SHANTI NILAYA NEWSLETTER
Number 15, June 1983



A non-profit, non-sectarian organization
dedicated to the enhancement of life and growth
through the practice of Unconditional Love.

Founded by Elisabeth Kubler-Ross, M.D.

GARDENS ARE BLOOMING EVERYWHERE!

June 1983

Dear Shanti Nilaya friends,

I have just returned from four weeks in Europe, done my laundry and repacked again to head back East for a Children's and a "Life, Death and Transition" workshop in my old stamping grounds, Chicago.

Where shall I begin to tell you how many flowers are already blooming all over the world? Shanti Nilaya/Honolulu has incorporated and is ready to get going on our beloved Children's Center there; Bev and Al Chappel have started the Dougy Center and look for funding of the same; Ann Daley has put the Children's Hospice International on its feet in Virginia. All three centers are in the service of needy children so we are literally covered from the farthest West to the farthest East of this country. If things continue to happen as wonderfully as they have, next year we will be able to expand those children's programs across Europe and Australia! If you have funds, toys or games (only complete ones, please), please send them to the children's center of your choice.

Sheila, Sharon and I have done our first Children's Workshop in Los Angeles and have another one coming up in Chicago this weekend. If you know of any troubled youngsters (8-11 years old) who have had a recent death in the family and trouble coping with it, or need to externalize some unnatural emotions, let Sheila know and we will put them on our list. The future Children's Workshops will be done by my helpers, as I try very hard (with only partial success) to do only the things no one else can do – yet. All workshops this year have been overfilled, but we keep on adding a few more, mainly in Europe, where we have a 1-year waiting list. The Swiss, Austrians and Germans have been doing terrific, and everywhere in Europe groups are forming to spread our work and our ideas, to help the terminally ill and to distribute the prescriptions for the pain medication to keep patients comfortable and take them home for their final days. (Invitations are coming from Berlin to lecture there, and some have asked from Eastern Europe, a step in the right direction!)

Two large Swiss newspapers have offered to help put the first Swiss hospice together, and seeds are sprouting everywhere. We will have our first training workshop in Switzerland in December in order to have more assistance abroad, since our staff is not multi-lingual, a great handicap in Europe.

The Friends of Shanti Nilaya/Switzerland are duly incorporated and still have their headquarters in Riehen/BS until they become "rich" enough to afford an office before my brother-in-law is driven out of his house because of the thousands of phone calls coming in all day long. Eva, my sister, has done a tremendous job. Many volunteers have been helping with the modification of the speaking board, which is now available to any interested person who knows of a paralyzed person unable to speak.

There is a good chance that we will be moving back to our old land up on the hills of Escondido! A man who is in the process of buying the land has offered it to us for use as a permanent workshop site for 25 years at the lease rate of one dollar a year. How does that sound? We will be keeping the offices on Orange St. in Escondido but hope to hold all future West Coast workshops up there once the place is remodeled and can accommodate 80 people, all of which is included in this extremely generous offer. If this comes to pass, we will let you know in our next letter, but the news was too good to keep it a secret!

Since we hope to have this West Coast site ready for the coming year, we will also start building an East Coast Shanti Nilaya workshop site on the border of Virginia and West Virginia at the foot of the Shenandoah Mountains! It is the former property of Raymond Moody and includes a frame farmhouse, an over-100-year-old barn, and other outbuildings. Neighbors' cattle are grazing on the meadows, and there is enough forest to build log cabins and go for wonderful, peaceful walks in the hills of Highland County. It looks almost like Switzerland, full of flowers, mountains, cows, sheep and hardworking people. I will be signing the contracts on July 1, and after that all contributions of household goods, woodstoves, bedding and kitchen stuff are welcome. We plan to use this property in the summer for needy children from large cities, who need a few weeks in the country at no cost, to learn some crafts, to enjoy animals and nature, and at the same time to get rid of whatever unfinished business they have, so we don't get them in our workshops a decade or more later! Since this is only a year away, I will ask for help in finding the neediest kids next spring, but you might want to keep this in mind.

Between lectures and workshops and interviews, visiting patients and organizing new workshops for next year, I have been packing any items I can do without. Charlotte, my indefatigable helper, took a truckload of it to Virginia. Clyde, whom some of you already know, has settled down on the farm and with a young volunteer from Holland and, hopefully, a few more soon, has started to plant the vegetable garden, a flowerbed and clean up the many little buildings, which include a chickencoop, root cellar and storage house, all of which will be put to good use once our workshop house is built. Any helpers who have a few weeks off, call us at the office, and we will be most grateful for any form of energy you are willing to share with us.

Did I tell you that my own garden looked like a beautiful jungle when I returned from Europe? Blackberries and strawberries are already made into preserves. Cauliflower, cabbage, beans, and Swisschard are canned, and I'm sorry I don't have a few weeks to enjoy this paradise. My wild cats had quadruplets, so I now have four goats, four sheep, four bunnies and now four more baby cats – proliferating life everywhere!

