SHANTI NILAYA NEWSLETTER
Number 17, February 1984

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.

GREETINGS FOR THE NEW YEAR!

Dear Friends:

The new year started with beautiful sunshine in California and with blowing winds, ice storms, and 25 degrees below zero in Virginia, where I spent the holidays. My sister and brother-in-law and my children joined me on the farm. And we all lived like pioneers, including Clyde who is there overseeing the construction. We hoped that the freezing temperatures wouldn't cause the waterpipes to burst. They didn't!

The Christmas tree with real candles, the crackling woodstove and the flock of sheep gathering outside the window made up for a lot of temporary inconveniences and all of it resulted in a lovely holiday season.

My log cabin is getting its roof on and begins to take shape. The "round" houses for the workshop site have been ordered from the factory and as soon as the first spring sun thaws the ice, we shall start construction of our workshop and training center in Virginia.

Our farm is going to be a very special healing center somewhat remote from the so-called civilization, but with an unsurpassed peace and serenity, lovely neighbors and local friends and a pantry full of healthy homegrown and home-canned food.

To the many who have sent us bed sheets, towels, other necessary household items and the many contributions, we send a hearty hug and thank you! All contributions are tax deductible and we gratefully accept anything to furnish our 85-bed sleeping unit and workshop site. Large floor cushions and hassocks are especially needed.

We will call the new site, The Elisabeth Kubler-Ross Center and will slowly wean off the old name of Shanti Nilaya since the rural people here do not know what to do with this "foreign sounding" name. And it will become a real "home of peace," where people of all creeds, races, and economic backgrounds can come and learn how to live more fully, get rid of their blocks and their negativities and learn to live (and die) in harmony with nature and all men, will soon be a reality.

Since I have been away from Escondido for two months, my mail has piled up enormously. I will be there only two days before going back East to the Wappingers Falls workshop, and then off to another workshop in Hawaii, and to look after our prison project and the Children's Center there.

This will mean that I will not be able to answer any except the most urgent mail. I thank all of you for your Christmas greetings and the thousands of New Years' cards—all of your love and support is truly appreciated. PLEASE DO NOT SEND ME ANY MORE MANUSCRIPTS.

Our greatest need this coming spring and early summer is for hard-working construction workers for April, May and June—when our Center is going up. Want to come for 2-3-4 weeks? We hope to move the office from Escondido to Virginia in the summer so be patient with us if the mail is coming slow!

Have a blessed, healthy and wonderful 1984.

With much love,

Elisabeth

Elisabeth

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

Elisabeth featured with Mother Theresa and Prince Charles at AHMA Conference

The American Holistic Medical Association has invited Elisabeth Kubler-Ross and Prince Charles of England along with Mother Theresa to appear in a special conference at the American Holistic Medical Association annual meeting, June 3rd, 1984 in Washington D.C. For further information please contact David Getson, M.D. at the AHMA, 6932 Little River Turnpike, Annandale, Virginia 22003.

Elisabeth and Virginia Satir Together For The First Time in Canada

Elisabeth and humanist, Virginia Satir will be doing an all day workshop entitled *"The Circle of Life: Living, Loving, Dying"* Saturday, April 14, 1984 in the Playhouse Theatre, Winnipeg, Manitoba, Canada. Elisabeth will also be doing a Life, Death and Transition Workshop from April 9-13, 1984 at the Villa Marie Retreat House St. Norbert, Manitoba, Canada. For further information about either the Life, Death and Transition Workshop or the "Circle of Life" workshop contact Maria Gomori, 601-99 Wellington Crescent, Winnipeg, Manitoba R3M OA2. Phone (204) 284-4104.

Living Legacy Award

The 1984 Living Legacy Award presented by the Women's International Center will be presented at a reception and dinner at the Westgate Hotel in San Diego on March 6. This Award is made to women who have made remarkable contributions or services to humanity in the last decade.

Elisabeth Kubler-Ross, M.D. will be among eleven internationally known women who will be honored at this ceremony.

Other recipients include Mrs. Jihan El Sadat, Beverly Sills, Florence Chadwick and Francois Gilot. Nancy Regan and other dignitaries will present the awards to the recipients.

