SHANTI NILAYA NEWSLETTER
Number 16, October 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.

THE NIGHT BEFORE CHRISTMAS AND THE NEW YEAR OF GREAT HAPPENINGS

Dear Shanti Nilaya Friends, *October 1983*

This is our last newsletter in 1983 and we are happy that over 25,000 readers all over the world have been able to share with us all the wonderful happenings this GOOD year.

I have just returned from four weeks in Europe which included housecalls and hospital calls in Holland, an International Holistic Health Care Symposium in Belgium, an organizational meeting in Zurich to establish the first training program for hospice volunteers (the very first one in Switzerland!) as well as my two "Life, Death and Transitions Workshops" in England. There were between 80-90 participants from 15 nations in each one. What an experience!

And now, back in my beloved mountaintop house in Southern California, I unpack and repack, do the laundry and try to catch up with the gardening, the care of sheep and goats — and last but not least — with the mountain of mail before leaving again in two days for the New York Workshop. I promise myself, each time I return from overseas, to cut down on the travel and stay at least a few days under one roof, but. . .

I guess that I will have to wait until our Virginia farm is built. Then I will have a fulfillment of two dreams in one: my own real working farm with cows, sheep, chickens and a natural foodsupply — and our own workshop center. Then, we will have a place where we can leave our "things" and won't have to live out of a suitcase fifty weeks out of the year.

We were able to get the 250 acre farm on July 1st and have since repainted the farmhouse, rebuilt the rootcellar, added a section next to the chickencoop for the chickens to run around. And we also added a pretty flower garden and a huge vegetable garden. The result is a full pantry and an already filled rootcellar — ready to feed the hungry workshop participants with homegrown, healthy organic vegetables and homemade preserves.

We are awaiting the arrival of the sewer systems engineer. By October we should be able to start collecting rocks from our land to begin the foundations. Five, prefabricated, energy-saving, round houses are planned for construction. One is for staff housing, a second is for a kitchen, dining room and laundry, a third is for the workshops and two others for sleeping accommodations. With these buildings up we could have our first workshops by the beginning of the coming year. Each of these buildings cost $20,000 for the basic structure. And we need your help to get going. Imagine if each reader of this newsletter would send in just $5.00 — we could start building! Does that sound like a good joint undertaking for Christmas?

For those of you who cannot afford a financial contribution, you may have some extra pillows, hassocks, bedsheets, blankets, kitchen dishes and equipment, garden tools — all that you no longer need and would donate to the farm to give us a helping hand before the first snows fall. Any contribution is warmly welcomed and deeply appreciated.

Shanti Nilaya • P.O. Box 2396 • Escondido, California 92025 • (619) 743-5553

Next summer, we will make the farm available to needy inner city children to give them a vacation in God's most beautiful country to see and touch cows, sheep and chickens, eat homegrown foods, have arts and crafts projects and a place where they can be happy and grow.

We even hope to have a few llamas by then, to have the spinning wheel and weaving looms working so that we can create our own homemade crafts.

Once the farm is ready, we will do our own workshops there and will even open it to others for their workshops. We can settle down a bit from traveling and be avilable to even more people in one place.

There will be a log cabin in the woods, which should be a more stimulating (rather than airports and airplanes) place to write books.

Come and share this special farm with us in thought, prayer, donations, physical labor. Visualize how many have given their love to this place and how many people it can touch.

My new book "On Children and Death" is now available. Unfortunately, the publisher eliminated all pictures and photographs at the last minute, which only stimulates me to write yet another book.

As you see from this Newsletter, Shanti Nilaya is expanding its services not only to the terminally ill adults and children, to the bereaved and the healthcare professionals, but our special projects include more training workshops all around the world. We are reaching out to more people so that they can free themselves of fear, guilt, shame and other unfinished business. Our Children's Workshops *have added a lot to this preventative work.*

And our special-need projects include workshops for the increasing number of isolated and frightened AIDS patients; *for the troubled Vietnam Veterans (men and women) who continue to commit suicide in alarming numbers (twice the number of the fatalities in the war); for* prisoners; *and those interested in making this planet a healthier place to live.*

We continue to see all our patients and their families, free of charge, and our sole income has been from lectures, books, tapes and from the workshops and donations of those who believe in our work. Our staff (only seven in all) work for minimal *salary. And our costs go up as the numbers increase. We spend $1,000 a month on phonecalls and $45,000 a month to set up and coordinate our worldwide network of volunteer-workers and workshops and to answer mail from desperate people. If you have time, energy and talents to share, your gift in whatever form will help thousands of others.*

I hope all of you have a happy holiday season, reunite with your families, your friends, your neighbors. Make a needy family happy, feed a hungry child (the Salesian Missionaries is the best group to do that with — I have four "adopted" children), visit a nursing home or write to a prisoner. Practice unconditional love for twenty-four hours. If we can all do that this holiday, it will be returned ten thousand times. And that will help heal this planet so that we can live together as brothers and sisters.

Have a happy rest of the year, a happy holiday season and LOVE EVERYBODY as best as you can.

Love from all of us,

Elisabeth



P.S. Don't forget our 1984 calendar — **Moments in Living** *when you wrap your Christmas gifts.*

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 understanding.

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

November 4 Benefit with Jerry Jampolsky
at Marin, California
Ticket Info: (415) 472-3500

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 27 Lecture in Tampa, Florida
December 3 Suncoast Center for Attitudinal Healing
Contact Sheryl Baker
(813) 251-0289

T.V. DOCUMENTARY ON ELISABETH KUBLER-ROSS, M.D.

On Tuesday, November 8, 1983, at 8:00 p.m., E.S.T. NOVA will present a special program on its PBS network entitled: *"To Live Until You Die."* This program is a documentary on Elisabeth Kubler-Ross, M.D. and her work over the years in the fields of Life, Death and Transition. Consult your local listings for correct station and time(s).

LIFE, DEATH AND TRANSITION WORKSHOP SCHEDULE
1983 & 1984

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 West Germany (In German)
contact: Mrs. G. Rein
Suddeutscher Rundfunk
Postfach 837
7000 Stuttgart 1
West Germany

December 12-16 Agra, Switzerland (In German)
contact: Eva Bacher
Friends of Shanti Nilaya Switzerland
Grenzacherweg 37
4125 Riehen/Basel
Switzerland

1984 (first half)

January 23-27 (Tentative) Mount Alvernia Retreat House
P.O. Box 858
Wappingers Falls, New York 12590
914-297-5706

February 6-10 Maui, Hawaii
contact: Bobbi Leone
Friends of Shanti Nilaya Maui
P.O. Box F
Paia, Maui, Hawaii 96779
808-572-8935

February 20-24 Old Mission San Luis Rey Retreat
P.O. Box 407
San Luis Rey, California 92068
609-757-3659

March 19-23 St. Francis Retreat
P.O. Box 1070
San Juan Bautista, California 95045
408-623-4234

April 9-13 Villa Maria Retreat House
100, Place Villa Maria
St. Norbert, Manitoba, Canada R3V 1A9
204-269-2114

May 7-11 West Germany (In German)
Kloster Schontal
Bildungshaus der Diozese Rottenburg-Stuttgart
Stuttgart, West Germany

May 14-18 Switzerland (In German)
contact: Eva Bacher
Friends of Shanti Nilaya Switzerland
Grenzacherweg 37
4125 Riehen/Basel
Switzerland

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.

