in Lugano, Switzerland Contact Eva Bacher
May 30	Lecture at University of Tubingen, Germany with Hans Kung Contact Eva Bacher
June 19	Chicago Shanti Nilaya Benefit Contact Lois Thompson Friends of Shanti Nilaya/Chicago (312) 437-4489
June 24	Lecture in Greenbay, Wisconsin Bellin Memorial Hospital Contact Mary Lou Strodthoff (414) 468-3500
June 25	Lecture in Alton, Illinois St. Joseph's Hospital Contact Paula Nicolet (618) 654-7421
July 10	Lecture in Tucson, Arizona Contact Susan Moffett (602) 744-2633
August 28-September 2	Transpersonal Psychology Meeting in Switzerland with the Dahlai Lama International Transpersonal Association Contact Cecil E. Burney (619) 295-4778
October 8	Lecture in Boston, Massachusetts Interface Foundation, Inc. Contact Rose Thorn (617) 964-0500
October 15	Lecture at Center for Neurologic Study, San Diego Contact Marjorie Fox (619) 455-5463
November 4	Benefit with Jerry Jampolsky at Marin, California Contact Steve Barclay (415) 485-9319
November 11	Lecture in Spokane, Washington Spokane Falls Community College Contact Ron Johnston (509) 456-2830
November 12	Benefit in Corvallis, Oregon Friends of Shanti Nilaya/Oregon Contact Jan Hare (503) 752-7359
November 13	Lecture in Coos Bay, Oregon Contact Hugh & Ruth Harrison (503) 756-1750
November 26	Florida lecture (tentative)
December 3	Florida lecture (tentative)



NEW . . . NEW . . . NEW . . . NEW . . . NEW . . . NEW . . . NEW . . . NEW . . . NEW . . . NEW . . . NEW . . .

Elisabeth's new and wonderful book on **CHILDREN AND DEATH** should be out by **Fall of 1983.** From the looks of the manuscript and the galley-proofs, it will be the best ever.

FRIENDS OF SHANTI NILAYA

Here is a list of: a) other Shanti Nilaya contacts, and b) people interested in starting "Friends of Shanti Nilaya" groups. For more information, contact the person in your area.

Existing Groups

California
Los Angeles Area
Phyllis Siegel
1917 Baxter Street
Los Angeles, California 90039
(213) 661-9464

Connecticut
Donna Yanofsky
Friends of Shanti Nilaya/
Greater Hartford
138 Wolcott Hill Rd.
Wethersfield, Connecticut 06109
(203) 563-0137

Hawaii
Shelby Parker
3015 Kalakaua Avenue #401
Honolulu, Hawaii 96815
(808) 923-8278

Bobbi Leone
Friends of Shanti Nilaya/Maui
P.O. Box F
Paia, Maui, Hawaii 96779
(808) 572-8935

Illinois
Dave & Lois Thompson
Friends of Shanti Nilaya/Chicago
561 Dogwood Trail
Elk Grove Village, Illinois 60007
(312) 437-4489

Maryland
Bill Griswold
Friends of Shanti Nilaya/Maryland
P.O. Box 269
Arnold, Maryland 21021
(301) 974-4224

New York
Ginger Sendor
Cathy Fanelow
P.O. Box 313
Westbury, New York 11590

Oregon
Jan Hare
Friends of Shanti Nilaya/
Willamette Valley
1608 NW 23rd St.
Corvallis, Oregon 97330
(503) 752-7359

Puerto Rico
Angel Diaz-Montanez
D-12 Grant St.
Parkville
Guaynabo, Puerto Rico 00657

Forming Groups

Alaska
Susan Lahaie
8610 E. 17th Avenue
Anchorage, Alaska 99504
(907) 338-0706

Pat Symonds
6601 Chevigny
Anchorage, Alaska 99502
(907) 234-1638

Forming Groups

Alaska

Candy Gleason
Box 1551
Nome, Alaska 99762

Arizona
Mary Lamm
1421 N. Palo Verde
Tucson, Arizona 85716
(602) 881-0676

Arizona
Nancy Sullivan
2310 N. Madelyn Circle
Tucson, Arizona 85712
(602) 325-1131

California
Barbara Baylson
c/o Shanti Nilaya
P.O. Box 2396
Escondido, California 92025