"Healing Waters Farm" 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 hard working manual laborers and construction workers during the months of April, May and June. Room and board will be supplied in exchange for labor. Since accomodations are limited at this time, *only the actual workers* will be able to be on site at this time.

Please contact Shanti Nilaya and let us know what manual labor and construction work you are experienced in and are willing to donate. Let us know when you will be available.

No Visitors in Virginia — YET!

Over the last few months, the steady trek of visitors to the center site and farm in Virginia has placed a burden and drain on the work effort to get the site ready for the first workshop in June.

It is necessary at this time to let everyone know that visits to the farm and workshop site are hampering the work effort and the "drop-in" nature of some of these visits are not helpful.

To arrange for a visit to the farm, IT IS NECESSARY TO ARRANGE AN APPOINTMENT FIRST AND BE GIVEN A DAY AND TIME FOR THE VISIT.

Later when the construction dust clears, the gates will be open at specific times and days.

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.

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

1984

Date	Place	Sponsor	Contact person	Info. Phone
February				
11	HI (Hilo)	Univ. of Hawaii at Hilo	Barbra Green	(808) 961-9555
18	NM (Albuquerque)	Univ. of New Mexico	Bob Chiovetti	(505) 277-2115
19	NM (Santa Fe)	Inst. of Trad. Medicine	Almadea Morningstar	(505) 983-2154
March				
16	MN (Minneapolis)	MN Council for Ex. Children	closed to public	
16	MN (Minneapolis)	The Continuum	Michael LaBrosse	(612) 370-4801
28	IL (Evansville)	Kentucky Henderson College	Pam Hurt	(502) 827-1867
April				
1	CA (San Diego)	Shanti AIDS Volunteers	Hal Frank	(619) 292-8355
6	NY (Oneonta)	ST Univ. of New York	James Preston	(607) 431-3345
7	NY (Alfred)	Alfred University	Matt Dubai	(607) 871-2134
May				
2	Germany (Bamberg)	Friends of Shanti Nilaya Switzerland	Eva Bacher	061/67 35 23
3	Switzerland (Basel)	"	"	"
12	Germany (Munich)	"	"	"
14	Austria (Baschuns)	"	"	"
19	Switzerland (Frauenfeld)	"	"	"
29	CA (Berkeley)	Rape Crisis Center of W.C.C.	Ann Perry	(415) 237-1928
June				
10	NC (Charlotte)	To Life	Howard Winokuer	(704) 332-5433
July				
August				
September				
6	Austria (Wien)	Friends of Shanti Nilaya Switzerland	Eva Bacher	061/67 35 23
9	England (London)	European Psychosomatic Society	R.G. Priest	01-286 4884

LIFE, DEATH AND TRANSITION WORKSHOP SCHEDULE

1984

February 20-24
Old Mission San Luis Rey Retreat
P.O. Box 409
San Luis Rey, California 92068
619-757-3659

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

April 23-27
Landgut Burg (In German)
D-7056 Weinstadt-Beutelsbach
contact: Tine Rein
Obere Brandstrasse 44B
D-7000 Stuttgart 80
Germany

May 7-11
Kloster Schöntal (In German)
D-7109 Schöntal-Kloster
contact: Tine Rein
Obere Brandstrasse 44B
D-7000 Stuttgart 80
Germany

May 15-19
St. Gerold (In German)
Vorarlberg, Austria
contact: Eva Bacher
Friends of Shanti Nilaya/Switzerland
Grenzacherweg 37
4125 Riehen/Basel
Switzerland

Summer (tentative)
Healing Waters Farm
Route A, Box 28
Head Waters, VA 24442
contact: Shanti Nilaya
Escondido, CA

September 10-14
Norway (tentative)

September 17-21
Palazzo di Agra (in German)
Agra, Switzerland
contact: Eva Bacher
(tentative)

October 15-19
Healing Waters Farm
Route A, Box 28
Head Waters, VA 24442
contact: Shanti Nilaya
Escondido, CA

November
Australia

December 3-7
Meier Lake Conference Center
Wasilla, Alaska

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:

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.

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

REGISTRATION – LIFE, DEATH AND TRANSITION WORKSHOP

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.