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 Workshop is $550. (U.S. Dollars) *for all participants.*

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 four months ahead.

REGISTRATION – LIFE, DEATH AND TRANSITION WORKSHOP

Name (please print) _____ (Last) _____ (First)

1st choice Workshop Location _____ Workshop Date _____

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.

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? _____

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 release 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.

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.

VIETNAM WAR T.V. SERIES

To better understand the plight of the Vietnam Veteran and the *"Delayed Stress"* that these VETS and their families are going through, PBS T.V. will present a thirteen part series entitled: *"Vietnam — A Television History"* beginning Tuesday, October 4 and Wednesday, October 5, at 9:00 p.m. E.S.T. and continued the following eleven Tuesdays at 9:00 p.m., E.S.T. Consult your local listings for time and date of airing(s).

THE SPIRIT SPEAKS

I have never once deviated
In my love for you.
From the moment you were conceived
I have loved you with a love
Changeless
Endless
Irrevocable.
There has never been a day, an hour, an instant
When I was not with you
Loving you.
I nurtured you as a seed
Enfolded you as a child
Strengthened you as man.
I was an invisible shield over your head
Though you knew it not.
I am still that invisible shield!
With infinite care I attend your wounds,
Govern your heartbeat
Remove the wastes that do not belong.
I sleep not at night.
When you close your eyes
Yielding at last more fully to my care
I go to work
And heal, as far as I can
The ravages of your insane, inexplicable self-activity.
You imagine in your blindness
That you can love or not
As you choose,
Condemn, criticize, hate
As you choose.
Fortunately for you I have no such choice.
I am true always to the solemn dictate of love.
I respect to the last the covenant I made
When I came into the world.
Yet I know too that you cannot survive
If you continue to fight against me,
Ignoring my government
Preferring strange impulses of your own choosing.
Rejecting me you reject love.
This is why you are always looking for love
But never find it.
Just when you think you have it
Love
Like a bird
Flies away.
Your songs, art, literature, all sing
This vain and fruitless quest
For a love that will never change
A love that will never die
A love that is ever new.
Turn to me
Acknowledge me
Accept me
Love me
And you will know such love
Here and now.
Together we will restore the world
To order and to beauty.

(this poem was shared at a LDT Workshop, we would like to know its source. . .)

STUDY: THE NEAR DEATH EXPERIENCE AS REPORTED BY MILITARY COMBATANTS

Combat Research Project Announced

During a brief fire-fight, the 19 year-old infantryman took a bullet to the mid-section, resulting in liver damage and heavy loss of blood. Evacuated for immediate surgery, he remained in critical condition.

Shortly after the operation, although apparently "unconscious," he became aware that he was "floating" about three feet above the heads of a group of doctors and nurses surrounding his bed. He had the sensation of a deep inner peace, and could see the most beautiful blue sky he had ever seen, and the radiation of an intensely bright, yet soft, light. It was as if he were on "another planet." At this point, the soldier "knew" that he was dying, but felt that much in his life remained to be completed. Almost immediately, a deep, gentle voice spoke to him and asked why he wanted to return. "To complete my purpose in life," replied the young man. The voice told him that he had a choice, but that many others were there who could not return. His consciousness quickly returned to his body, to hear the attending nurse saying, "Thank God, you're back! We almost gave you up."

What happened here, and what does it all mean? Frankly, no one is sure what it's all about, but we do know that many combat vets have had similar experiences, and that their lives have been changed as a result.

That event that's occurring in this and similar cases is called a "near-death experience" ("NDE"), and they've been reported throughout history. Beginning with the ground-breaking work of Dr. Elisabeth Kubler-Ross, the book *"Life After Life"* by Dr. Raymond Moody, and the scientific studies by Dr. Kenneth Ring, many of these experiences have been explored in recent years, and work continues on the medical, spiritual and practical implications of the NDE.

Until now, no one has been particularly looking at these experiences as they come up in combat situations. We think that to the military, NDE is especially worth talking about and sharing. It can be a powerful tool in helping us all to heal the wounds of war, in that it may give us a glimpse of the "other side" of death and the positive inner-experiences that are almost always reported.

This year, a special effort is underway to contact vets who have had unusual expriences during a "close-brush" with death. CPT Bob Sullivan (USAR-Ret) has been putting together a picture of these experiences and hopes to find ways of using them in counseling veterans and survivors. If you've had an unusual experience that you would be willing to talk about or write about, in confidence, or if you would like more information on this, get in touch with Bob Sullivan, P.O. Box 540, Willow Grove, PA 19090, or call him collect at (215) 659-3900.

AND THE SEED FELL UPON FERTILE GROUND AND SPROUTED . . .

The following are extracts of three letters received through the Vietnam Veteran's Outreach Center in San Jose where Joaquin Gallardo has been facilitating groups for wives of Vietnam Vets using the Externalization Techniques learned through the Life, Death and Transition Workshops and the Training Programs.

". . . I would like to express my appreciation for the Wives/Support Group at the Veteran's Outreach Center.

In the month and a half since my first meeting I feel I have made great progress in dealing with my problems and have gained new insights into myself. Consequently my relationship with my husband has reached new levels of communication and he feels this is helping accelerate the progress he is making in his rap group.

I attribute my rapid progress to the thoughtful guidance of our counselor, Joaquin Gallardo, and the grief therapy techniques of Dr. Elisabeth Kubler-Ross which he employs in our sessions and, in no small measure, to the support and caring and sharing of the other members of the group."

L.R.B.
Fremont, CA

". . . I have been in the Women's Support Group at the Vet Center since January. I can express my feelings freely and do not apologize for them any more. I have been afraid to express anger, disappointment, frustration and hurt for most of my life. My expression of these feelings has been indirect, as in competing with, resenting or hurting others. Over the past few weeks, I have been able for the first time to release those feelings constructively. The process you introduced to the group is very powerful and effective. I feel more grounded and accepting of myself than I ever have.

I would like to acknowledge you, Joaquin, and the members of the women's group for your support of my growth. I am so glad that I've been able to do this.

With Much Love,

K.C.
San Jose, CA

". . . I also want to add that the therapeutic techniques which Joaquin Gallardo uses, based on the work by Elisabeth Kubler-Ross, has been the single most helpful tool in all my therapy so far. At last, there is an outlet for my life's store of anger and frustration!