Erika and Eva, my triplet sisters, are arriving a few days after our joint birthday in July and will spend July here together with my son, all of whom will drive to Virginia for a housewarming to our new Turtle Farm (so named because of the many live turtles who walk around there).

Hope all of you have a wonderful summer wherever you are. Keep us in your thoughts and prayers as we expand our services and hope to keep it in the spirit in which Shanti Nilaya has been founded.

So long, my friends, until we meet again.

Love,

Elisabeth

Elisabeth K. Ross, M.D.



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 home-base 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.

ELISABETH'S SCHEDULE OF LECTURES 1983

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)

LIFE, DEATH AND TRANSITION WORKSHOP SCHEDULE 1983

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 8 Southfield Gardens Twickenham, Middlesex 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	Canterbury Retreat and Conference Center 1601 Alafaya Trail Oviedo, Florida 32765 (305) 365-5571
December 5-9 (Filled)	Mrs. G. Rein Suddeutscher Rundfunk Postfach 837 7000 Stuttgart 1
December 12-16 (Filled)	Palazzo di Agra Agra, Switzerland (near Lugano)

CHILDREN'S WORKSHOPS

Two very successful children's workshops have been conducted by Elisabeth, Sheila Hill, Sharon Tobin, Lois Thompson, Sally Lackey and the friends of Shanti Nilaya. The first workshop was held in North Hollywood, California on May 14. The second workshop was conducted in Elk Grove Village, Illinois, near Chicago. A third workshop is scheduled for October 9, 1983 at Duxbury, Massachusetts (about 25 miles south of Boston). Fee for each child is $100. Contact Sheila Hill at Shanti Nilaya for further information and registration procedures.



Children's Workshop I – North Hollywood, California

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.

FROM OUR READERS . . .

NEWSLETTERS CAN BE RECYCLED TO THE GARDEN

". . . Also with this issue, I particularly want to congratulate you on your shift to a simple black and white newsprint – no colored inks, no colored papers. This way, out-of-date newsletters can be composted or burned and the ashes used to fertilize a garden with no danger of heavy metal contamination. It is really nice to see a mailing of your magnitude making this fine switch to harmlessness in the great cycle of life."

Sincerely,
Robert M. Harris
Mansfield, MO

ELDERS AND TODDLERS HOMES

If you know of any convalescent homes that have child care and make it possible for the elderly and toddlers to intermingle and support each other, please send us their names and addresses.

PRINCIPLES TO LIVE BY

There have been many requests for some of the *Principles* that are cited by Elisabeth and the participants in the *LDT Workshops.* Perhaps the readers might be interested in sharing some of those principles that have been meaningful in their lives by sending them in for printing in the next issue of the Shanti Nilaya newsletter.

Examples: *"You don't necessarily get what you want but what you need."*

"Keep it simple. Let the Universe handle the details."

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

"Everyone is your teacher – especially those that push your negative buttons. Bless them."

If you have any significant *Principles* to share in the newsletter, send them in an envelope marked *"Principles".*

REGISTRATION FOR THE LIFE, DEATH AND TRANSITION WORKSHOP

Dear Friend,

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

The workshops consist of 70-80 people from a variety of cultural, religious and professional backgrounds, as well as terminally ill patients and parents of dying children. Except for the latter, couples, friends, relatives and co-workers are required to sign up for different workshops as they have a tendency to mutually inhibit each other.

There is no commuting allowed even for people who are local residents since we have to become a group within a very short time. Visitors are allowed only after the workshop has ended.

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

The emphasis of the workshop is on YOU, 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 of your own feelings, memories and issues, the more you will gain from the 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.

I am looking forward to seeing you.

Love, Elisabeth

Elisabeth K. Ross, M.D.

REGISTRATION PROCEDURE:

Beginning November, 1983, the fee for the Life, Death and Transition Workshops is $550. (U.S. Dollars) *for all participants.*

Until November, 1983, the following fee schedule is in effect:

Professionals $650 – Professors, Psychologists, Funeral Directors, Medical Doctors, Attorneys, etc.

Allied Professionals $550 – Nurses, Policemen, Firemen, Clergy, Social Workers, Ambulance Drivers, Paramedics, Teachers, Etc.

All Others $450.

In circumstances of limited financial resources, special consideration can be given to indigent persons. Please contact the LDT workshop coordinator.

The fee includes room and board. It does not include transportation to and from the workshop site.

Return the registration card with your *deposit of $200,* along with your *photograph* and a *stamped, self-addressed envelope.* Be sure to indicate on the registration card your *alternate workshop choice,* if the first-choice date is filled. Also indicate whether you might *wish to be placed on a waiting list,* if selected workshops are filled to capacity.

If there is space available in the workshop of your choice, you will be informed by return mail. The *balance of the workshop fee is due at Shanti Nilaya no later than six weeks prior* to the workshop.

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 Shanti Nilaya,* should indicate the date of the workshop for which you are registering and be sent to the address below.

