The Elisabeth Kubler-Ross Center
Shanti Nilaya

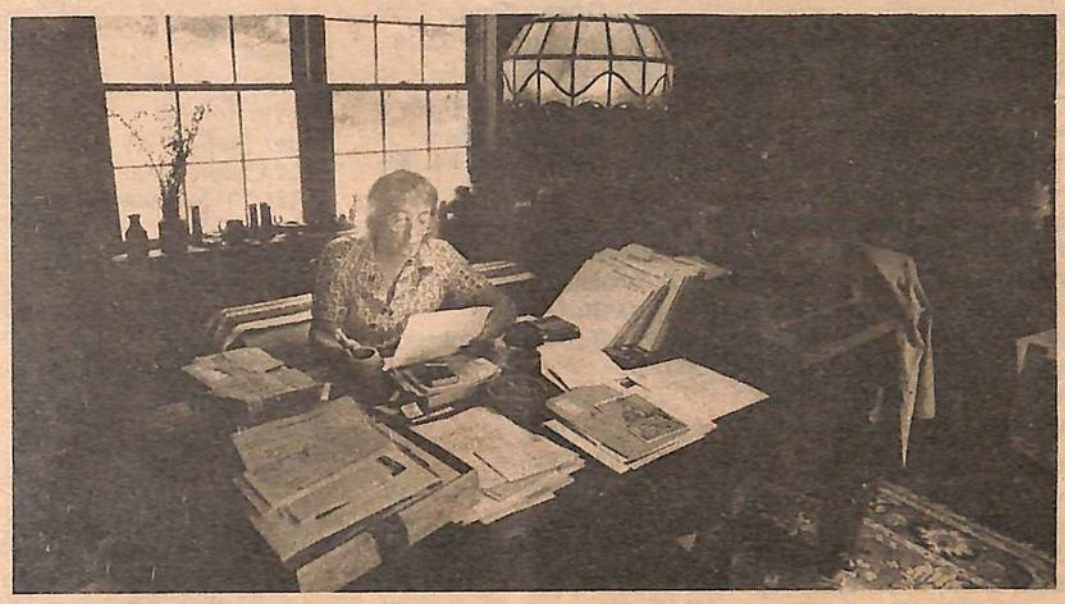
Newsletter No. 20 Nov. 1984

Gen. Del., Head Waters, Virginia 24442 (703) 396-3441



Shanti Nilaya

Founded by Elisabeth Kubler-Ross, M.D. in 1977



The Elizabeth Kubler-Ross Center/Shanti Nilaya, is a non-profit organization dedicated to the promotion of physical, intellectual, emotional, and spiritual health. It is now located in the Shenandoah Valley near Head Waters, Virginia.

Our purpose is to encourage people to view life as a series of challenging experiences from birth through death, rather than a threatening and painful ordeal.

The goal is to allow a fresh sense of personal well-being and contentment through the discovery of new values and a deeper appreciation for the gift of LIFE.

There is within each of us a potential for goodness beyond our imagining, for giving which seeks no reward, for listening without judging, for loving unconditionally. It is our goal to reach that potential.

Dear Friends,

I am writing this letter at the end of October, after returning from six weeks in Europe and workshops and lectures in 10 countries. It was an unforgettable time, especially my encounter with Ireland and its marvelous hospitable friendly people.. We were able to reach "both sides of the wall," the North and the South, the Catholics as well as the Protestants — we opened the gate of the big wall, which (similar to the wall in Berlin) divides the two sides and we started a Hospice — the first one in Ireland. The people are ready for PEACE and they were ready to share a Hospice and I am still on cloud nine about all the good things that happened there.

And now I am on my way to Australia, then a workshop in Switzerland, followed by one in Alaska and back home to the ranch for Christmas, what a glorious Holiday that will be!