A.W.
San Jose, CA

INTERVIEW ON REBUILDING AND REFOCUSING WORKSHOP

(This interview was done with Hal Frank, Ph.D., staff and workshop coordinator with Shanti Nilaya. Hal is a psychologist and licensed psychotherapist in California. Besides being involved with Shanti Nilaya, he is the father of two beautiful daughters, has been a teacher, lecturer, and seminar leader for many years. He is the originator and facilitator of the Rebuilding and Refocusing Workshop.)

Q: Hal. *What is the Rebuilding and Refocusing Workshop all about?*

Hal: What it is about is *love*. The work of Elisabeth is so valuable in the way it opens us up to our greater selves — that loving spiritual side of us. *Rebuilding and Refocusing* has as its purpose: the development of unconditional love by learning more about the conditions that keep us from loving. And the way we do that in the workshop is to reach out and support the persons around us. Each person is a mirror for us. We see in them *only what we see in ourselves*. So, by being involved with another and especially by taking a look at those that reflect our negativities back to us, we get insight and control of those "barriers and conditions" that keep the love locked up.

Q: *Well, what exactly happens in the Rebuilding and Refocusing Workshops?*

Hal: You mean what do we do? (Yes.) Overall we structure the workshops around a combination of mini-lecturettes, large and small group processes and lots of sharing of what's happening inside of us as we are going along in the workshop. We have a mix of fun, gentleness and drama. Externalization in the *Rebuilding and Refocusing Workshops* is a little different than in the *"Life, Death and Transition Workshops."* Externalization is done through guided imagery, deep level meditation, music, writing, physical activity and verbally sharing with the others in the room. This externalization "peaks" late Saturday evening and early Sunday morning as we slowly and gently move as a group into sharing more intimacy. It's as if the layers of the onion slowly peel away. When the Sunday processes focus on how we got "set-up" in life as a child by our parents or other authority figures, the layers finally are away and the whole group blossoms into the most magnificent experience.

Q: *What is that experience?*

Hal: It is the experience of love, in which a room full of people can finally see that the conditions of life — their "trauma-dramas" are there and they will always be a part of their memory-banks and their survival mechanism. But the negative emotional charge is lifted. They no longer are controlled by that "stuff." They can see that as a group and as an individual, they are more than emotions, more than a physical body, more than a disease or other disability. They see that they are a one-of-a-kind gift to the rest of the universe. And God has been crafting them specially as a signed original work of art. There is no other like them. The workshop is a gradually flowing into this space of being at peace, love and light. Of being "One" and at the same time seeing your individuality within that oneness.

Q: *Do you have to do the "Life, Death and Transition Workshop" first?*

Hal: No. But it would be a good idea to commit yourself to doing it so that you could go even further in learning your life lessons about love. Why waste this lifetime when the opportunity is there?

Q: *Is this workshop to be considered therapy?*

Hal: In the strictest, legalistic sense, this workshop is *an educational program*. It gives you tools and processes to change. From there you will do your own therapy.

Q: *Hal, what are some of the logistics of this workshop? I mean; How Much? Where? When? Are there Continuing Education Units available?*

Hal: The *Rebuilding and Refocusing Workshop* costs $150. Participants have to arrange for their own room, board and transportation. The workshop begins with registration at 8:30 a.m. on Saturday, runs late Saturday night. Begins again at 9:00 a.m. on Sunday and ends about 10:00 p.m. on Sunday.

Workshops coming up are:
October 22-23, 1983—San Diego, CA
November 19-20, 1983—San Francisco, CA
December 10-11, 1983—San Diego, CA

We are planning workshops in Oregon and the New York area for early next year. The local Friends of Shanti Nilaya groups in those areas are offering to help arrange for the location.

There are 25 Continuing Education Units available through Shanti Nilaya, provider for Registered Nurses and for Nursing Home Administrators.

There are no restrictions on relatives or closely-related friends attending together. We encourage it in this workshop.

Q: *Why are you doing these workshops?*

Hal: You teach what you have to learn.

Q: *What is that for you?*

Hal: Love, without the conditions!

REGISTRATION – REBUILDING & REFOCUSING WORKSHOP

Name (please print) _____ (Last) _____ (First)

1st choice Workshop Location _____ Workshop Date _____

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 $150.*

Enclosed is my check for $_____ Full Fee. (U.S. Dollars)
(Full fee of $150. due at registration — $100. refund if you cancel)

Please charge my _____ BankAmericard/Visa _____ Mastercharge

for $_____ Full Fee.

Card Number _____ Expiration Date _____

Authorized Signature _____ Today's Date _____

FOR OFFICE USE ONLY
Date Rec'd: _____
Date Accept: _____
_____ Waiver
Fee: _____
Paid: _____

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

Alternate Choice Workshop Location _____ Workshop Date _____

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

Did you attend the 5 day residential "Life, Death and Transition Workshop" presented by Dr. Ross?

Dates _____ Location _____

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? _____

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

What other courses, programs, or work on your personal growth have you done? (ie – Meditation, EST, Hypnosis, Counseling, Yoga) _____

Please read, sign and date the form below.

REBUILDING & REFOCUSING 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 release 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.

SHANTI NILAYA OFFERS WIDE VARIETY OF PERSONAL GROWTH WORK

Frequently when persons experience the *"Life, Death and Transition Workshop"* for the first time, they realize that they have a flood of unconditional love inside that needs to come out. They ask "What else is there for me to do — to keep growing?"

Shanti Nilaya offers a variety of programs and workshops that assist the development of personal growth — the release of negativity and the blooming of unconditional love.

Besides the *"Life, Death and Transition Workshops"* and the lectures of Elisabeth, there are also the *Training I* and *Training II* programs, where participants develop skills and refinement in the "externalization of emotions" processes. *Training III* in the externalization program will be included later in 1984.

Also special Children's Workshops are held where children get to learn among their peers about living without conditions on loving.

The *Rebuilding and Refocusing Workshops* aim at providing "insight" into the conditions and "barrier-systems" we store up in our life. It particularly looks at the parent-child relationship, which is the beginning of our learning about "conditions" in life.

Workshops in Psychodrama as a tool to reconstruct past negative situations into positive situations will also be offered in 1984.

During the last part of 1983, the first of special workshops will be held. A workshop for AIDS patients is being planned in Northern California. Others will be given as requested.

At the beginning of 1984, a special workshop will be held on the East coast for Vietnam Vets, as a way of extending the valuable work done with Vets by Elisabeth and staff of Shanti Nilaya.

Shanti Nilaya also offers, from time to time, the spontaneous drawing workshops of Gregg Furth.

For more information about the dates, location, costs, pre-requisites of the workshops, please call or write Shanti Nilaya.

ON CHILDREN AND DEATH —
Dr. Kubler-Ross' new book

On Children and Death is the title of a new book by Dr. Elisabeth Kubler-Ross released this month. Speaking directly to parents and relatives of dying children, Dr. Kubler-Ross discusses many points among which are: How the family should arrangs its visits to a terminally ill child during the last days. Why and in what ways siblings should be encouraged to share the care of such a child. How to say good-bye in one's own way. How to deal with grief after a child's death. How to help a friend who has suffered such a loss. This book is available through Shanti Nilaya Mail-Order or your bookstore.