How did you hear about the LDT Workshops _____

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

Hospitalizations within the past two years for psychiatric reasons? _____

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

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

Current medications? _____

Do you have special physical needs? or require vegetarian 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 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.

GREGG FURTH'S 1984 SCHEDULE

Key: I — Intro. = Introduction to the Interpretation of Spontaneous Drawings I
II — Fairy Tales = Fairy Tales and the Interpretation of Spontaneous Drawings II
III — HTP & Dreams = House, Tree, Person and the Interpretation of Spont. Drawings III

	Contact
January 22-26 Fairy Tales II	Friends of Shanti/Maryland P.O. Box 269 Arnold, MD 21012 301-757-2227 or 974-4224
March 4-8 Intro. I	Martha Farish Louis Foundation Eastsound, WA 98245 206-376-2581
March 11-15 Intro. I	Truss McKee 330 Oakhurst Land Colorado Springs, CO 80906 303-576-1715
March 19-23 Intro. I	Margaret Manning 98 Charlton Lane London, SE7 8AB England
March 24-28 Intro. I	Margaret Manning (same as above)
April 8-12 Fairy Tales II	Martha Farish Louis Foundation Eastsound, WA 98245 206-376-2581
May 14-18 Intro. I	Shanti Nilaya Escondido Judy Rowley P.O. Box 2396 Escondido, CA 92025 619-743-5553
May 21-25 HTP & Dreams III	Shanti Nilaya Escondido (same as above)
June 3-7 Fairy Tales II	Martha Farish Louis Foundation Eastsound, WA 98245 206-376-2581
June 9-13 Intro. I	Elaine Fee 377 Kekupua Street Honolulu, HI 96825 808-395-1259 or 531-1026
July 8-12 Intro. I	Mary Ball Jamie Shuman Center 600 Blue Hill Road River Vale, NJ 07675 201-391-4473
July 15-19 Leadership training for Psychodrama (prerequisite required, write for information.)	Mary Ball 201-391-4473
July 31-Aug. 4 Intro. I	Jan Dennison P.O. Box 870634 Wasilla, Alaska 99687
August 5-9 Fairy Tales	Jan Dennison (same as above)
August 12-16 Intro. I	Friends/Maryland P.O. Box 269 Arnold, MD 21012 301-974-4224
Sept. 9-13 Intro. I	Friends/Long Island P.O. Box 313 Westbury, NY 11590 516-334-0950
Sept. 16-20 HTP & Dreams	Friends/Long Island (same as above)
October 14-18 Intro. I	Audrey Simek 1414 Cedar Lane Northbrook, IL 60062 312-272-7622 or 272-4842
Nov. 4-8 Intro. I	Dougy Centre P.O. Box 66461 Portland, OR 97266 503-253-1404
Nov. 9-13 Fairy Tales	Dougy Centre (same as above)



**In order to register for any workshop, you must write to the contact person DIRECTLY.

TRAVEL FOR THE TERMINALLY ILL

"Ambassadors for Life" believes that many people who are terminally ill and who have come to terms with that fact still have dreams to do some traveling around the world or go on special trips. "Ambassadors for Life" can provide travel arrangements to suit their needs complete with individual escort and companion services as well as some financial assistance. Special group vacations are organized throughout the year for people with special needs. For more information, please write to Jo Curran, Ambassadors for Life Foundation, 22094 Parrotts Ferry Rd., Sonora, CA 95370.

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

Frau Seeger
Oberdorf 30
CH-4458 Eptingen
Switzerland

OPPORTUNITY FOR FOLLOW-UP AND PERSONAL GROWTH — INTENSIVE WORKSHOPS

Ten participants are invited to the second day (Saturday) 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.

Participants 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 are for room and board only. The workshop begins at 8:30 a.m. Sessions are over about 10:00 p.m. Participants are encouraged to stay overnight when space permits.

Dates and locations are as follows:

March 3, 1984 LaGrange Park, Illinois (Chicago area)
March 31, 1984 Kaneohe, Hawaii (near Honolulu)
April 28, 1984 Watsonville, California (near San Jose)
May 26, 1984 Bangor, Pennsylvania
September 8, 1984 Techny, Illinois (Chicago area)
October 13, 1984 Headwaters, Virginia
November 10, 1984 Long Island, New York

To register for this opportunity contact Shanti Nilaya Training Coordinator.