We have now divided our work and workers into three areas and are getting well organized after the turmoil and extra labor of the moving days are finally behind us. All the volunteers and the construction crew for the **Workshop, Training and Healing Center** reside and eat at my farmhouse, which will be used as a temporary home until the Center is completed far enough so they can move to the Roundhouses while the "internal" construction continues during the Winter season. A woodstove is on order and our pantries and root-cellar are stacked full of literally hundreds of jars of homemade preserves and fruit and vegetables and most of the fruits are from our own gardens, thanks to Foli, our main Gardener, and many hours of volunteers who contributed to its success.

Lita is responsible for our flock of sheep which is in the process of getting bigger, with several pregnancies getting ready to deliver in November and the contribution of 4 lamb ewes from Ellie and Mark, all of which supplies us with enough wool to keep us carding, spinning and weaving during the snowy season. We are soon ready to reopen the new giftshop with many of our own creations!

Charlotte is building her own log cabin, a pre-civil war genuine building which we dismantled and are re-erecting on the Farm. She is also helping with a thousand other things; and, I don't know what I would have done without her during the past couple of years.

Liz is our cook and sees to it that we are well fed in quantity and quality, for vegetarians and non-vegetarians and I only occasionally interfere with some extra sweets, cakes and pies, and needless-to-say, some additional Swiss Chocolates, unhealthy perhaps but absolutely scrumptuous!

Odette is our new craftperson who still helps to finish up my house up on the hill, but will, as soon as my last chimney is finished (and my house will be completed!!!), start our arts-and-crafts supply in view of the gift shop and the Holidays.

And last but not least there is the building crew for our Center. David is in charge and handles the backhoe and all the heavy equipment. He is assisted by three volunteer carpenters, each one better than the other: Pat, Mike and Jerry with Michael helping enormously with all the labor and love that is so much a part of this growing healing place.

Two Roundhouses are near completion and before Christmas, the volunteers and the building crew will be able to move in there, leaving only the farm staff (Charlotte, Lita, Liz, Foli and Odette) living on the actual **Farm**.

We have been able to buy a second hand truck and a 60 HP tractor for the Farm and have fertilized acres of land to get ready to plant Alfalfa in the Spring for our animals. We have also cut enough old dead trees in our forest to have an ample supply of firewood for the present six woodstoves and three fireplaces in use already plus the ones that still need to be installed at the Roundhouses. So, as you can see, with the building of the sewer system, the roads and house, the harvesting and canning of the vegetables and the cutting of the wood, everybody worked overtime and is happily exhausted at the end of the day.

Behind all this mostly outdoor hard labor work, lies another level of our activities and that is our administrative **office** with six people doing the work of a dozen. There is Betty and Charlotte who handle the bookkeeping and accounting; Paul who is the head of the office; Mary who is in charge of mail orders and membership; Suzanne who struggles with the many workshop requests as well as the newsletter, and Sharonjoy who takes care of correspondence, and they do all this in the midst of a hundred interruptions, phone calls and requests of visitors to give them "a tour of the new place." So have mercy on us while we try to manage and cut your visits and your phone calls short PLEASE. We are all drowning in work and surely would appreciate more volunteers like Fred, who joined us a few weeks ago and has since faithfully shown up daily to feed the computer and keep the mailing list up to date.

Besides more volunteers for the office (only) we are looking for an architect for further planning of the Center and a professional fundraiser/PR person and last but not least, a computer operator who can make better use of our computer and unload the heavy load of Betty who tries to get the ever more complicated bookkeeping computerized and easier to handle.

This should keep you up to date with what we have achieved in the last few months since our move from California (is it possible that it has only been three and a half months??) and we are working on when the snow begins to fall and we are getting ready for the best holiday season ever.

We feel very strongly that November and December, when the farmers have their harvest under the roof and can relax a little, when the woodstoves burn and the family sits near the hearth, is the time to reflect on work achieved during the passing year and be grateful for all the blessings we have received. It is a time for grateful reflecting and a time to rejoice. We have been blessed with a hard working staff and an army of the best volunteers anybody can find.

We also have been blessed with good health, a bountiful garden and joyful company of our farm animals — besides the chance to visit many countries and reach thousands of people and adding a little love, hope and faith to this world.