Carol Kearns
1 Byron Circle
Mill Valley, California 94941
(415) 383-7182

Valerie Robinson
6625 Green Meadow Drive
Santa Rosa, California 95405
(707) 539-1240

San Francisco Bay Area — Berkeley
Jack Toomey
715 Ferry Street
Martinez, California 94553
(415) 228-9545

Canada
Gwen Brown
18 Triton Bay
Winnipeg, Manitoba
Canada, R2M 2E9
(204) 253-1967

Sandra Mato
208 Point McKay Terrace, NW
Calgary, Alberta
Canada T3B 4V6
(403) 270-3499

Florida
Tom Saunders
335 Knowles Avenue
Winter Park, Florida 32789

Massachusetts
Gina Glicklich
64 Brington Road
Brookline, Massachusetts 02146
(617) 566-1873

Michigan
Sue Sweeney
P.O. Box 1156
Royal Oak, Michigan 48067
(313) 547-6713

Kath Housler
602 N Center Street
Royal Oak, Michigan 48067
(313) 547-6713

New York
Hilda Dunne
198 Jay Street
Albany, New York 12210
(518) 436-0620

New York/Willsville
Bonnie Hallett
(716) 593-3291

Texas/Houston
Ernest Schonfeld
(713) 488-3311

Jeri Willen
(713) 444-5817

Overseas Groups

Australia
Rita Ward
Shanti Nilaya/Australia
58 Sailors Bay Rd.
Northridge, 2063
Sydney, Australia

England
Margaret Manning
98 Charlton Lane
London, SE7
England

Finland
Leena Laitinen
Eerikinkatu #44
1800180 Helsinki 18
Finland

Holland
Danielle Slors
Shanti Nilaya/Holland
De Houtmanstraat 24
6826 PJ Arnham
The Netherlands
085-617098 (aft. 6 pm)

Sweden
Pia Ringstrand
Norrtullsg. 53
S-11345 Stockholm
Sweden 08-332828

Switzerland / Germany
Eva Bacher
Shanti Nilaya/Switzerland
Grenzacherweg 37
4125 Riehen, Basel
Switzerland

"Where there is no love, put love, and you will find love."

Friends of Shanti Nilaya

Friends of Shanti Nilaya/Chicago

. . . In our second year of growth, we continue to provide assistance and support to people experiencing grief or loss and to people facing a life crisis.

Our Mutual Support Group meets every Tuesday at 7 p.m. in Elk Grove Village and occasionally on Sunday afternoon in Chicago. It is a safe, loving place to share personal feelings with people who understand and care.

We are helping organize a special support group for families having a loved one with a brain tumor or a brain injury. Recognizing the needs of these families, Children's Memorial Hospital in Chicago has offered to help us. We hope that one of the hospitals in the northwest suburbs will be interested in making this a combined effort. Providing a meeting place in both Chicago and suburbs would make attendance easier for these families. If you know anyone who needs this special support group, please contact us.

At the LDT Reunion here last June, some of us made a commitment to Elisabeth to establish a screaming room in the Chicago area. We took the first step toward that commitment by attending a training workshop in the externalization process. We have taken the next step by establishing a portable, part-time screaming room, staffed by trained members of Shanti Nilaya/Chicago. It will have two locations — one in Elk Grove Village and another in Chicago, making it accessible to more people who need help. The screaming room will be open a few hours at a time and available by appointment only. It's a beginning!

In April we will host a Saturday Grief Workshop for Jr. High and High School Kids, to help them learn how to cope with all the losses in life-death, divorce, friends, etc. This one day workshop will include teachers, counselors and other people wishing to work with kids in this way by establishing support groups in schools, churches, 9 a.m. to 9 p.m. Minimal fee.

We will be showing Elisabeth's videotapes, "Nothing Final" and "Life, Death and the Dying Patient" at various times in the future. Contact us for the schedule.

We hosted a Weekend Training Workshop in the Externalization Process Jan. 14-16. 17 people attended this important training session and there was a waiting list. We will plan another workshop if there is a need. Let us know if you are interested.

Our Life, Death and Transition Workshop will be June 20-24 at Villa Redeemer Retreat House, Glenview, IL.