SPECIAL WORKSHOPS FOR PERSONS WITH AIDS

At the special AIDS workshop in San Francisco-Russian River area last November, special healing miracles in mind, body and spirit happened. Conducted by Hal Frank, Ph.D., Sue Bonner, and Joy Morrissette-Billings and with a special visit by Elisabeth, twenty seven persons with AIDS and some of the health care professionals who tend AIDS patients in San Francisco opened their lives to the incredible force of unconditional love that had been blocked up to this time.

Utilizing the externalization-of-emotion processes as well as new techniques of guided imagery, neuro-linguistic programming, nutrition and body-work, workshop participants experienced some deep changes in mental and spiritual outlook, changes in physical energy and in some instances, changes in their physical health.

Another workshop is scheduled for the week of March 26-30, 1984 at the Wildwood Ranch in the Russian River area. Other special AIDS workshops are currently being negotiated in the New York area and in the Los Angeles-Orange County area of California.

For further information on these workshops for patients and for health care professionals, please contact Hal Frank at Shanti Nilaya.

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.*

CHILDREN'S WORKSHOP PLANNED

A Children's Workshop is scheduled for February 25, 1984. It will take place in North Hollywood, California. The fee is $75, the hours are 9:00 a.m. to 4:30 p.m., lunch is provided. Facilitators are Sharon Tobin, Sheila Hill and Joy Morrissette-Billings. The workshop is for children ages 7-11. Contact Sheila Hill at Shanti Nilaya for registration.

TRAINING PROGRAM FOR HEALTH CARE PROFESSIONALS

Those licensed health care professionals, (nurses, physicians, psychotherapists etc.) 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 - 1984

March 2-4
Training I
location: Chicago
contact: Maria House, Techny Towers, Techny, Illinois
Friends of Shanti Nilaya-Chicago

March 30-April 1
Training I
location: Hawaii
contact: Camp Kokokahi, Kaneohe, Oahu, Hawaii
Friends of Shanti Nilaya-Oahu

April 27-29
Training I
location: California
contact: Mount Madonna Center, Watsonville, California
Shanti Nilaya-Escondido

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

August
Training II
(date and locations to be announced)
Chicago

September 7-9
Training II
location: Chicago
contact: Christian Life Center, LaGrange Park, Illinois
Friends of Shanti Nilaya-Chicago

October 12-14
Training I
location: Virginia
contact: Healing Waters Farm, Headwaters, Virginia
Shanti Nilaya-Escondido

November 9-11
Training II
location: Long Island
contact: St. Francis Center, Oyster Bay, New York
Friends of Shanti Nilaya-Long Island

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

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) 579-9981

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/Boston
64 Brington Road
Brookline, Massachusetts 02146
(617) 566-1873

Marilyn Brier
15 Parkinson St.
Needham, Mass. 02192
(617) 444-7977

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

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

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

Forming Groups

Alaska
Candy Gleason
Box 1551
Nome, Alaska 99762

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

Dave Ensey-Braun
P.O. Box 42713
San Francisco, CA 94142
(415) 861-1079

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 48072
(313) 540-2964

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

New Jersey-Princeton
Janet Scheck
123 G Concordia Circle
Cranbury, N.Y. 08512
(609) 655-5245

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
Friends of Shanti Nilaya/England
3 Blackheath Village
London, SE3 England

Finland
Leena Laitinen
Eerikinkatu #44
1800180 Helsinki 18
Finland

Holland
Pieter Sluis
Friends of Shanti Nilaya/Holland
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**Friends of Shanti Nilaya/
England**

Friends of Shanti Nilaya/England has now taken shape in a beautiful and creative way. We hold regular support group meetings in London and have a busy office where we answer enquiries, sell books and tapes and organize future workshops and courses. There is great interest in Elisabeth's work and a strong need for more trained persons able to advise and work with those living with death in some way.

Following the LDT workshops in September, we called a reunion. Expecting 20 people to attend, approximately 80 people came eager to reach out and support the work of Elisabeth. Our seeds planted four years ago are now beginning to blossom.