May your Thanksgiving, Hanuka and/or Christmas be equally a time of happy gratitude, reflection of the work (the inner as well as the outer work) done, and gratitude for the blessings each one of us received every minute of the day, 365 days a year.

May we continue to help each other, understand each other, and love one another more every day until this beautiful planet Earth is again a place of PEACE and LOVE as it was meant to be.

With love and gratitude to each one of you who have supported our work over the past seven years and who continue to plant seeds of love and/or waters them. Elisabeth

Existing "Friends" Groups

Our Friends

Here is a list of existing 'Friends' groups and contact persons. Please drop us a word if you are interested in forming a local support group.

Existing Groups

Alaska
Friends of Shanti Nilaya/Anchorage
Susan Lahaie
8610 E. 17th Avenue
Anchorage, Alaska 99504
(907) 338-0706
Friends of Shanti Nilaya/Mat-su Valley
Jan Dennison
P. O. Box 870634
Wasilla, Alaska 99687
(907) 376-2328
Jonathan Emerick
Box 855
Fairbanks, Alaska 99707
(907) 488-4248

Please contact any of our Alaskan groups for more information on Dec. 3-7 LTD workshop scheduled there.

California
Joyce Mathoas/Doug Chandler
P. O. Box 6231
Santa Rose, CA 95406
(707) 528-7046

Meets every Sunday afternoon as a Mutual Growth Workshop. Average attendance — 16.

"Thanks for the great job you did in helping coordinate our Training II Program held in No. California this August . . ."

Friends of Shanti Nilaya/San Francisco
Nancy Jaicks
2909 Regent St. No. 3
Berkeley, CA 94705
(415) 549-1561
Irene Smith
41 Carl St. Apt. No. C
San Francisco, CA 94117
(415) 564-1750

Meets every Sunday from 4-6:30 pm as a Mutual Growth Group. Also available are people trained in the Externalization Process at this meeting.

Average Attendance — 8-10 people.

Friends of Shanti Nilaya/Los Angeles
Ted Siminoski/Phyllis Siegel
1917 Baxter St.
Los Angeles, CA 90039
(213) 661-9464

Meets the 2nd Friday of every month at 7:30 p.m. and are planning to start a Mutual Growth Group.

Average Attendance — 30 active.

Provides home visits when possible, and public outreach with lectures about our work. A fundraising benefit concert for the Virginia Center was sponsored by this group in June — Thank you!

Friends of Shanti Nilaya/San Diego
David Mullens/Nancy Winters
1046 Leroy St.
San Diego, CA 92106
(619) 222-0104

Canada
Friends of Shanti Nilaya/Winnipeg
Gwen Brown
18 Triton Bay
Winnipeg, Man. R2M 2E9
(204) 257-7442
Marilyn Wortley
225 Hill St.
Winnipeg, Man. R2H 2L7
(204) 233-2854

Meets the first Monday evening of every month as a Mutual Growth Group. Average Attendance — 30 active.

Members volunteer at Jocelyn House, Manitoba's first Hospice. Training Programs in our Externalization Process are planned in Canada next year, so please contact this group for more information.

Sandra Mato
208 Point Mckay Terrace, NW
Calgary, Alberta
Canada T3B 4V6
(404) 270-3499

Connecticut
Friends of Shanti Nilaya/Greater Hartford Area
Joanne Mecca/Donna Yanofsky
128 Greenwood St.
East Hartford, Connecticut 06118
(203) 569-8747
(203) 563-3035

We are celebrating our third year as a self-help group this November. Each of us has continued to make ourselves available to the community as well as furthering our own personal growth.

This August was highlighted by Elisabeth's lecture at the Hartford Civic Center. We received many calls from people who attended who had never heard Elisabeth speak. Many of them expressed hope and were encouraged by the lecture.

Thanks to all of you who contributed to the success of this event.

Hawaii
Sandra Pickard
1174 Ainalako Rd.
Holi, HI 96720
(808) 959-6438

Meets biweekly (contact local group for times) as Mutual Growth Group. Hold monthly business for planning future activities, etc. Attendance — 12 active.