Elisabeth will give a lecture in the Chicago area on June 19. Location will be confirmed in the next few weeks. Mark this evening on your calendar.

We welcome you to share in our lives and our work. In all that we do we hope our love shines through.
Dave and Lois Thompson

From Friends of Shanti Nilaya/Oregon

. . . Shanti Nilaya/Oregon is still small, but always busy. We are currently offering services in the Corvallis, Albany, Lebanon and Sweet Home areas.

The greatest need we saw in this valley was community education and that has become our main focus. The services we are providing now include community referrals for patients and families, interpretation of spontaneous drawings, home and hospital visits to offer support to patients and patient families, a lending library, and teaching tapes and videotapes which we offer on a sliding scale fee to organizations and free to patients and patient families.

Projects in planning are a November '83 lecture for Elisabeth, a nursing staff inservice, and an on-call service for a child or classroom dealing with death or medical crisis. Our most urgent need is for people who would like to help in the planning and writing of the latter two projects.

Our warmest wishes to all of you.
Jan Hare and Marcella Brady

SPRING IS COMING EVERYWHERE!

From Friends of Shanti Nilaya/Maryland

During 1982, Friends of Shanti Nilaya/Maryland sponsored a benefit lecture by Elisabeth for Shanti Nilaya, an educational lecture by Jerry Jampolsky, two Introduction To Spontaneous Drawings Workshops led by Gregg Furth; participated as an exhibitor in the National Hospice Organization Annual Symposium in Washington, D.C.; and conducted free weekly mutual support group meetings in Annapolis, Maryland.

Plans for 1983 include:

- *Two Introduction to Spontaneous Drawings Workshops led by Gregg Furth in Annapolis, MD and Bethany Beach, Del.*
- *One Advanced Drawing Interpretation (Fairytales) Workshop*
- *Weekend Mutual Support and Renewal workshops at selected retreat centers in the mid-Atlantic coast area (July 8-10 and October or November)*
- *Free weekly mutual support group meetings in Annapolis, Maryland*
- *Participation as an exhibitor at the 1983 NHO Annual Symposium in Minneapolis*
- *Free quarterly potluck/drawing interpretation evenings for Gregg Furth workshop alumni.*

Bill Griswold

From Friends of Shanti Nilaya/Boston

. . . We are now a very special group. We meet every Tuesday from 8-10 p.m. At the present we function as a Mutual Support Group for ourselves. We can set up other evening and times as others need and let us know. We plan a Training Workshop at the end of October, 1983. And we are talking about a Children's Workshop. If you know of any children between the ages of 7 and 14, please let us know. We will try to bring Elisabeth to our area. Our group members are also board members: Marilyn Brier, Anne Kronenberg, Bob Feerick, Lee Nott, Don Hackett and Stephen Wieder and Gena Glicklich. We have not incorporated yet and would like information from others as to how they are doing. Our love to all of you.
Gena Glicklich and Friends

Friends of Shanti Nilaya

From Friends of Shanti Nilaya/Alaska

. . . Friends of Shanti Nilaya/Anchorage has graduated from a 'forming group' to an 'existing group'!

Many of our members, along with friends from California, Hawaii, Canada, and other parts of Alaska recently completed the week-end Training Workshop here which was a tremendous experience in love and growth for us all.

Gregg Furth will be giving his Interpretation of Spontaneous Drawings Workshop here July 25-29, which many of us are looking forward to.

Our group is presently meeting twice a month and we are now in the process of finding a 'safe place' for our mutual support group. We've also got lots of ideas for future projects which we hope to narrow down and begin moving with soon.

We'd love to have you join us.

Pat Symonds and Susan Lahaie

From Friends of Shanti Nilaya /England

Margaret Manning, Hilda Eccles, and a group of helpers have worked very hard to get the first England workshops going in early fall. Elisabeth's books are finally a bit more easily available and the BBC film, "Nothing Final" has been shown on several occasions. After the workshops, we hope to have enough volunteers to do the actual Shanti Nilaya work in Britain and until then, Margaret deserves more moral support and practical help so that she does not have to carry the load single-handedly. All the assistance, time and energy as well as the financial and moral support is appreciated.