We request that you *do not include* workshop checks with any personal correspondence you are sending to Dr. Ross.

Please send LDT registration forms, fees and correspondence to:

SHANTI NILAYA
P.O. Box 2396
Escondido, CA 92025
Atten: LDT Workshop

The business office at Shanti Nilaya is open Monday through Friday between the hours of 9 a.m. and 5 p.m. Our phone number is (619) 743-5553.

(see next page for registration form)

WORKSHOP 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.

HOW YOU CAN HELP

Shanti Nilaya is a non-profit organization with a big dream. Each dollar we save is another step toward that dream. Therefore, *we ask that, in the event business must be transacted by phone, you allow us to call you collect.*

CONTINUING EDUCATION INFORMATION

The *"Life, Death and Transition Workshop"*, conducted by Elisabeth K. Ross, M.D., is an Approved Continuing Education Course for Registered Nurses and Nursing Home Administrators.

"Life, Death and Transition" approved by the California Board of Registered Nursing, BRN Provider No. 03764 for 30 Contact Hours, Shanti Nilaya Provider.

"Life, Death and Transition" approved by the Board of Examiners of Nursing Home Administrators for 30 hours of continuing education credit. BENHA #272030-1006, Shanti Nilaya, Provider.



INTENSIVE CARING WORKSHOP

Dr. Michael Appleton and Elisabeth Kubler-Ross, M.D. will be offering a course of training, relearning and rethinking about the roles of the health-care-givers, the new role of physicians and medicine, the care of dying patients and the health care professional. The workshop will be held Friday evening, August 5th through Sunday noon, August 7th.

Fee for the workshop is $325 and includes room and board. It does not include transportation to and from the workshop site. For further information, contact Janet Brucker at Shanti Nilaya.

WORKSHOP ON REBUILDING AND REFOCUSING

An experiential weekend workshop for those who wish to reframe their lives and break free of negative holding patterns. Participants will gain insights into how the mind works on rational and intuitive levels and how the mind uses emotions to perpetuate itself. Through lectures, group and individual processes, participants will learn how to monitor attitudes, thoughts and feelings and move toward the dimension of unconditional love. Saturday and Sunday. Tuition $150. Participants will make their own arrangements for room and board. Conducted by Hal Frank, Ph.D. and the staff of Shanti Nilaya. Prequisite for the *Rebuilding and Refocusing Workshop:* Elisabeth's workshops. For information, dates, locations and applications, contact Shanti Nilaya.

REGISTRATION – LIFE, DEATH AND TRANSITION WORKSHOP

Name (please print) _____ 1st choice Workshop Location _____ Workshop Date _____
Last First

Address _____
street apt. city state zip

Home Phone ( ) _____ ☐ Business Phone ( ) _____ ☐
(please check at which phone number, you would be willing to accept a collect call)

Occupation _____ Date of Birth _____ my Full Fee is $ _____

Enclosed is my check for _____ $200. Non-Refundable Deposit/$ _____ Full Fee. (U.S. Dollars)

Please charge my _____ BankAmericard/Visa _____ Mastercharge

for _____ $200. Non-Refundable Deposit/$ _____ Full Fee.

Card Number _____ Expiration Date _____

Authorized Signature _____ Today's Date _____

Full fee is due six weeks before the workshop.

Please attach a photograph of yourself and a **stamped, self-addressed envelope.**

FOR OFFICE USE ONLY

Date Rec'd: _____

Date Accept: _____

_____ Waiver

_____ Vegetarian/Diet:

_____

_____ Smoking Room

Fee: _____

Paid: _____

_____

_____

_____

Alternate Choice Workshop Location _____ Workshop Date _____

☐ Please accept deposit and place me on waiting list. ☐ If choices are filled, return my deposit/cancel application.

How did you hear about the LDT Workshops? _____

Would you prefer a _____ "non-smoking" sleeping room _____ "smoking"?

Hospitalizations within the past two years for psychiatric reasons? _____

Are you currently in counseling or receiving any psychotherapeutic threatment? _____

Is your therapist aware of and in agreement with your participation in this workshop? _____

Current medications? _____

Do you have special physical needs or require special diet? _____

What are your personal experiences in the area of death and dying and/or losses? _____

_____

Please read, sign and date the form below.

LIFE, DEATH AND TRANSITION WORKSHOP
WAIVER

I understand my participation in this program, its workshops and other related activities is voluntary. It may involve my emotions in a manner which might subject me to emotional distress. I agree to accept such risks and assume the responsibility for emotional distress and/or other effects thereof. Further, I release Shanti Nilaya, Inc., its staff and personnel, and Elisabeth Kubler-Ross, M.D. from all claims made by me or on behalf of me (or my estate) by reason of any illness or damages arising from attendance or participation in the workshop and or related activities. This relase includes the waiver of any responsibility by the above named individuals and/or groups also in the case of negligence.