Available for support to those in crisis. Vietnam Veteran Counselor Tom Hoey is an active member.

Our newest Hawaii group. Thanks — you are off to a good start!

Friends of Shanti Nilaya/-Maui
Diane Blanchard/Sharon Velikoff
P. O. Box F
Paia, HI 96779

Meets 2-3 times monthly (contact local group for times) as a Mutual Growth Group. Main focus is their prison project. They hold a 2 hr. Growth Group every week at Maui Community Correctional Center and every other week travel to the Oahu Community Correctional Institute to do the same. They have a small office with an answering service and lending library, and are looking for funding sources who specialize in doing correctional or rehabilitation work — any ideas?

The 'seeds planted' here by Bobbi Leone's work have not "fizzled out" and this group continues to plant their own. Keep up the good work!

Average attendance — 15.

Friends of Shanti Nilaya/Honolulu
Dorothy Read
2033 Nuuanu Ave. 24-C
Honolulu, HI 96817
(808) 545-3799

This group plans to start meeting early next year on a weekly basis, so please contact them with ideas and interests.

Average attendance — 50.

They are currently planning a Children's Crisis Center, and have just elected a new Board of Directors and new officers.

Illinois
Friends of Shanti Nilaya/Chicago
Dave and Lois Thompson
561 Dogwood Trail
Elk Grove Village, IL 60007
(313) 437-4489

Meets biweekly. (contact local group for times) Average attendance — 15.

They are available to show Elisabeth's videotapes for local hospice, nursing home, church, and other organizations requesting this service.

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

Massachusetts
Friends of Shanti Nilaya/-Boston
Marilyn Brier
15 Parkinson St.
Needham, Mass. 02192
(616) 444-7977

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

Forming Groups

Alaska
Candy Gleason
Box 1551
Nome, Alaska 99762

Florida
Kathleen Sindecich
5020 Ortega Blvd.
Jacksonville, FL 32210
(904) 384-3985
Avis Bosshart Ziegler
2955 N.E. 60th St.
Ft. Lauderdale, FL 33-308
(305) 492-9790

Michigan
Sue Sweeney
P.O. Box 1156
Royal Oak, Michigan 48072
(313) 540-2964
Jeanette Wirtz
466 Skydale
Ann Arbor, Michigan 48105
(313) 663-2130/994-2790

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

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

Virginia
Donna Santee-Oden
2604 Soapstone Drive
Reston, VA 22091
(703) 476-5393

Meets 1st and 3rd Sunday of every month from 6-8 p.m. as an Externalization/Growth Group. Average attendance — 10.

This group has licensed/-qualified persons available to work with those in crisis.

Washington
Jenny Stamm
4307 B. Phinney Ave. N.
Seattle, WA 98103
(206) 632-3444

Jenny works at Children's Orthopedic Hospital and Medical Center in Seattle. She coordinated the taping of excellent videos for Elisabeth last year (see our mail order) and will help us out when Elisabeth visits next year. Thanks, Jenny!

Wisconsin
Rev. Michael J. Stoplman
ROGERS MEMORIAL HOSPITAL
34810 Pabst Road
Oconomowoo, WI 53066

Overseas Groups

Australia
Shanti Nilaya/Australia
Rita Ward
P. O. Box 178
175 Sailors Bay Rd., Suite 2
Northridge, 2063
Sydney, Australia 02-95-5461

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

England
Jeff Saunders/Fiona Wallis
P. O. Box 212
London, N.W. 8 England
(03) 42-810-756

Finland
Leena Laitinen
Eerikinkatu No. 44
1800180 Helsinki 18
Finland

Holland
Friends of Shanti Nilaya/Holland
Pieter Sluis
14 Chopenplein
421 TT Nieuwkoop
Holland
(01) 725-3388
(01) 725-9301

Holland has 10 regional Growth Groups that meet once a month, each with an average of 15 people. They publish their own newsletter, have a library, and books and tapes of Elisabeth's for sale. They also have translated the Dougy letter into Dutch and have it available for sale. Each regional group is planning 'special' projects — one supports a terminally-ill home care group of lay persons and another sponsors Training Programs through our main center in the Externalization Process. The total 'Friends' group plans to start the first Dutch hospice within the next year, and have a qualified psychotherapist (who has attended several of Elisabeth's European LDT's) who acts as a referral person to those in crisis. They are an active and busy group. Thank you!