Love to Everyone

Margaret Manning

**Friends of Shanti Nilaya/
San Francisco**

The San Francisco Group has been reactivated after the summer and any interested persons in the Bay Area who have done an LDT workshop are invited to join us. We meet on alternate Sunday afternoons from 4:00 to 6:30 p.m. The group is held at the Hospice at 225 30th Street (between Church and Dolores) in San Francisco.

Our first "working session" was on December 11, and 13 persons attended.

The inputs for reorganizing this support group was the special LDT workshop for people with AIDS held in the Russian River area November 2, 3, and 4. More than 30 attended that workshop led by Hal Frank, Joy Morrissette-Billings and Sue Bonner. Elisabeth herself was with us the final afternoon prior to a speaking engagement at the Marin Civic Center with Jerry Jampolsky.

Two weeks after that many of us attended the Rebuilding and Refocusing Workshop in San Francisco, an equally powerful and meaningful experience as the LDT.

We are eager to draw from other LDT Workshops to diversify our present group and to serve anyone interested in having this type of support group in their lives.

We would love to hear from you. Please call (415) 861-1079.

With love from us all,

Dave Ensey-Braun

**Friends of Shanti Nilaya/
Boston**

Our Boston group thanks all for their holiday greetings. We meet regularly on Tuesday evenings. Meetings rotate to different homes. (Please call for location information.)

We extend an invitation to all those who have attended an LDT workshop and live in our area to contact and join us at support group meetings.

Wishing all a Happy New Year.

Love and Sunshine

**Gena Glicklich and
Marilyn Brier**

**Friends of Shanti Nilaya/
Holland**

We had a working day with fifty former LDT participants and we are on our way to reorganizing with regional project groups. One of the projects is working on incorporation of our group; another on finances; another on organizing the LDT workshops; and one on newsletter and administration. We are working slowly and plan to have everything completed by June 1984. So far the work is great because everyone is working hard to make things a success and the spirit is very positive. We'll be in touch as we develop more.

Love,

Peter Sluis, M.D.

**Friends of Shanti Nilaya/
Chicago**

In November we became a traveling mutual support group when we went to the Norridge Nursing Center to share feelings with residents and staff.

We will have a seminar at the Norridge Center on March 14, 1984. Its purpose will be to relate the needs of patients and families as they relate to the dying process. There will be an open forum for questions and answers. For information and tickets call Barbara Moncada (312) 457-0700.

We are willing to bring together a Saturday Youth Grief Workshop. This will be our second and we are willing to do this with 12 participants. Please let us know if you are interested.

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

Dave and Lois Thompson

**Friends of Shanti Nilaya/
Los Angeles**

Externalization became a reality for us as Phyllis Siegel and Ted Siminoski facilitated the first externalization day in November.

Marilyn Sanacore solicited and received a donation of 36 egg-crate mattresses for sound-proofing a room. Others contributed a first-aid kit, phone books, rubber hoses, kleenex . . . We have begun with our externalization program.

We continue to meet regularly on the second Friday evening of the month and recently celebrated our 13th month anniversary with a meeting/party on January 13th. For more information about our group contact Ted or Phyllis at (213) 661-9464.

Love and peace-filled holidays to all,

Elizabeth Walter

**Friends of Shanti Nilaya/
Maryland**

Pot Luck Drawing Interpretation evenings are scheduled one Sunday evening of each calendar quarter in the Baltimore-Washington-Annapolis area. Contact Bill or Peggy Griswold (301) 974-4224, for further information.

Our support groups meet on a regular basis for externalization of feelings: 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 in Annapolis, Maryland (contact Bill or Peggy Griswold (301) 974-4224).

Love, Peace and Joy

Bill Griswold

**Friends of Shanti Nilaya/
Long Island**

Our monthly educational meetings are held in the New Auditorium at the Nassau County Medical Center, Hempstead Turnpike, East Meadow and begin at 7:30 p.m. Dates for the next meetings are February 22, March 28, April 25, May 21.

The mutual support group meets regularly on the second Wednesday of each month at different locations. In addition we are offering longer weekend and live-in workshops. Please contact Claudia Mirante at the Friends of Shanti Nilaya/Long Island.

For the New Year, we wish for everyone, Faith, Health, Peace and . . .