Date _____
Signature of participant

ALL INFORMATION ON THIS REGISTRATION FORM WILL BE KEPT CONFIDENTIAL

LIFE, DEATH AND TRANSITION WORKSHOPS HOLD AUCTIONS

Those of you who have attended the *"Life, Death and Transition Workshop"* during the last year and a half may have experienced the now famous AUCTION on either Thursday evening or Friday morning. The purpose of the auction is to raise money to offset the workshop expenses in giving reduced rates to persons who cannot afford the full cost of the workshop.

Items that have been sold at the auction are the world-renowned scarves hand-knit by Elisabeth. Scarves come with a label saying "Handmade by Elisabeth K. Ross" which immortalizes them as originals.

The first auction took place at the October 1981 workshop which was held in Ramona, California. Since that time there have been 9 auctions. 40 scarves have been sold. Some workshop groups have organized a raffle, each person donating $1 so that the scarf could go to someone who could not afford a high price. The most expensive scarf sold for $500 at the March 1982 workshop in Oceanside, California.

Other items have also been auctioned. Usually the workshop "hoses" are included, some autographed by Elisabeth and/or all workshop participants. Some hoses have come complete with a brand new phonebook (unused), a box of kleenex and a pack of bandaids. Someone dubbed this arrangement the "rage kit". (Colorado workshop 1983)

The funniest auction items were: a pair of Elisabeth's socks, stolen right off her feet and autographed (they were her favorite pair and she had worn them all week); and a name tag worn by staff assistant Alan Kubler. This name tag received notoriety because in spite of the fact that he wore it all week, workshop participants insisted upon calling him "Howard." This occurance created another *lesson in attentiveness and perception* for all of us. (May 1982 San Juan Bautista, California)

The auctions have been fun and very worthwhile. We will continue to hold them at as many workshops as possible. A grateful THANK YOU to all the auctioneers who have contributed their talents to this event. And a very special word of APPRECIATION and a BIG HUG to all of you who have so generously purchased items, thus donating to our fund. *You have helped tremendously! THANK YOU!!!*

The auction totals to date are: 9 auctions have raised $10,362. And since October, 1981, 121 people have attended through reduced rates (partial or full).

At any time, Shanti Nilaya gratefully accepts donations to assist needy, well-deserving participants in attending the *"Life, Death and Transition Workshops."*

Thank you again, all of you, for your friendship and support of one another.

THE DOUGY CENTER

Located at 2074 S.E. 102nd Ave., Portland, Oregon 97216, The Dougy Center is a place for children who are hurt, angry, confused, feeling lost and forgotten. Following the example of Elisabeth Kubler-Ross, M.D. and Gerald Jampolsky, M.D., the center offers groups that allow children, parents, their families and friends a time to meet with others in similar situations.

Children's and parent's groups meet separately so each group is able to share the unique concerns they have.

The Dougy Center programs are free of charge. Donations and contributions are encouraged and tax deductible. Volunteers for the center are welcome and needed. For further information please contact: Bev Chappell (503) 253-1404 or Bev Fulk (503) 232-5798.

NEVER PRN

"Never PRN" is a term indicating "Never Pain Relief As Needed". Contrary to older concepts of letting pain build to a point of intolerance before relief is offered or suggested, "Never PRN" is keyed to providing real relief to chronic agonizing pain in patients before the onset of pain. This control should be done with a scheduled administration of an analgesic which gives adequate relief for at least three and preferably four or more hours. In the United States, more information on medication and dosage schedules can be obtained from Shanti Nilaya or Roxane Laboratories, Columbus, Ohio 43216. In Switzerland, Never PRN and the Brompton Mixture is available. In Germany and Austria, the Brompton Mixture only is available. For further information in Europe, contact: Dr. Anton Drahne, Heerstrasse 219, 4100 Duisburg, West Germany.

THE "COMPUTER" MATCHING FUNDS/PLEDGES IS GROWING – NEEDS MORE!

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/computer* 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.*

A total of $6,000 is needed to obtain the kind of equipment that will process the mailing list and workshop data as well as provide word-processing capability for our work. A total or $1,731 has been sent in thus far to match the $3,000 already pledged by our anonymous donor(s).

TRAINING PROGRAM IN THE EXTERNALIZATION PROCESS

Those interested in the TRAINING PROGRAM IN THE EXTERNALIZATION PROCESS please contact Shanti Nilaya for imformation and application. Address inquiries to the Training Coordinator.

Requirement for training through Shanti Nilaya is participation in at least one *"Life, Death and Transition Workshop"* conducted by Elisabeth K. Ross, M.D.

The training weekends are live-in, limited to 20 people. The tuition cost is $200, room and board fee is additional and varies with the facility.