NEW WORKSHOPS IN THE PLANNING STAGES

New workshops are currently being planned by Shanti Nilaya staff.

One, is the *Training III* workshop which, as part of the Training Program, will focus on emotional growth through the externalization of repressed feelings. It will serve two purposes; to offer a safe place where participants may work on their unfinished business using the method of externalization, and to serve as a workshop in which advanced level trainees will get their practicum and experience as facilitators.

Another workshop is the new psychodrama program. The purpose of the psychodrama workshops will be to offer people an opportunity to turn negative events into growth experiences.

It is our objective that these new workshops extend our services to people who either cannot attend or would like a follow-up after a *"Life, Death and Transition Workshop,"* or who would like an experiential workshop available to them on an on-going basis.

Staff for these workshops are trained by Shanti Nilaya. Most workshops will be small and intensive. In all workshops we will be creating a loving, non-judgmental atmosphere for finishing "unfinished business" safely and confidentially. Our purpose is to facilitate emotional cleansing and healing so that individuals can grow towards living life fully.

EAST COAST TRAINING CENTER IN VIRGINIA NEEDS VOLUNTEERS

To facilitate the building and development of the East Coast Center in Virginia, volunteers are needed to donate their free time and energy.

Needed are:

1. Persons to cook and coordinate the food service for the volunteer-construction crews.
2. Persons who have experience with construction and can help set up the planning and building of the workshop facilities.
3. Organizers, schedulers, people to help get things rolling and on schedule.

Someone in Denver has offered the Virginia Center 10 upholstered chairs. If anyone is traveling from the Colorado area to Virginia and is willing to transport this furniture, please contact Tom Dolan at Shanti Nilaya.

Any other volunteers willing to donate their services are also asked to contact Tom as soon as possible.

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.*

OPPORTUNITY FOR FOLLOW-UP AND PERSONAL GROWTH — INTENSIVE WORKSHOPS

10 guests are invited to the second day (Sunday) of the experiential part of the WEEKEND TRAINING WORKSHOP to participate in working on their own personal issues. Level I and II trainees will be their facilitators supervised by the teachers.

Guests may be anyone from the community, who has first received orientation and screening as to the nature of our methods, purpose of the workshop and appropriateness for the individual.

Costs for the guests are for their room and board only. Arrival on Sunday is at 8:30 a.m. with the first session beginning at 9:00 a.m. Sessions are over about 10:00 p.m. Guests are encouraged to stay overnight when space permits.

Dates and locations are as follows:

October 22, 1983, Duxbury, Mass. (near Boston)
November 19, 1983, Bangor, Pennsylvania
December 17, 1983, Agra, Switzerland (near Lugano)
January — California (date and location to be announced)
March 3, 1984, Chicago, Illinois
March 31, 1984, Island of Oahu, Hawaii
April 28, 1984, Watsonville, California
May 26, 1984, Bangor, Pennsylvania
November 10, 1984, Long Island, New York

To register for this opportunity, please contact Shanti Nilaya Training Coordinator.

CHILDREN'S WORKSHOP PLANNED

Another Children's Workshop similar to the "Life, Death and Transition Workshop," but geared toward the ages of the children in attendance is being planned for the Fall, 1983. It will take place in North Hollywood, November 5th. The fee is $75. The hours are 9:00 a.m. to 4:30 p.m. Facilitators are Sharon Tobin, Sheila Hill and Joy Morrissette-Billings. The workshop is for children ages 7-11 years. Lunch will be provided. Contact Sheila Hill at Shanti Nilaya for more information, registration, or about "hosting" a workshop in your area.



Illustration by Shurle Lee, whose artwork enhances the Shanti Nilaya 1984 ***Moments in Living*** *calendar.*

TRAINING PROGRAM IN THE EXTERNALIZATION PROCESS

Those interested in the TRAINING PROGRAM IN THE EXTERNALIZATION PROCESS please contact Shanti Nilaya for information and applications. 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.

Training is given at weekend training workshops, which begin Friday morning and end Sunday at noon. Workshops include didactic sessions, discussion, intensive experiential sessions for trainees' personal growth, and practice as facilitators.

The weekend training workshops are residential retreats, minimum 15 and maximum 20 participants. Tuition cost is $200, room and board fee is additional and varies with the facility.

Schedule of Training Workshops 1983 & 1984

October 21-23, 1983
Training I location: Boston, Massachusetts
Camp Wing-Duxbury Stockade, Duxbury, Massachusetts
contact: Friends of Shanti Nilaya-Boston

November 18-20, 1983
Training II location: Pennsylvania
Kirkridge Retreat, Bangor, Pennsylvania
contact: Friends of Shanti Nilaya-Maryland

December 16-18, 1983
Training I location: Switzerland (in English)
Palazzo di Agra, Agra, Switzerland (near Lugano)
contact: Friends of Shanti Nilaya — Switzerland

January 13-15, 1984
Training I location: California
Our Lady of Trust Spirituality Center, Fullerton, CA (near L.A.)
contact: Shanti Nilaya-Escondido

March 2-4, 1984
Training I location: Chicago
St. Joseph's Retreat Center, Des Plaines, Illinois
contact: Friends of Shanti Nilaya-Chicago

March 30-April 1, 1984
Training I location: Hawaii
Island of Oahu, Hawaii
contact: Friends of Shanti-Nilaya-Oahu

April 27-19, 1984
Training I location: California
Mount Madonna Center, Watsonville, California
contact: Shanti Nilaya-Escondido

May 25-27, 1984
Training I location: Pennsylvania
Kirkridge Retreat, Bangor, Pennsylvania
contact: Friends of Shanti Nilaya-Long Island

November 9-11, 1984
Training I or II location: Long Island, New York
St. Francis Center, Oyster Bay, Long Island, New York

COMING SOON!
NEW VIDEO TAPES WITH ELISABETH KUBLER-ROSS AND CHILDREN AND DYING

Early in November, 1983, Elisabeth will tape some segments of her work with children faced with terminal illness and with their parents. These tapes will be recorded through the University of Washington and will be available through the mail-order department of Shanti Nilaya. Please write for further information.

OF NOTE:

(The following are books recommended for your consideration by Elisabeth and the staff of Shanti Nilaya. For further information, contact publisher/persons listed.)

This Is The Child — A father's story of his young son's battle with leukemia; how a family, besieged by the four-year-old's illness endures as a family — sustained by the love of friends and relatives. And finally *This Is The Child* is the story of a son's legacy to his father. Written by the father, Terry Pringle. Knopf Publisher, New York. Hard cover, $13.95, from your favorite bookstore.

Making Peace With Your Parents by Harold H. Bloomfield, M.D. A wonderful book with self-help processes to develop insight into the behavior patterns instilled into us by our parents. Random House Publishers. Hard Cover. $14.95.