Much Love,

Ginger Sendor and Cathy Fanslow

Friends of Shanti Nilaya/ Oregon

Elisabeth's lecture in November was a great success and we continue to hear from many who attended that it was very meaningful to them.

We have found that due to our limited number of members, we need to focus on serving those in the Corwallis, Albany and Lebanon areas. We encourage others in Oregon to form other support groups such as ours.

With warm wishes for a very bright new year.

Jan, Marcella, Doug and Coleen

SPECIAL OFFER

Buy One — Get One Free

Special T-Shirt Close Out Offer.

See page 14 for selection.

Vietnam Veteran's Grief Project

With the Vietnam grief project just a little over a year old, approximately 70 Vietnam Vets, their families and their children have been directly assisted in working through the griefwork externalization process. Other Vets have been assisted in their Outreach Centers by Vet counselors who have been trained in the externalization techniques.

This griefwork has been specifically applied in four Vietnam Veteran Outreach Centers staffed by former combat veterans. In California, the East Los Angeles Vet Center and the San Jose Vet Outreach Center both have been very active in this work. Winn Azpeitia and Joaquin Gallardo have been most instrumental in getting griefwork started in their centers. Alexandra Teguis has been assisting as a facilitator and acting as a coordinator for some of the work within the various centers and for the project.

During January, Alexandra Teguis returned to Connecticut and will continue to coordinate the Vets Project from the East Coast. Inquiries on the project should be directed to her at 611 Merrow Road, Coventry CT 06238. Phone: (203) 742-7443

SHANTI NILAYA MAIL ORDER FORM



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.

.....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.

.....Item No. AX204 **$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.

.....(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 **$7.95**

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.

.....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 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.

.....(paperback) Item No. AX213 **$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.
. . . . . .(60 minutes) Item No. C806 **$8.00**

OTHER FAVORITE CASSETTE TAPES

Ocean, beautiful flute music by Larkin.
. . . . . .Item No. F601 **$7.95**

Tell It From the Heart, by Gary Lapow, captures the richness of life with humor, warmth and heartfelt wisdom.
. . . . . .Item No. F602 **$7.95**

Crystal Love, by IASOS, meditation music to accelerate one's emotions into positive states of joy.
. . . . . .Item No. F603 **$7.95**

Angelic Music, by IASOS, music to expand inner awareness and consciousness.
. . . . . .Item No. F604 **$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.
. . . . . .Item No. F605 **$7.95**

NEW

Accepting Change-Moving On — 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.
. . . . . .Item No. F606 **$10.95**

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.
. . . . . .Item No. F607 **$10.95**



INSPIRATIONAL SONGS BY THE BROTHERS OF WESTON PRIORY (cassettes)

Calm Is The Night — A collection of songs and readings used by many individuals to accompany their times of prayer.
. . . . . .Item No. SB221 **$7.95**

Go Up to the Mountain — Bright, hopeful songs and readings used by many individuals to accompany their times of prayer.
. . . . . .Item No. SB222 **$7.95**

Listen — Beautiful reflections on listening with the "ear of one's heart."
. . . . . .Item No. SB223 **$7.95**

Locusts and Wild Honey — The brothers' first recording, moving melodies with a poignant contemporay message.
. . . . . .Item No. SB224 **$7.95**

Spirit Alive — Songs of inner searching and service to others.
. . . . . .Item No. SB225 **$7.95**

So Full Deep Joy — These songs reflect the values, hope and fears of a community aware of its responsibility in the nuclear age.
. . . . . .Item No. SB226 **$7.95**

That There May Be Bread — Speaks of the brothers' hopes and concerns for today's world charged with music and message.
. . . . . .Item No. SB227 **$7.95**

Wherever You Go — Used in Elisabeth's workshops, contains a wide spectrum of inspiring melodies.
. . . . . .Item No. SB228 **$7.95**

Winter's Coming Home — Celebrates the changes of seasons, contains complete Christmas Vespers (psalms, songs, readings).
. . . . . .Item No. SB229 **$7.95**

Christmas Songs — Twelve songs by Brother Gregory and recorded with striking instrumentals help bring a reflective dimension to the celebration of Christ's birth.
. . . . . .Item No. SB230 **$7.95**