Schedule of Training Workshops 1983

July 15-17
Training I — California (near Los Angeles)
location: — St. Andrew's Priory, Valyermo, California
contact: — Shanti Nilaya – Escondido

August 26-28
Training II — California (Los Angeles Area)
location: — Our Lady of Trust Spirituality Center, Fullerton, California
contact: — Shanti Nilaya – Escondido

September 23-25
Training II — Chicago, Illinois
location: — Maria House, Techny, Illinois
contact: — Friends of Shanti Nilaya – Chicago

October 21-23
Training I — Boston, Massachussetts
location: — Camp Wing-Duxbury Stockade, Duxbury, Massachusetts
contact: — Friends of Shanti Nilaya – Boston

November 18-20
Training II — Pennsylvania
location: — Kirkridge Retreat, Bangor, Pennsylvania
contact: — Friends of Shanti Nilaya – Maryland

December 16-18
Training I — Switzerland (in English)
location: — Palazzo di Agra, Agra, Switzerland (near Lugano)
contact: — Friends of Shanti Nilaya – Switzerland

OPPORTUNITY FOR FOLLOW-UP AND PERSONAL GROWTH

Individuals can benefit from the Training Program who are not in the program as trainees. During the experiential day in each **Weekend Training Workshop** (both beginning and advanced) 10 guests are invited who would like to participate for the purpose of working on their own personal issues. This experiential day will involve intensive growth work using the externalization process. The trainees will be the facilitators, supervised by the teachers.

There is no tuition charge for these 10 guests. Costs are room and board only for the time they are at the workshop. Arrival should be at 8:30 a.m., the first session begins at 9, and closing is in the evening. Staying overnight at the retreat is strongly encouraged and guests are free to leave the next morning after breakfast.

Guests do not have to have attended a *"Life, Death and Transition Workshop"* in order to be admitted. Anyone from the community is welcome but first must receive an orientation as to the nature of our methods and the purpose of the facilitator training in the externalization process.

Dates and locations are as follows:

July 16, Valyermo, California (near Los Angeles)
August 27, Fullerton, California (in Los Angeles)
September 24, Chicago, Illinois
October 22, Duxbury, Massachusetts (near Boston)
November 19, Bangor, Pennsylvania
December 17, Agra, Switzerland (in English)

In order to register for this opportunity, please contact Shanti Nilaya.

VIETNAM VETERANS PROJECT

Shanti Nilaya recently participated in the Vietnam Veterans Fair in San Francisco, *"Peace is Alive – A Celebration for Healing the Earth."* Several panels addressed concerns of the men and women who returned from that war.

Shanti Nilaya's representatives at the fair were Jack Toomey, Joaquin Gallardo, Elizabeth Bice and Alexandra Teguis. Alexandra and Joaquin met with Paul Ising, Regional VA Director, who acknowledged the tremendous contributions of counselors who serve clients with war-related problems.

Jack Toomey, Shanti Nilaya training facilitator, with the cooperation of Mr. Gallardo, is working closely with the San Jose Vietnam Veterans Outreach Center. Jack works with individual Vets as well as the men's and women's groups, introducing them to the externalization process. With Mr. Gallardo's assistance and Fred Gusman's guidance, Jack is also introducing externalization into the first in-patient program for Vietnam combat veterans in the U.S. – at the Menlo Park, CA VA Hospital.

We are proud to be even a small part of this program and commend Mr. Gusman for his dedication, innovation and openness in helping these men come back from the war.

Joaquin Gallardo and Winn Azpetia, California Vet Center counselors who have attended *"Life, Death and Transition"* workshops, have taken back to their centers the tools to help other veterans. Our dream of being able to offer alternative tools to Vets to help other Vets is finally being fulfilled. Our special thanks to Jim Barker, Steward Brown (San Jose) and to Jack Faz (East L.A.) for providing support for their team members to renew their own resources and bring back more tools to help clients fight "the war within."

For more information, please contact Alexandra (Sandy) Teguis at Shanti Nilaya.

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

Alaska
Susan Lahaie
Friends of Shanti Nilaya/Anchorage
8610 E. 17th Avenue
Anchorage, Alaska 99504
(907) 338-0706

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

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

Massachusetts
Gena Glicklich
Friends of Shanti Nilaya/
Massachusetts
64 Brington Road
Brookline, Massachusetts 02146
(617) 566-1873

New York
Ginger Sendor
Cathy Fanslow
Friends of Shanti Nilaya/
Long Island
P.O. Box 313
Westbury, New York 11590

Oregon
Jane 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
Candy Gleason
Box 1551
Nome, Alaska 99762

Rose Welsh
Friends of Shanti Nilaya/
Mat-Su Valley
S.R. Box 2025-D
Wasilla, Alaska 99687

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

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

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58 Sailors Bay Rd.
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Barbara Swirska
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8 Southfield Gardens
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Leena Laitinen
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1800180 Heisinki 18
Finland

Holland
Danielle Slors
Friends of Shanti Nilaya/Holland
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S-11345 Stockholm Sweden
08-332828

Switzerland/Germany
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Friends of Shanti Nilaya/
Switzerland
Grenzacherweg 37
4125 Riehen, Basel
Switzerland

Friends of Shanti Nilaya/ Long Island, New York

. . . We've only just begun . . .