Vince by Sister Vince (Mary Vincent Otto). Not just another nun's story, nor is it just another story of a mental patient who recovered. It is a deeply personal, simple and profound story of Sister Vince, whom Elisabeth met in 1979 in a "Life, Death and Transition Workshop." Vince's story of her struggle with the "living death" of many years of depression, her cultural, economic and religious background has an incredible effect on many many people. This is the story of a woman who learned many lessons out of her years of suffering. May be ordered from: Creative Image Associates, 6565 Sunset Blvd-Suite 525, Los Angeles, CA 90028. $15.95.

Seasons of Change by Margaret Carpenter. A blend of words and watercolors that are the artist's response to the world around us; an awareness of *how we form the world.* Margaret Carpenter has her own unassuming style of poetry and painting. This is an art book of beauty and wisdom done in full color and consisting of 25 watercolors of city life, farm life, travel, boundaries and freedoms. Limited Edition. $22.00. Coleman Publishing Co., 99 Milbar Blvd., Farmingdale, N.Y. 11735.

Walking Against The Wind by L. Lunt. This is the story of a mother and her concern for her daughter; how the father and the sisters, the many friends and the doctors all worked together to assist Diane, the daughter, through mental illness and the tragic end. A moving diary-chronicle with a note from Dr. Ross, Art Linkletter and Carol Burnett. Write for more information and price to the author: Lida Lunt, 275 Ambassador, Rochester, N.Y. 14610.

THE CHILDREN'S RAINBOW PHONE NETWORK

Approximately, twice weekly, children at the Rainbow Center in Houston, Texas will telephone other children who have been labelled "terminally ill" and talk to them about the special problems they might be having with the physical discomfort, the fear and the sense of isolation, and special problems they might be having with their parents, siblings and friends. This network of advice, understanding and support can develop among these children by having them contact the Rainbow Foundation Children's Center, 4715 Caroline, Houston, Texas 77004. Or they can call (713) 528-6810.

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, brain tumors, etc. have been totally paralyzed and unable to speak. It is not only tragic for the patient, but an extremely tiresome and frustrating experience for the caregivers and family members to keep in touch with those patients.

What a wonderful tool the SPEAKING BOARD is and how easy it can be learned by anyone, old and young alike.

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 information is $1.50 per packet. Please forward this amount along with your request for further information to the contact persons below:

Contact for more informaton:

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

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

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

Shanti Nilaya Suikerland
37, Greuzacherweg
CH-4125 Riehen-BS

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

25 PRACTICAL TIPS TO HELP THOSE FACING A SERIOUS ILLNESS

When someone we know is facing an illness, especially a serious illness, we often feel helpless. We stammer the weak phrase: "Just call if you need something" — Have you gotten a call lately? Here are some practical tips to really help someone facing an illness . . . from people who have been there.

1. Don't avoid me. Be the friend . . . the loved one, you've always been.
2. Touch me. A simple squeeze of my hand can tell me you still care.
3. Call me to tell me you're bringing my favorite dish and what time you are coming. Bring food in disposable containers, so I won't worry about returns.
4. Take care of my children for me. I need a little time to be alone with my loved one. My children may also need a little vacation from my illness.
5. Weep with me when I weep. Laugh with me when I laugh. Don't be afraid to share this with me.
6. Take me out for a pleasure trip, but know my limitations.
7. Call for my shopping list and make a "special" delivery to my home.
8. Call me before you visit, but don't be afraid to visit. I need you. I am lonely.
9. Help me celebrate holidays (and life!) by decorating my hospital room or home or bringing me tiny gifts of flowers or other natural treasures.
10. Help my family. I am sick, but they may be suffering. Offer to come stay with me to give my loved ones a break. Invite them out. Take them places.
11. Be creative! Bring me a book of thoughts, taped music, a poster for my wall, cookies to share with my family and friends . . . an old friend who hasn't come to visit me.
12. Let's talk about it. Maybe I need to talk about my illness. Find out by asking me: "Do you feel like talking about it?"
13. Don't always feel we have to talk. We can sit silently togehter.
14. Can you take me or my children somewhere? I may need transportation to a treatment . . . to the store . . . to a doctor.
15. Help me feel good about my looks. Tell me I look good, considering my illness.
16. Please include me in decision making. I've been robbed of so many things. Please don't deny me a chance to make decisions in my family . . . in my life.
17. Talk to me of the future. Tomorrow, next week, next year. Hope is so important to me.
18. Bring me a positive attitude. It's catching!
19. What's in the news? Magazines, photos, newspapers, verbal reports, keep me from feeling the world is passing me by.
20. Could you help me with some cleaning? During my illness, my family and I still face: dirty clothes, dirty dishes, dirty house.
21. Water my flowers.
22. Just send a card to say "I care".
23. Pray for me and share your faith with me.
24. Tell me what you'd like to do for me and, when I agree, please do it!
25. Tell me about support groups like Make Today Count so I can share with others.

Saint Anthony's Hospital Make Today Count dedicates this list to all the Make Today Count Members we have loved and shared with and to those who need to know . . . they are not forgotten.

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SAINT ANTHONY'S HOSPITAL
Make Today Count
Saint Anthony's Way
Alton, IL 62002
(618) 465-2571

SPECIAL WORKSHOP FOR PERSONS WITH AIDS

After experiencing the unconditional love and positive effect in their lives in being a participant in the July, 1983 Life, Death and Transition Workshop at Mission San Luis Rey, two AIDS patients went back to their community in San Francisco and organized a special workshop for up to 25 AIDS patients that will be totally subsidized by a special fund set up within the San Francisco business community.

This workshop is scheduled to be held on November 2, through November 4, 1983, at the Wildwood Ranch Retreat in Northern California and will be conducted by the staff of Shanti Nilaya with a special visit by Elisabeth. Contact Shanti Nilaya for further information and registration procedures.

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

Jan Dennison
Friends of Shanti Nilaya/Mat-Su Valley
P.O. Box 870634
Wasilla, Alaska 99687
(907) 376-2328

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
Jan Hare
Friends of Shanti Nilaya/
Williamette 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

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

Billie Schelble
2346 E. Hawthrone
Tucson, Arizona 85719
(602) 326-67505

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

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
2180 Park Ave. North
Winter Park, Florida 32789
(305) 628-0040

Michigan
Sue Sweeney
P.O. Box 1156
Royal Oak, Michigan 48067
(313) 540-2964

Kath Housler
602 N. Center Street
Royal Oak, Michigan 48067
(313) 547-6731

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

New York/Wellsville
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
P.O. Box 178
175 Sailors Bay Rd., Suite 2
Northridge, 2063
Sydney, Australia 02-95-5461

Brazil
Barbara Swirska
Amigos de Shanti Nilaya/Brazil
Caixa Postal 54167
01296 Sao Paulo
Brazil

England
Margaret Manning
98 Charlton Lane
London SE7
England

Finland
Leena Laitinen
Eerikinkatu #44
1800180 Helsinki 18
Finland

Holland
Pieter Sluis
Friends of Shanti Nilaya/Holland
Chopinplein 14
2421 TT Nieuwkoop
The Netherlands

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

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

Friends of Shanti Nilaya/ Oregon

We are still small and do meet on a project by project basis. When we get patient referrals, one person in our group "follows" the patient and their family as long as needed. And having enough time is our greatest challenge — with all that there is to do.