VIDEO TAPES

(Beta II, VHS, ¾ inch format only)

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)
. . . . . .Item No. VHS104 **$225.00**
. . . . . .Item No. BTA204 **$225.00**
. . . . . .Item No. THR304 **$250.00**

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**
. . . . . .Item No. THR302 **$110.00**

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**

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)
. . . . . .Item No. VHS105 **$40.00**
. . . . . .Item No. BTA205 **$40.00**
. . . . . .Item No. THR305 **$65.00**

Reduced

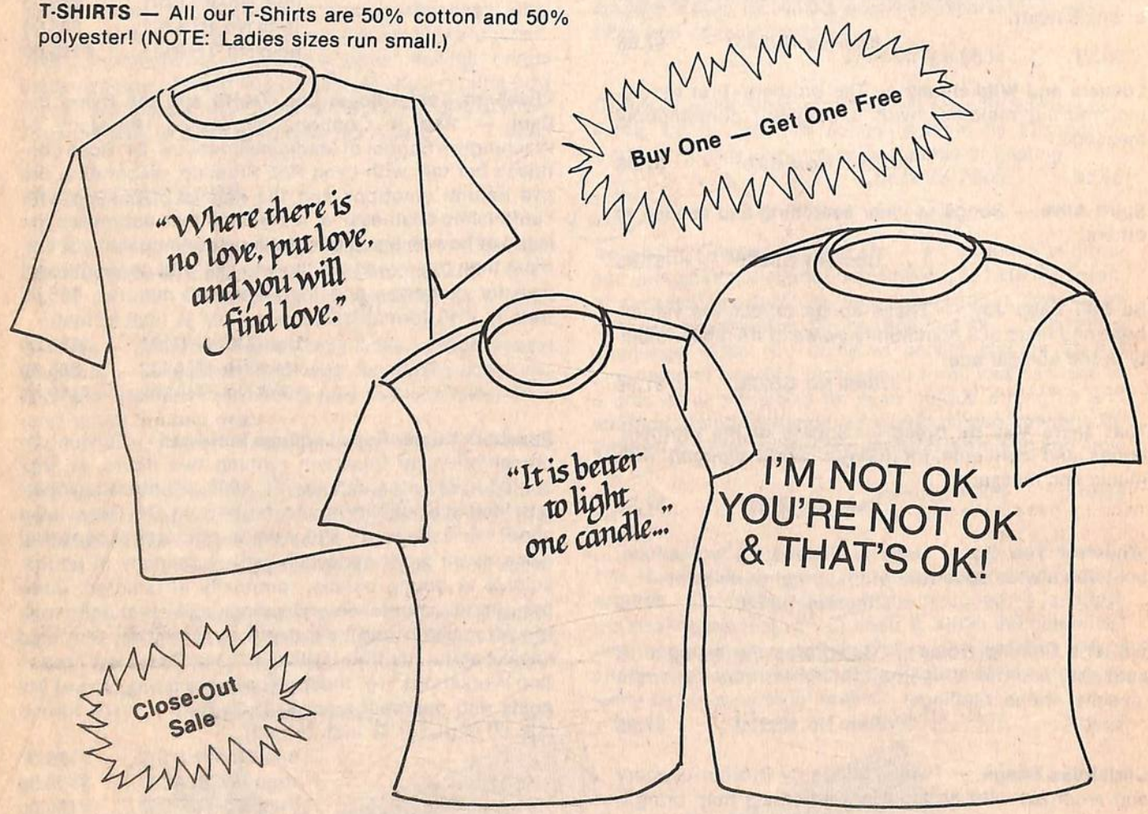
1984 Shanti Nilaya Calendar — "Moments In Living" Featuring the photographic art of Skyler Rubin Posner and the pen and ink drawings of Shurlee Lee coupled with quotes from Elisabeth Kubler-Ross, M.D. This calendar is a special edition to support the work of Elisabeth and Shanti Nilaya. A wonderful gift for friends for the holidays. Each month its picture and spiritual quote will enhance your life.