From Friends of Shanti Nilaya /Los Angeles

Friends of Shanti Nilaya — Los Angeles is growing steadily and happily. We have our non-profit status, a bank account and a tiny nest-egg. We need all the friends we can get to help us grow. We meet regularly on the second Friday of each month. We need your help to build a loving Shanti in Los Angeles. Call Ted Siminoski or Phyllis Siegal for details.

Ted Siminoski

From Friends of Shanti Nilaya/Holland

. . . What is going on in the Netherlands:

We had two L.D.T. workshops early last year and three workshops with Gregg Furth. All a great success! As Friends of Shanti Nilaya/Holland, we act as intermediaries between those who need help (either for themselves or for others), and those who have offered to give help (individuals or organizations). We sometimes even give help abroad! We had the Dougy Letter in the 3 languages for Europe. We give information about the workshops and Elisabeth's work in general. A Shanti Nilaya "passport" was designed by us which can serve as a means for all Shanti Nilaya sponsors in the world to feel more connected. The introduction of this passport for sponsors (either participants or non-participants) is a great success in Holland and we have a feeling that it serves the purpose we have in mind. We hope it will be as successful in other countries.

Friends of Shanti Nilaya/Holland

From Friends of Shanti Nilaya /Sweden and Finland

After the workshop in Finland and Sweden, many seeds began to sprout. The speakingboard has been passed around to many needy families who have a paralysed patient and is unable to speak. One of our workshop participants who has had cancer herself and has probably done more work than anyone in and after the Finland workshop has since talked to many groups in hospitals and private homes and has been very well received. Swedish participants have met since the workshop and are in the process of getting incorporated. They plan to join forces again with all the other Scandinavian groups to get the Norway-September, 1984 workshop filled and add a few local lectures to make more people aware of the work in the Northern parts of Europe. Very special thanks is deserved by Pia for her untiring work; to Grete Ahlberg for getting the work done in Finland; and for Gun Andersson for her wonderful lectures.

A LETTER TO A CHILD WITH CANCER

(THE DOUGY LETTER)

by

Elisabeth Kubler-Ross

Shanti Nilaya has published this letter that I wrote in response to a nine year old boy with cancer who wrote to me and asked three very moving questions:

"What is life? . . .
What is death? . . .
And why do young children have to die?"

I borrowed my daughter's colored pens and printed him a little letter in a simple language, illustrating it, and sent it off to him. His response was not only very positive, but needless to say, he was a very proud young man to have a special little picture book from Elisabeth.

He shared it not only with his parents but also with the parents of other dying children.

He has given us permission to have it printed and make it available through Shanti Nilaya to help other children to understand these most important questions.

Elisabeth

A LETTER TO A CHILD WITH CANCER by Elisabeth Kubler-Ross is available from SHANTI NILAYA. Purchase Prices: 1-10 copies – $2.95 ea; 11-24 copies – $2.50 ea; 25 or more – $2.00 ea; (6% sales tax, CA residents only).

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"Nothing Final"

A 60-minute television documentary about the work of
Dr. Elisabeth Kubler-Ross

Until now Dr. Ross' groundbreaking work could be reviewed in detail only through the reading of her books and papers. Now, for the first time, a videotape has been made of Dr. Ross in actual interaction with dying patients — especially dying children — and their families.

This videotape, titled NOTHING FINAL, was originally produced as a color television documentary for the British Broadcasting Corporation in London. It has since been reproduced on television video cassette for private showing. This footage offers a rare and unusual opportunity to see Dr. Ross putting her own pioneering methods into action. The film is 60 minutes long.

Both educational and informative, NOTHING FINAL, offers fascinating insight and invaluable material for all whose professions place them in helping contact with persons in crisis.

NOTHING FINAL also briefly documents the early life of Elisabeth and presents many "cut-away's" in which Dr. Ross comments on her own work, on the problems faced by patients and families in crisis, and on ways in which we can all be more sensitive to their feelings and needs.

In 1977 Dr. Elisabeth Kubler-Ross founded Shanti Nilaya, a non-profit organization dedicated to the promotion of physical, emotional, intellectual and spirtual health. It seeks to do this through a worldwide program of workshops, lectures, symposiums and programs, as well as a growing library of audio-visual teaching materials. This film has become part of that library.