If anyone in the western part of Oregon is interested in developing a network of speakers from which to create future workshops, we would really like to know.

Presently we are putting out the word for Elisabeth's lecture November 12, at 7:30 p.m. on the Oregon State University Campus, LaSells-Stewart Center. Tickets are available through mail-order from "Tickets," 3870 S.W. Western Blvd., Oregon State University, Oregon 97333. General admission is $7.50 and $5.00 for students and senior citizens. Response is very positive.

Warm Wishes

Jan and Doug Hare and Marcella Brady

Friends of Shanti Nilaya/ Florida

Our Life, Death and Transition self-help group continues to meet every 2nd and 4th Friday afternoon from 5:00 P.M. to 6:30 P.M. Location will change each month to provide for best geographical coverage.

October's meetings will be at the office of Max Mogul, the Fountain Building at the corner of Morse Blvd. and Denning Avenue in Winter Park. Max's company, Compass Management, is located on the second floor.

November's meeting will be at the home of Bill Fray, 2122 Lake Drive, Winter Park.

December's meetings will be at the home of Tom Saunders, 259 Rippling Lane.

Call Ann Frier at 299-0034 for any other information or directions.

Best Regards

Tom M. Saunders, Ph.D.

Friends of Shanti Nilaya/ Maui

We have submitted a proposal for our "Redirection (prison project) Project." It has been approved by the legislature and is now in the senate for budget approval. Shanti Nilaya/Maui will be the governing board, create programs and hire staff, etc.

In view of this proposal, the state of Hawaii decided to hold off on their plans of building a new prison and will evaluate the results of our program after the first year of operation. If all looks well, the money earmarked for the new prison may be used to create more programs like the "Redirection Project."

Our first year we will house up to 12 men, have 24 hour coverage by staff and accept inmates most ready to be placed back into the community. Training, counseling and special programs will be offered to assist inmates on becoming whole and productive.

For more information: Contact Bobbi Leone

Mahalo!

Bobbie Leone

Friends of Shanti Nilaya/ Maryland

Our Fairy Tales and Drawing Workshop for October is oversubscribed with a waiting list. We will have another Gregg Furth workshop beginning January 22, 1984.

Our mutual support group meetings continue on a regular basis; the first and third Sunday evenings of each month in Reston, and Vienna, Virginia (contact Donna Oden (703) 476-5383 or Tobey Milne (703) 281-0244) and the second and fourth Sunday evenings of each month in Anapolis, MD (contact Bill or Peggy Griswold (301) 974-4224). We also hold Drawing Interpretation potlucks each quarter in the Baltimore, Washington and Anapolis areas. Contact Bill or Peggy Griswold for date and place.

Love, peace and joy,

Bill Griswold

Friends of Shanti Nilaya/ Australia

So much is happening that is good and positive. Shanti Nilaya is growing; we are gradually becoming a viable organization due to sheer persistence.

We are excited and full of energy and wanting to get going because people are aware of us now.

"Peace comes from orderliness." Take care, my friends, and keep in touch.

Much love.

Rita Ward

Friends of Shanti Nilaya/ Mat-Su Valley

The Wasilla group meets every two weeks for a working session. There are at least six persons in a group with at least four doing some mat work. We expect members from the Anchorage area to be joining us soon. And we are open and welcome others who have attended a LDT workshop and would like to come and continue their personal work. Please call me at home (907) 376-2328 or work (907) 376-4000.

Love and light.

Jan Dennison

Friends of Shanti Nilaya/ Honolulu

Friends of Shanti Nilaya/Honolulu, Inc. has been formed, and on May 24th elected our board of directors and officers.

We meet once a month for personal growth and to be of service to the community. Our focus is on "A Children's Center" for all children-in-crisis, those with life-threatening or catastrophic illnesses or whose parents may be ill, and children who have been abused or battered.

Anyone interested in finding out more about us should contact Mary Katherine Cope at 497 Portlock Road, Honolulu, HI 96825. Phone: (808) 395-3078.

Aloha

Tom Fisher

Friends of Shanti Nilaya/ Long Island

Our Fall Education Program: "ELISABETH KUBLER-ROSS, M.D.: LIFE, DEATH AND THE DYING PATIENT." Part I will be shown on Wednesday, September 28, in the New Auditorium at the Nassau County Medical Center, Hempstead Turnpike, East Meadow. Part II will be shown on Wednesday, October 26. This interview was videotaped at the University of Washington School of Medicine, Seattle, 1982. There will be a discussion and question and answer period. Refreshments will be served.

November is set aside for committee meetings (Education, Community Outreach, Resource, Publicity, Hospitality, Fund Raising) to finalize work on our exciting agenda for 1984. Our needs assessment is still in process and we would appreciate more input from one and all.

On Monday eve, December 12, there will be a "coming together in peace and joy" for the holiday season.

All of the above are held at the N.C.M.C. and begin promptly at 7:30 P.M.

In addition to these regularly scheduled meetings, the first of our monthly Mutual Support Group meetings will take place in September. Anyone who has attended an LDT Workshop and would like to join in the sharing, please contact Ginger Sendor at the New York mailing address (P.O. Box 313, Westbury 11590). We welcome you!

With Peace, Great Joy and our Love to All,

Ginger Sendor and Cathy Fanslow

Friends of Shanti Nilaya/ Los Angeles

Ted Siminoski and Phyllis Siegel attended the July LTD pinecone ceremony in Mission San Luis Rey to present a plaque created and designed by Marilyn Sanacore to Elisabeth for her birthday.

Our regular meetings on the second Friday evening of each month continue to attract newcomers who are curious about plans and services. As a group we have been gathering support service referral information and invite anyone with knowledge of community services in the Los Angeles area to contribute to our file. Please join us at our monthly meetings and help us grow. For details, contact Ted or Phyllis at (213) 661-9464.

Much love to all of you,

Elizabeth Walter

Friends of Shanti Nilaya/ Chicago

During July and August, our Mutual Support Group enjoyed a change of scenery, having met three times in the members' homes.

We are fortunate that seven of our members are involved in Shanti Nilaya's Training Program in the Externalization Process.

A special message to those in the Chicago area who heard Elisabeth speak and would enjoy contact with people who support her work. We invite you to join us as we continue to provide assistance and support to each other and to anyone experiencing grief or loss. For information, call 437-4489.