Sweden
Pia Ringstrom
Norrtullsq 53
S-11345 Stockholm
Sweden
08)332828

Switzerland
Friends of Shanti Nilaya/Switzerland
Eva Bacher
Grenzacherweg 37
4125 Riehen, Basel
Switzerland
(061) 67-3523

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

"We'd like to thank our friend, Brenda Jackson, for her help in putting this newsletter together."

— NETWORKING —
Other Organizations And People To Connect With . .

Oregon

Griefwork Resources & Education
Jan Hare
1608 NW 23
Corvallis, OR 97330
503-752-7359

Does not hold regular meetings. They are a volunteer resource group for patients and families in medical crisis. They donated a small library to the oncology unit in Corvallis Hospital.

New York

The Life and Death Transition Center
Lucielle Sherlick
724 Delaware Avenue
Buffalo, NY 14209
716-881-5152

The Center was inspired by Elisabeth's work. Several co-founders attended an LDT in 1977 and decided to carry on her work in this area.

They offer a wide variety of services and sponsor several self-help support groups. Primary activities include education, counseling and dissemination of information to anyone concerned about issues related to living with a life-threatening illness, grief, loss, suicide, after death research and aging.

New Jersey

The Center For Help In Time Of Loss
Mary Ball
600 Blue Hill Road
River Vale, NJ 07675
201-391-4473

This Center was formerly the Jamie Schuman Center (Linda & Jamie in "To Live Until We Say Good-bye" by Elisabeth K. Ross, M.D.)

They offer many services and support groups. Some of their new programs include a Tiny Tots Drawing Group for ages 4 thru 9 and a Cancer Survivor Group which began this October.

Texas

Rainbow Foundation
Judy Kennedy
4715 Caroline Street
Houston, TX 77004
713-528-6810

This organization is dedicated to children from 6 thru 16 with life-threatening illnesses. Some projects include: The "Rainbow Gang" puppet show that regularly presents shows to children's Cancer units at local hospitals, a garden that children can be guided in helping with, and a weekly telephone contact from the children at the Rainbow Center to other children elsewhere to discuss what they feel about and are doing about the physical discomfort, fear and sense of isolation they experience. They also talk about problems of relating to parents, siblings, friends.

Washington

Gwen Lewis
8149 West Mercer Way
Mercer Island, WA 98040

United Way of King County has just given Gwen funds to open a Children's Daycare Center in Restorative Care Center (a nursing home in Seattle). The patients call it "Hands Across the Years." Gwen says it was Elisabeth's inspiration that kept her working on this project for the past two years. Congratulations to Gwen, Seattle, United Way, and Elisabeth!

AN OPEN LETTER TO ELISABETH KUBLER-ROSS, M.D.

August, 1984

Dear Elisabeth,

The Pima County Medical Society asked me to write a short article describing my experience at the **Life, Death and Transition** (LDT) workshop in February. I had been finding it exceedingly difficult to start this article until this morning when I was awakened from, for lack of a better term, a dream.