Happily, at our first meeting in March, the Westbury Memorial Public Library was filled to capacity (100). Our thrust was to explain the message and work of Shanti Nilaya to those not familiar and evoke responses from everyone as to what they feel are the needs of our particular area.

At our April meeting at the Nassau County Medical Center Amphitheater, Cathy Fanslow and Ginger Sendor gave a comprehensive presentation of the philosophy of Elisabeth Kubler-Ross, M.D., including the five stages of the dying process.

We have scheduled at the NCMC New Auditorium at 7:30 p.m. meetings on June 22, Sept. 28, Oct. 26, and Dec. 12, 1983.

We think and feel the new extended newsletter is wonderful and most rewarding – ideas, needs and room for more love!

With much of the above and hugs (at least 4 a day),

Cathy Fanslow and Ginger Sendor

Shanti Nilaya/Maryland

We are excited about being able to host the Advanced Facilitator Training workshop to be conducted by Shanti Nilaya staff at Kirkridge in Bangor, PA (November 18-20). This now replaces the Mutual Support & Renewal weekend we had scheduled on that date in November.

By the time you read this our first Mutual Support & Renewal weekend (July 8-10 at Kirkridge), will be history. We plan to hold future MS&R weekends at various retreat locations around the middle eastern states. If you have attended an LDT or Drawing Interpretation workshop and want to be on our mailing list for future MS&R weekends and drawing interpretation potluck supper evenings, send us your name and address.

Love, peace, and joy to you all,

Bill Griswold

Friends of Shanti Nilaya/Maui

Shanti Nilaya/Maui is developing three agua/agriculture works skills training programs based upon "permaculture" procedures. Two of these are to be community based projects on donated lands involving the restoration of native taro fields and the fresh water polyculture of fish and foul. It is intended that the remaining project be based at the correctional center and will involve the "permaculture" of the facility grounds. These projects will be operated by volunteer members of the community and inmates, and are intended to yield organic foods for the facility and other residential human service programs on Maui.

We received the following letter from one of the inmates working in our prison project:

". . . I'm writing this letter to let you know my appreciation for what you and the whole Shanti Nilaya program has done in my life. I can honestly say that it has made me a better person. I've learned how important it is to have love for one another. I also never had such a good feeling inside. . .

. . . Now I look forward to the day when I can be out helping others find this peace because no material thing can give you the joy that helping your fellow brothers and sisters can.

. . . From my heart I thank and bless Shanti Nilaya. May God bless and grace be with you always.

Much love and Aloha"

And so again small steady steps all leading in very positive directions

Much, Much Aloha,

Bobbi Leone

Friends of Shanti Nilaya /San Francisco

We have formed a mutual support group and meet every other Thursday at 7:30 p.m. in San Francisco. We need your help and participation to meet our goals of supporting ourselves and Elisabeth's work. We meet at Pam Russell's home; 4416 20th St. in San Francisco. You may call Pam at (415) 863-7131 or Jack Toomey at (415) 228-9545.

Jack Toomey and Pam Russell

Friends of Shanti Nilaya/ Boston

In October our group will sponsor a Children's Workshop run by Elisabeth and Staff, and soon after a Training Program with Sheila and her staff. We offer referral services support groups. Those who are bereaved can also call and receive support.

We have found a potential site for establishing a Children's/Senior Citizen daycare or preschool, but we need help in getting this together.

We still have meetings every Tuesday and Thursday evenings for those who call ahead and let us know they are coming.

A special thanks to Don Hackett who is managing all the arrangements for our October Workshops.

Love and sunshine from all of us,

Gena Glicklich

Friends of Shanti Nilaya/ Chicago

In recent months our group has been involved in many activities. In July there will be a special meeting to discuss our plans for the future. If you are interested in our work, attend this meeting. Call for information: (312) 437-4489.

We will be hosting an Advanced Weekend Training Workshop September 23-25 at Maria House, Techny, Ill.

Our part-time screaming room is available by appointment only and is being used.

Our Mutual Support Group is our most improtant contribution to helping people. Members of this group provide assistance for most of our activities. During the past three months we received the most requests for:

1) *Someone to listen*
2) *Information about hospice*
3) *Training programs*
4) *Youth workshops*
5) *Weekend growth workshops for LDT participants*

We would really appreciate hearing from all of you other Friends of Shanti Nilaya.

In all that we do we hope our love shines through.

Dave and Lois Thompson

Friends of Shanti Nilaya/ Winnipeg, Canada

We are a group of people who have attended an LDT workshop and who have been coming together once a month with three main objectives:

1) *To keep alive the special feelings of togetherness, love and mutual support that Elisabeth brought to us.*
2) *To work at organizing more workshops with Elisabeth and Greg Furth for our community.*
3) *To form a Shanti Nilaya/ Winnipeg once we feel we have enough knowledge of what is involved, and enough qualified people willing to make a long-term commitment.*

Arrangements for the Greg Furth workshop September 12-16, 1983 have been completed. Barbara Brings is in charge of this workshop. (Barb's address: 705-3000 Pembina Hwy., Winnipeg, Canada, R3T 3Z2. Phone: (204) 269-0464 or 261-3305 at work.)