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

Dave and Lois Thompson

Friends of Shanti Nilaya/ Boston

We have suffered the loss of some of our friends this summer. One was the sudden death of one of our young friends. The other was the original Shanti Nilaya contact person in Boston, Peggy Fuller. She was well loved and much involved with Shanti Nilaya. Her passing was a process which could perhaps best describe the philosophy of Elisabeth's work.

Our Tuesday night groups are still going strong. For those who wish to join, please call ahead and let us know you are coming. All are welcome to join.

Peace, love and sunshine to all

Gena Glicklich

Living Tributes

To Honor	*Given By*
The 50th Birthday of Joan Muson	Mary Louise Kovach Eugene Burd Alan Shiffinf Dorothea Campanelli Mary Roughton Dorothea Lanning Thelma and Tom Haney Edith Varga Joan M. Hanchett Mary E. Magrane Janis S. French Irma S. Haffer Lorraine D. Sgalia Ruby Steinfeld Marie Nelles Myrtle Ilsley Barbara Briant

"Living Memory" To Honor	*In Memory Of*	*Given By*
Barbara Meislin	Eugene A. Floyd Jr.	Nell J. Anderson Fredda Chalfin
	Karen Lee	Kyle Lee
	Ruth Chusid	Melvin R. Oksner Colson, Hick & Edison
	Oscar Burri	Joan M. Treichler
	Zabel Tabibian	Susan Shekerjian Ted Minasian Michael & Emma Minasian Maureen E. Trerice Sylvia Golden Teryl L. Minasian Brooke M. Hopmanazian Marilyn Thielen Kim Minasian

DO YOUR HOLIDAY GIFT SHOPPING EARLY —

Choose Your Holiday Gifts from SHANTI NILAYA MAIL ORDER

Shanti Nilaya 1984 Calendar



The works of photographer, Skyler Rubin Posner, and illustrator, Shurle Lee, and the quotes of Elisabeth Kubler-Ross, M.D., join in reflections on our **Moments in Living**.

This handsome calendar is a gentle reminder of the subtle events and attitudes that shape our lives. Each month a picture and spiritual quote offer food for contemplation. Order for holiday gift giving and as a special present to yourself.

This calendar is a special edition to support the work of Elisabeth and Shanti Nilaya.

About the Artists:

Shurle Lee

The pen and ink renderings are the work of renowned Michigan artist, Shurle Lee. Ms. Lee is a graduate of Michigan State University with a degree in psychology and has been a working artist for 25 years. Ms. Lee has won many prizes for her illustrations, particularly for her pen and ink drawings of children and scenery. During her residence in Indiana, one of her paintings was given to the White House as a gift from the State of Indiana and her work has received awards in the Parix de Paris exhibition.

Artists often have deep feelings about their work and Shurle Lee expresses her's: . . . "A painting should not be static, nor should life — rather sometimes turbulent, sometimes peaceful, sometimes sad, sometimes discordent — but always a sense of movement, out of which comes awareness and hopefully growth."

Skyler Rubin Posner

The photographic art of Skyler Rubin Posner is best captured in her black and white portraits of people and animals. Skyler is the author of Ring of Dreams, *a recent photographic essay of the scenes behind the sport of boxing. Her individual photographic portraits have been well-received by art critics. She has been exhibited widely and featured in numerous articles and publications.*

She lives with her husband and two daughters in Berkeley, California where she is doing graduate work in Transpersonal Counseling Psychology. She loves people and hopes her photography conveys that love.

SHANTI NILAYA
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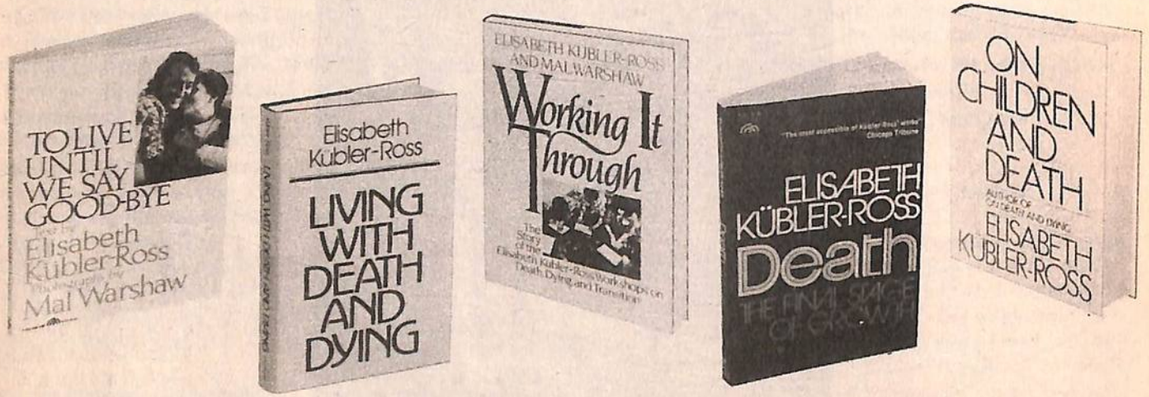
FREE TAPE

For orders that total $30.00 or more and placed between October 15, 1983 and December 15, 1983, purchasers may receive a special new lecture tape of Elisabeth Kubler-Ross FREE. Just write **"FREE TAPE"** on your order blank before total.

(**Note:** this tape is a special recording of Dr. Ross in a recent Southern California lecture. It is only available at this time as a part of the **FREE TAPE** offer.)



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.
.....(hard cover) Item No. KR111 **$7.95**
.....(paperback) Item No. KR112 **$2.95**

***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.
.....(paperback) Item No. KR113 **$2.45**

***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 test by Elisabeth. An intimate, close-up look at helping the dying truly *live* before they die.
.....(hard cover) Item No. KR114 **$12.95**
.....(paperback) Item No. KR115 **$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?
.....Item No. KR116 **$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.
.....Item No. KR117 **$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.
.....Item No. KR118 **$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 (postage & handling included).
.....(1-10 copies) Item No. KR119 **$2.95 ea.**
.....(11-24 copies) Item No. KR120 **$2.50 ea.**
.....(25 or more copies) Item No. KR121 **$2.00 ea.**

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.
.....(paperback) Item No. KR122 **$2.95**

NEW

***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.
.....(available in October) Item No. KR123 **$12.95**

OTHER INTERESTING BOOKS

Quest, by Derek Gill, a biography of Elisabeth Kubler-Ross, M.D., her early years.
.....(hard cover) Item No. AX201 **$11.95**
.....(paperback) Item No. AX202 **$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.
.....Item No. AX203 **$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.
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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.
.....(paperback) Item No. AX205 **$5.95**

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.
.....Item No. AX206 **$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."
.....Item No. AX207 **$5.95**

Children as Teachers of Peace, by Center for Attitudinal Healing. Written by children, giving their view of what peace is.
.....Item No. AX208 **$7.97**

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.
.....Item No. AX209 **$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.
.....Item No. AX210 **$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."
.....Item No. AX211 **$1.50**