I was at another workshop, a new place, all new people. It was the first afternoon. Although no one spoke, I understood what everyone was thinking and feeling. There were about eighty of us rearranging our chairs into a tight semi-circle, waiting for you to begin. We were all intense, intelligent and very anxious. Some of us were actually agitated; and, although it was chilly, beads of sweat formed on some foreheads. An immense amount of pain and anger was being reined in. Even you seemed annoyed, mostly because your mind was preoccupied with unrelated details that prevented your starting the workshop. Just before you were about to speak, a very eloquent and very hostile graying man transmitted his thoughts to you. We all felt his penetrating anger directed at you. For an instant you stared at him, about to cut him off. Instead, you bowed your head, gently pulling yourself into the present. Then you looked into the man's eyes with total understanding and acceptance. All at once, the real reason for his anger, grief and fear spilled out of him. Tears filled our eyes as we witnessed this silent outpouring. You walked over to him and gave him a hug, returning love for pain. Then, in the time it took you to reach out to a woman next to him, the same process of speechless outpouring of pain repeated itself. Perhaps five or six times you reached out to someone, exchanging suffering and anger for unconditional love. Then it was my turn. With an almost imperceptible movement of your finger, you beckoned me to stand up. As I did, I realized that you were motioning for me to turn around; and, with total trust, I looked into the eyes of the stranger sitting behind me. Simultaneously we allowed each other to unburden ourselves of a lifetime of accumulated pain, grief and anger; and simultaneously we accepted it without qualification or judgement. As we gave each other a hug, I knew the lesson of your workshop.

Your five-day **Life, Death & Transition** workshop was much more than I expected. Thank God, I didn't know beforehand; I might not have had the courage to go. But, as you say so often, "When you really need something, you get it. If you just want it, but don't need it, you won't get it." I got what I needed without ever knowing that I needed it.

Last summer, when you came to Tucson to give a lecture, I impulsively bought tickets for some friends who had lost a child to cancer several years before. As you talked about the contentment that comes with our acceptance of death after our physical needs are met and "unfinished (emotional) business" is resolved, I sadly began to realize how tired I was of pretending to be a good doctor, of being responsible for other people's unending problems, of being angry because I was never home, but unable to enjoy my family when I was, and of being preoccupied with what to do with the money I was making. I knew that I couldn't possibly continue doing what I was doing until it was time to retire. I actually began to fantasize that getting cancer wouldn't be such a bad way to stop all of this "phoney-baloney." At least if I arrived at the point of accepting my imminent death, I could stop all the B.S. and become my old self again. When the lecture ended, I knew that I needed to thank you personally for the peace you had given me. It was not by accident that you simply didn't acknowledge my praise with a hug. Instead, you insisted that I come to your next workshop. At 11:00 that night I mailed in my application.

The week-long workshop came at me from several angles. Your didactic material, which I dutifully copied in my notebook, has helped me to integrate much of what happened during the week. You taught that we are composed of four quadrants: physical, emotional, intellectual and spiritual.

The physical quadrant develops during the first year of life. Whether an infant needing maternal nurturing or the dying patient a loving touch and round-the-clock elixir of morphine, their physical needs must be satisfied before they can progress to the other quadrants. Yet, a completed physical quadrant is not enough. I have seen many of my own patients who exercise their bodies in a desperate, compulsive way just to hang onto sanity during the day only to find themselves unable to sleep at night because they lack emotional peace. Their over-developed intellectual quadrants have trapped them in roles that they hate or in non-stop internal dialogue that rehashes the same problems over and over without resolution. I was (am) an expert at internal dialogue.

As I copied down your explanation of the emotional quadrant, I said to myself, with only a little anxiety, that this made sense. We have five natural emotions: fear, jealousy (emulation), anger, grief and love. If we are unable to express these feelings as we grow up, we develop unnatural emotions which are triggered again and again by present events. For example, if we are not allowed to express our anger as children, we become resentful adults unable to say no, or we hold a grudge, remaining angry for days over little things. If we repress our grief over a loss, we later are filled with regret, or guilt or depression. If we are not loved unconditionally (if we are not accepted for what we are, even if we don't get good grades or wear the right clothes), we learn to buy our love by taking on roles we later resent. We become demanding and possessive. Your explanation made sense but had no meaning for me until you allowed us to share and externalize our own stifled natural emotions.