NOTHING FINAL is available for purchase by groups and individuals. The program is available on home video cassette in either BETA II or VHS format. The purchase price is $225. The order form below may be used to purchase this television program. Please order from SHANTI NILAYA, P.O. Box 2396, Escondido, California 92025, (619) 743-5553.

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BOOKS AND BOOKLETS by Elisabeth

*Autographed by Elisabeth

***On Death and Dying**, by Elisabeth Kubler-Ross, M.D., What the dying have to teach doctors, nurses, clergy and their own families. ($2.95 paperback) $7.95 ..... _____ _____

***Questions and Answers on Death and Dying**, by Elisabeth Kubler-Ross, M.D., 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. $2.45 (paperback) ... _____ _____

***To Live Until We Say Goodbye**, by Elisabeth Kubler-Ross, M.D., This landmark book shows Elisabeth's counseling work with terminally ill patients. Memorable, spontaneous photographs by Mal Warshaw and text by Elisabeth. An intimate, close-up look at helping the dying truly *live* before they die. $12.95 (paperback $5.95) ..... _____ _____

***Living With Death and Dying**, by Elisabeth Kubler-Ross, M.D., Elisabeth and several eminent colleagues answer questions such as: How do children regard death? What "language" do children use in the presence of death? How does the child understand the idea of his or her own death? In the face of death, what are the child's needs for love, reassurance and honesty? $10.95 ..... _____ _____

***Working It Through**, by Elisabeth Kubler-Ross, M.D., The story of the "Life, Death and Transition" workshops, told by Elisabeth and complemented by Mal Warshaw's sensitive and moving photographs. $15.95 ..... _____ _____

Remember the Secret, by Elisabeth Kubler-Ross, M.D., A beautiful children's story about love, caring and loss, illustrated by Heather Preston. $8.95 ..... _____ _____

Letter To A Child With Cancer — The "Dougy Letter" is a booklet written and illustrated by Elisabeth for a child threatened by cancer. 1-10 copies $2.95 ea; 11-24 copies $2.50 ea., 25 or more $2.00 ea; (postage & handling included) ..... _____ _____

Death, The Final State of Growth, by Elisabeth Kubler-Ross, M.D., Why do we treat death as a taboo? What are the sources of our fears? How do we express our grief and accept the death of a person close to us? How can we prepare for our own death? These and other questions are answered by Elisabeth and others from a spectrum of viewpoints. $2.95 (paperback) _____ _____

OTHER INTERESTING BOOKS

Quest, by Derek Gill, a biography of Elisabeth Kubler-Ross, M.D., her early years. $11.95 (paperback $3.95) ..... _____ _____

The Quiet Mind (a White Eagle Book), comes in response to many requests for a collection of White Eagle's 'sayings' chosen to give guidance and help with problems and experiences of every day. $3.50 ..... _____ _____

Prayer In the New Age (a White Eagle Book), Aspirational prayers of the spirit teacher White Eagle, to raise the consciousness for meditations, to bring peace to the mind and emotions, and for healing. White Eagle's teaching on prayer is included. $3.95 ..... _____ _____

Born To Live, by Gladys T. McGary, M.D., explores a New Age approach to childbirth, one which takes into account the spiritual as well as the physical needs of pregnancy and birth. Gladys McGary brings to the process of childbirth the same insights and humanistic practices as Elisabeth brought to the passage of the dying. $5.95 (paperback) ..... _____ _____

I, Monty, by Marcus Bach. Monty is a caterpillar. More correctly, Monty is a butterfly. To be perfectly correct, Monty is You. IN THE STORY OF MONTY, author Marcus Bach takes us on an extraordinary adventure into our own secret vision of life. $8.95 ..... _____ _____

Other Interesting Books (continued)

There Is a Rainbow Behind Every Dark Cloud, by Center for Attitudinal Healing. The children write "This is a book written for children like us who have gotten sick with cancer, leukemia, and other sicknesses where you are scared you might die. We hope that writing this small book will help you gain through sharing our experiences." $5.95 _____ _____

Children as Teachers of Peace, by Center for Attitudinal Healing. Written by children, giving their view of what peace is. $7.95 _____ _____