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.
.....(paperback) Item No. AX212 **$9.50**

Love is Letting Go for 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.
.....(paperback)Item No. AZ213 **$5.95**

NEW

Easy Death, by Da Free John. In this collection of talks, essays and personal accounts, this spiritual teacher discusses such topics as what occurs during and after death, going beyond fear, preparing for death, serving the dying, and transcending the knot of self-possession, the biggest obstacle to life . . . and death. This book will change how a person chooses to live every moment of life.
..(paperback — 430 pages) Item No. AX215 **$10.95**



NEW

Who Dies, by Stephen Levine. *An Investigation of Conscious Living and Conscious Dying* addresses what most people consider to be a very sensitive subject. This comprehensive study sheds some new light on the many aspects of the dying processes and explains how we can participate fully in life as the perfect preparation.
..(paperback — 336 pages) Item No. AX216 **$9.95**

CASSETTE TAPES

TAPE #1 — **Life, Death and Life After Death** — The basic teaching tape by Elisabeth Kubler-Ross, M.D.
.....(60 minutes) Item No. C802 **$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) Item No. C803 **$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) Item No. C805 **$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.
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OTHER FAVORITE CASSETTE TAPES

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Tell It From the Heart, by Gary Lapow, captures the richness of life with humor, warmth and heartfelt wisdom.
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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.
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Loss and Letting Go — An experiential process using deep relaxation and imagery to help the listener successfully confront loss, separation or death. Any of these experiences can be regarded as ... a positive challenge when you come to accept change as the beginning of new life. In whatever form, loss can lead to a greater appreciation for your unique strengths and abilities. Using deep relaxation and guided imagery, Dr. Emmett E. Miller guides you through letting go and moving on.
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NEW

The Healing Journey — The words and music (side 1) and the music alone (side 2) are designed to facilitate the healing process. Dr. Emmett E. Miller indicates that this tape can be used in a number of situations from a simple headache to promoting healing after surgery or while facing a serious illness.
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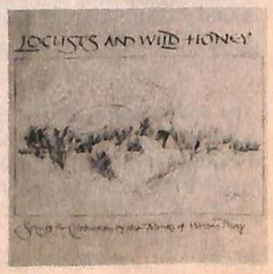









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NEW

Christmas Songs — Twelve songs by Brother Gregory and recorded with striking instrumentals help bring a reflective dimension to the celebration of Christ's birth.
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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 ($25.00 extra for ¾ inch format)
.....Item No. VHS101 **$85.00**
.....Item No. BTA201 **$85.00**
.....Item No. THR301 **$110.00**

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 with unconditional love for ourselves and for others. 60 minutes, $85.00 Beta II, VHS format ($25.00 extra for ¾ inch format)
.....Item No. VHS102 **$85.00**
.....Item No. BTA202 **$85.00**
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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 ($25.00 extra for ¾ inch format)
.....Item No. VHS103 **$125.00**
.....Item No. BTA203 **$125.00**
.....Item No. THR303 **$150.00**

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 ($25.00 extra for ¾ inch format)

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Never Too Old to Dance — a video tape featuring Katie Wright Macdonald and Elisabeth Kubler-Ross, M.D., interacting over the Dance Therapy pioneered by Katie at the Montgomery Manor Convalescent Home in Northern California. Tape is 25 minutes in length, features clips showing convalescent patients dancing with Katie and her baby. Beta II, VHS format ($25.00 extra for ¾ inch format)

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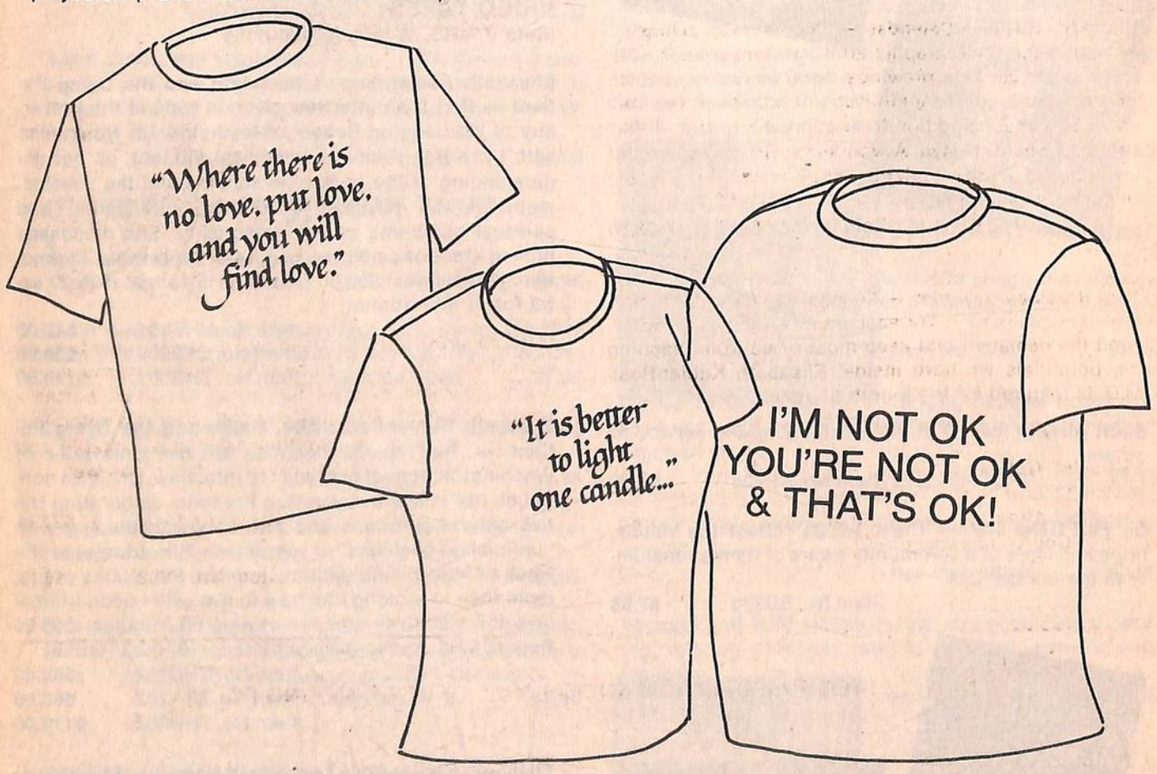

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If there is any measure
of immortality in memories,
then we shall live forever.

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1984 Heroines Calendar — An inspiring calendar featuring a special heroine for each month who has gone beyond the demands that keep most of us from reaching the potentials we have inside. Elisabeth Kubler-Ross M.D. is featured for the month of June.

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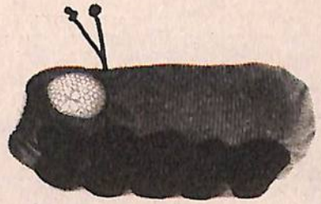



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