The LDT workshop with Elisabeth is scheduled for April 9-13, 1984. Facilities have been reserved, committees struck. Greg Hubka is chairing the committee in charge of arrangements for the LDT workshop. (Greg's address: 90 Matheson Ave., Winnipeg, R2W 0C2. Phone: 582-7834 or 237-2618 at work.)

Maria Gomori has arranged for the Saturday April 14 seminar with Elisabeth and Virginia Satir. (Maria's address: 601-99 Wellington Cres., Winnipeg. Phone: 284-4104 or 237-2606 at work.)

We hope to begin work on forming a FSN/Winnipeg by October. Barbara Brings is leading the work on this.

We send you warmest wishes from Winnipeg.

Gwen Brown

Friends of Shanti Nilaya/ Los Angeles

Friends of Shanti Nilaya/ Los Angeles has become a cohesive core group over the last several months as we continue to grow. We were a dozen strong at our last meeting which prompted new sharing of ideas for supporting Elisabeth's work.

In addition to our regular meeting on the second Friday of each month, we are planning an afternoon pool party and pot luck barbeque for Saturday, July 30, at 2 p.m. Join us for this special event and let us hear your ideas on how we may continue Elisabeth's work in the LA community. For details, call Ted Siminoski or Phyllis Siegel at (213) 662-9464.

Good wishes from all of us!

Elizabeth Luptowski

Friends of Shanti Nilaya/ Mat Su Valley/Wasilla Alaska

I'm delighted to inform you that we have formed a mutual support group here in the valley.

We held our first meeting on March 26, 1983 when we discussed forming a foundation. So much has happened since the training workshop and I feel it is all positive. We have decided to meet every other week for now and we are presently taking turns hosting the groups in our homes. When we become more comfortable with the idea, we will open discussion groups to those in the community who would like to become part of Shanti Nilaya. I'm really excited that we have begun and look with anticipation to what is to come.

Peace and love

Rose Welsh

Friends of Shanti Nilaya/ Greater Hartford Area

Friends of Shanti Nilaya Greater Hartford Area has been in existence since December, 1982. Thanks to the efforts of Joan Porter (Ruth Attanasio's mother) the South Congregational Church in East Hartford, Conn., has graciously allowed us to use one of their rooms to conduct meetings. Meetings are held the 2nd and 4th Monday each month.

We have shared the video "Nothing Final" with the headquarters of the Visiting Nurse Assn. Hospice program. We are scheduled to share the video with the Palliative Health Care Unit of UConn. Medical Center.

We visit homes of the terminally ill to lend support (an ear to listen – a hand to hold).

A Children's fair is planned to raise funds for members of our group to attend an LDT workshop.

Peace and Light,

Donna Yanofsky

Friends of Shanti Nilaya/ Michigan

Since I last wrote about the developing Friends group in Southeastern Michigan, the people who met in May in the support group have decided to hold a potluck picnic on July 23, 1983 at 4:00 p.m. to rekindle interest in a Friends group here. The picnic will be held at my home, 17325 West Fourteen Mile in Southfield, Michigan. For information, people can call (313) 540-2964 or (313) 547-6731.

With continued best wishes

Sue-Anne Sweeney and Kath Housler

Friends of Shanti Nilaya/ Australia

We have a small growth group here and have been meeting approximately once each two weeks since a little while after Elisabeth's last visit to Australia. The group work seems rather slow at times but very valuable to the participants. We have established a type of office here that works at coordinating information about Shanti Nilaya and Elisabeth's work. For further information, please contact Rita Ward or Dr. Gordon Coates.

Friends of Shanti Nilaya/ Calgary, Canada

Anyone in the area who is interested in the work of Shanti Nilaya can make connections through me. Also some interest has been expressed in a training workshop here in Calgary. Anyone who would like to participate in one, please contact me so we can schedule one for Western Canada as soon as possible.

Many thanks and looking forward to hearing from you all.

Sandra Mato

Friends of Shanti Nilaya/ Oregon

Dear friends,

One of our members, Beverly Andrews, died last December 21 after an 18 month struggle with leukemia. She died very much in the style that she lived. The moment of her transition was beautifully quiet and she was surrounded with love.

Our energy right now is being put into preparing for Elisabeth's November lecture. One need we have is for music before the lecture. If you are interested in volunteering, please get in touch with us.

We have one person who offered to help plan the on-call service for schools. We still need someone who would like to draft up a plan for a one-hour nursing inservice, "Dealing with Your Own Grief."

We are happy to say that we are beginning to receive patient referrals from a few physicians in Corvallis. It's very rewarding to offer emotional support for these patients and their families.

And we're only beginning. . .

With love

Jan Hare and Marcella Brady

SPEAKING BOARDS

In our work with terminally ill patients few have touched us more than those who have had ALS (Amyotrophic Lateral Sclerosis or Lou Gehrig disease) and those who – after a stroke or accident, braintumors etc. have been totally paralysed 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.