Another Look at the Rainbow — Straight from the siblings. Written by and for children who have brothers and sisters with a life-threatening illness. This is also by Center for Attitudinal Healing. $7.95 _____ _____

The Art of Aging, by Evelyn Mandel. The author invites us to grow together, while learning ways of staying healthy, through diet, breathing, yoga, meditation and much more. Contains a chapter by Elisabeth. $8.95 _____ _____

As a Man Thinketh, by James Allen. The author's object is to stimulate men and women to the discovery and perception of the truth that — "They themselves are makers of themselves." $1.50 _____ _____

Ano, Ano the Seed, by Kristin Zambucka. The history of the Hawaiians, their culture, and the introduction of Christianity into their culture. The author offers this book as a tribute, firstly to the Hawaiians and secondly to mankind's endless quest for meaning. $9.50 (paperback) _____ _____

Love Is Letting Go of Fear, by Gerald G. Jampolsky, M.D. — Dr. Jampolsky shares his story of how the "Mini-Course in Miracles" has helped him in his life, plus more. $5.95 (paperback) _____ _____

CASSETTE TAPES

TAPE #1 — **Life, Death and Life After Death** — The basic teaching tape by Elisabeth Kubler-Ross, M.D., 60 minutes $8.00 _____ _____

TAPE #4 — **Elisabeth Kubler-Ross Talks to High School Students** — Elisabeth talks with teenagers about the quality of life, how to live more fully and with fewer anxieties about life and death. 60 minutes $8.00 _____ _____

TAPE #7 — **The Santa Barbara Lecture** — 1981, on location recording of a lecture by Elisabeth centering on the importance of unconditional love, with practical examples for the enhancement of life. 60 minutes $8.00 _____ _____

TAPE #9 — **The Healing in Our Times Conference Lecture**, by Elisabeth Kubler-Ross, M.D., October 22, 1982, at the Shoreham Hotel in Washington, D.C. 90 minutes $9.00 _____ _____

TAPE #10 — **The Maui Prison Tape**, Elisabeth & Bobbi Leone of Shanti Nilaya/Maui discuss the Maui Prison Project. Intercut with prisoners' spiritual songs. A moving and inspiring testimonial. 60 minutes. $8.00 _____ _____

VIDEO TAPES (Beta II or VHS format only)

Elisabeth Kubler-Ross: Life, Death and the Dying Patient — Part I: An interview given in 1982 at the University of Washington School of Medicine. (Please specify Beta II or VHS format). 60 minutes, $85.00, Format _____ _____ _____

Elisabeth Kubler-Ross: Life, Death and the Dying Patient — Part II: Continuation of the University of Washington School of Medicine interview. 60 minutes, $85.00, Format _____ _____ _____

Elisabeth Kubler-Ross Lectures in Hawaii: — Full lecture presentation by Elisabeth running two hours, as presented in Maui on January 31, 1982. (Content is super, but technical quality could be better.) $125.00, Format _____ _____ _____

Video Tapes (Beta II or VHS format only) (continued)

Nothing Final: TV documentary on the life and work of Elisabeth Kubler-Ross, originally produced for the B.B.C. in London. Features rare footage of house calls with dying patients. 60 minutes, $225.00, Format _____ _____ _____

OTHER FAVORITE CASSETTE TAPES

Ocean, beautiful flute music by Larkin, $7.95 _____ _____

Tell It From the Heart, by Gary Lapow, captures the richness of life with humor, warmth and heartfelt wisdom. $7.95 _____ _____

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Carvings in the Canyon, by Barbara Meislin. Barbara performs original compositions inspired in part by Elisabeth's work. $7.95 _____ _____

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That There May Be Bread — Speaks of the brothers' hopes and concerns for today's world charged with music and message. $7.95 _____ _____

Wherever You Go — Used in Elisabeth's workshops, contains a wide spectrum of inspiring melodies. $7.95 _____ _____

Winter's Coming Home — Celebrates the changes of seasons, contains complete Christmas Vespers (psalms, songs, readings.) $7.95 _____ _____

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(Saying on front, Shanti Nilaya emblem on back)

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New T-Shirts (continued)

T-Shirt "B" — "It Is Better To Light One Candle . . ."
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T-Shirt "C" — "I'm Not Okay, & You're Not Okay, And That's Okay"
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