.....Item No. CA814 ~~$8.95~~ **$5.95**

Of Note

Many persons purchasing the Shanti Nilaya 1984 Calendar, "Moments in Living" have remarked about the beautiful design of the butterfly-hand logo on the cover. This logo is the work of Joan Wilking of Newburyport, Massachusetts. As a graphic arts designer, she donated this logo to the Friends of Shanti Nilaya/Long Island for use on their printed material including stationery, brochures and flyers. We feel privileged that this gifted artist and the Friends in Long Island gave us permission to use this work on our calendar.

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)
Available in ladies' and men's sizes; small, medium and large. Colors; yellow, blue or red. Specify S/M/L — Y/B/R
.....Ladies: Item No. ZT401 **$9.95**
.....Men: Item No. ZT402 **$9.95**

T-Shirt "B" — "It Is Better To Light One Candle . . ."
(Saying on front)
Available in ladies' and men's sizes; small, medium, and large. Colors; yellow, blue or red. Specify S/M/L — Y/B/R
.....Ladies: Item No. ZT501 **$9.95**
.....Men: Item No. ZT502 **$9.95**

T-Shirt "C" — "I'm Not Ok, You're Not Ok, And That's Ok"
(Saying on front)
Available in ladies' and men's sizes; small, medium and large. Colors; yellow, blue or red. Specify S/M/L — Y/B/R
.....Ladies: Item No. ZT601 **$9.95**
.....Men: Item No. ZT602 **$9.95**

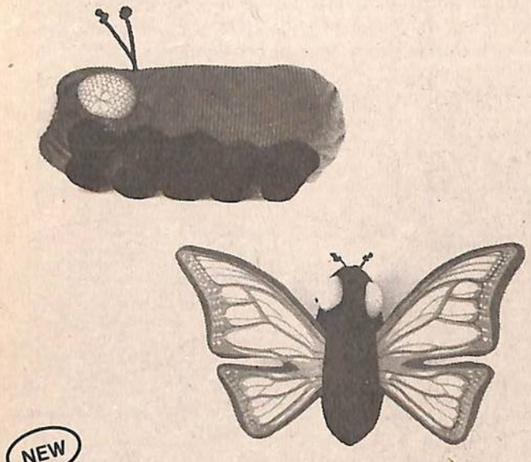
T-Shirt "D" — Shanti Nilaya emblem T-Shirts
Available in ladies' and men's sizes; small, medium and large. Colors; yellow, blue or red. Specify S/M/L — Y/B/R
.....Ladies: Item No. ZT701 **$9.95**
.....Men: Item No. ZT702 **$9.95**

Get 'em while they last!

NEW

Flutterbys — Pastel poly-silk butterflys for floral arrangements, gifts and potted plants. *"Flutterbys"* are approximately 3 inches and mounted on a wire stem for easy handling. Invite a few of these to cluster around your plants and flowers.

.....Item No. FLT601 **$2.00 ea.**



NEW

Caterpillar/Butterfly — Used by Elisabeth in her famous workshops, this soft zippered caterpillar turns inside out to reveal a colorful full grown Monarch butterfly ready to take off. Flip outside in to become a caterpillar again. They're all wonderfully washable, durable and made by hand in Vermont. A beautiful toy as well as a spiritual treasure.

.....Item No. R904 **$23.95**

Rubber Hoses .....Item No. R802 **$6.00**

"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.*

.....Item No. M303 **$9.95**

COMES THE DAWN

After awhile you learn the subtle difference
Between holding a hand and chaining a soul,
And you learn that love doesn't mean leaning
And company doesn't mean security,
And you begin to learn that kisses aren't contracts
And presents aren't promises,
And you begin to accept your defeats
With your head up and your eyes open,
And learn to build all your roads
On today because tomorrow's ground
Is too uncertain for plans, and futures have
A way of falling down in mid-flight.
After awhile you learn that even sunshine
Burns if you get too much.
So you plant your own garden and decorate
Your own soul, instead of waiting
For someone to bring you flowers.
And you learn that you really can endure . . .
That you really are strong
And you really do have worth.
And you learn and learn . . .
With every goodbye you learn.

(this poem was given to us by a patient — we don't know the author)

NEWSLETTER SUBSCRIPTION AND/OR MAIL ORDER SHIPPING FORM
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If you have ever attended a 5 day residential "Life, Death and Transition" Workshop presented by Dr. Ross,

When? _____ Where? _____

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