We would like to know if there is anyone in Australia or Canada who would like to handle requests for Speaking Board information from those countries?

For the United States, the cost of xeroxing and mailing Speaking Board materials is $1.50 per packet. Please forward this amount along with your request for further information to the contact persons below:

Contacts for more information:

USA:

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

Bill and Janet Raven
31 Ilex Drive
Newbury Park, CA 91320

A.L.S. Society of America
15300 Ventura Blvd. Suite 315
Sherman Oaks, CA 91403

EUROPE:

Annika Minnberg
Kiltrast v. 11
S-16137 Bromma,
Sweden

Pia Ringstrand
Norrtullsgat 53
S-11345 Stockholm
Sweden 80-332828

SHANTI NILAYA MAIL ORDER FORM

BOOKS AND BOOKLETS by Elisabeth

*Autographed by Elisabeth

	Quantity Ordered	Total Amount
***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 Stage 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)		
***On Children and Death**, by Elisabeth Kubler-Ross, M.D., Dr. Ross describes the difficulties parents with dying children must face and making use of letters from parents, offers loving and practical help in handling these crises. $12.95 (available in October)		

OTHER INTERESTING BOOKS

	Quantity Ordered	Total Amount
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		
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 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		

	Quantity Ordered	Total Amount
Ano, Ano the Seed, by Kristin Zambuka. 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, VHS, ¾ inch 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. Dr. Ross talks with Lynn Rob Frumkin, a medical student, on her understanding of the human personality and the development of the physical, emotional, intellectual and spiritual quadrants of the personality. She discusses human emotions and the results of repression of emotion. 60 minutes, $85.00 Beta II, VHS format (Add $25.00 for ¾ inch format) ..... Format		
Elisabeth Kubler-Ross: Life, Death and the Dying Patient – Part II: Continuation of the University of Washington School of Medicine interview. Dr. Ross continues her talk with Lynn Rob Frumkin, elaborating the five natural emotions and the results of dealing with "unfinished business" of repression. She addresses the issue of how to help patients improve the quality of life, more than to prolong life; how to live life with unconditional love for ourselves and for others. 60 minutes,$85.00 Beta II, VHS format (Add $25.00 for ¾ inch format) ..... 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.) Dr. Ross talks about her early years and work in post-war Europe and her present work especially with terminally ill adults, suicide in young people, terminally ill children, interpretation of spontaneous drawings as a diagnostic tool, life after death and near-death experiences. She also speaks about her five-day live-in "Life, Death and Transition Workshops" for those experiencing any type of life crisis and personal loss. $125.00 Beta II, VHS format (Add $25.00 for ¾ inch format) ..... Format		
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 Beta II, VHS format (Add $25.00 for ¾ inch format) ..... Format		

OTHER FAVORITE CASSETTE TAPES

	Quantity Ordered	Total Amount
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		
Crystal Love, by IASOS, meditation music to accelerate one's emotions into positive states of joy.		
Angelic Music, by IASOS, music to expand inner awareness and consciousness. $7.95		
Carvings in the Canyon, by Barbara Meislin. Barbara performs warm, sensitive songs inspired by Elisabeth's work — to take you to a special place of healing. $7.95		

INSPIRATIONAL SONGS BY BROTHERS OF THE WESTON PRIORY (cassettes)

Calm Is The Night — A collection of songs and readings used by many individuals to accompany their times of prayer. $7.95		
Go Up to the Mountains — Bright, hopeful songs and readings used by many individuals to accompany their times of prayer. $7.95		
Listen — Beautiful reflections on listening with the "ear of one's heart". $7.95		
Locusts and Wild Honey — The brothers' first recording, moving melodies with a poignant contemporary message. $7.95		
Spirit Alive — Songs of inner searching and service to others. $7.95		
So Full Deep Joy — These songs reflect the values, hopes and fears of a community aware of its responsibility in the nuclear age. $7.95		
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		

T-SHIRTS – ALL our T-Shirts are 50% cotton and 50% polyester! (NOTE: Ladies sizes run small.)

T-Shirt "A" – "Where There Is No Love Put Love, And You Will Find Love" (Saying on front, Shanti Nilaya emblem on back) Ladies: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95 Men: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95		
T-Shirt "B" – It Is Better To Light One Candle . . ." (Saying on front, Shanti Nilaya emblem on back) Ladies: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95 Men: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95		
T-Shirt "C" – "I'm Not Ok, You're Not Ok, And That's Ok" (Saying on front, Shanti Nilaya emblem on back) Ladies: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95 Men: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95		
T-Shirt "D" – Shanti Nilaya emblem T-Shirts Ladies: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95 Men: small ____ medium ____ large • yellow ____ blue ____ red ____ $9.95		

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"Miracle" Note Cards — 20 full color litho-cards with matching envelopes. These cards feature graphic designs by Anne Johnson with metaphysical greetings from *A Course In Miracles*. $9.95	_____	_____
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