I will never forget those next two days and nights of sharing. The first woman began by unloading an unimaginable amount of anger at uncommunicative doctors who cared for her terminally-ill husband, dying of a disfiguring facial cancer. Finally, after emptying herself of this suppressed anger, she was unable to externalize an even greater amount of pain and grief over her loss. Although I sobbed along with her, I was becoming increasingly anxious that I would have to expose my pool of pain to eighty-five strangers, some of whom had already made me feel embarrassed or angry. As if reading my mind, you told us that when we cried, it was for ourselves, and that our tears represented our own repressed grief. Throughout the entire first day my anxiety proved greater than my anger and tears. But on the second morning, as a young woman shared her pain over the loss of her husband after ten months in a coma, a single forgotten frame in the stored motion picture of my childhood flashed before me. I suddenly knew why I was crying and was impelled to externalize my emotions over this event. Later, in a state of incomparable peace, I made correlations that explained a great deal of my adult behavior.

For two long days and nights, eighty-five strangers shared their repressed anger, grief and fear, allowing their natural emotions to trigger similar feelings in others. After being a part of this giving and receiving, I realized that we were all basicaly the same. We were all filled with our own motion pictures that, if replayed and reexperienced, could be stored away lovingly and permanently. They would no longer misfire in our subconscious at inappropriate times to control our present behavior in unnatural ways. After thirty-eight years, I began to accept myself for who I was and to allow these people to be for me what they wanted to be for me and not what my "judge" wanted them to be for me. Funny . . . on a day-to-day basis I still do the same things that I did before the workshop, but nothing is the same. I am free. I am eternally grateful to you for creating this safe, non-threatening, trusting haven for personal growth. I am equally grateful to those eighty-five strangers for sharing their deepest pain with me and for helping me to find the source of my own pain.

Finally, the dessert! During the last day-and-a-half, you shared some of your experiences with dying patients, parents who had lost children to disease, accidents, or suicide and especially with those remarkable dying children who know everything without knowing why. You gave us example after example of unconditional love and proved to us one of your favorite sayings: "Everything can be repaired, and repaired quickly." You shared with us what will happen to us after our bodies die and gave us a glimpse of what the spiritual quadrant has reserved for each one of us after we have found completeness in our other quadrants. The more you talked, the more I knew that I had known all of this before — it was not so much a revelation but a recollection of our true natures. We played, laughed and lingered together during that last day-and-a-half while you tied together our week's work. Elisabeth, you have shown us that we are all much, much greater than the sum of our parts.

My thanks and my love, Larry

"We would like to thank Dr. Lincoln for allowing us to share this with all of you."

LIFE DEATH AND TRANSITION WORKSHOPS

Two 5-day Workshops conducted in 1985 by our well-trained staff are:

April 22-26 San Juan Bautista, Calif.
August 5-9 So. Calif. (site not confirmed)

As Elisabeth's professional schedule gets fuller every year and her personal needs of spending more time at Healing Waters Farm increase, the number of workshops she can conduct are at their maximum. The need for emotional healing continues as we become aware of this 'part within' each of us. Elisabeth has worked closely with and trained several well-qualified facilitators in her Externalization process. Some workshops will now be conducted by them. We have just finished our first 5-day Life, Death and Transition Workshop conducted by Shep Jeffreys, Sharon Tobin, and Sheila Hill and have much positive feedback from participants who attended. Her message of "working it through" continues to grow!

P.S. Those who were **really** motivated came and gained a great deal. It was such a treat to see the transformation on their faces! So, all those who don't just want to "sit at my feet" sign up even for those workshops marked with as asterisk — which means, "I'm there in spirit, but not in peson."

Love, Elizabeth

Registration Procedure:

The fee for the Life, Death and Transition Workshops is $550 (U.S. dollars) for all participants. In circumstances of limited financial resources, special consideration can be made and partial scholarships, reduced fees, and extended payments given. Please contact our LDT coordinator for more information. The fee includes room & board. It does not include transportation to and from the workshop site. 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**, (We request that you do **not** include workshop checks with any personal correspondence you are sending to Dr. Kubler-Ross.) Because there is a demand for the limited number of spaces in these workshops, **please register as early as possible with a deposit to guarantee a place.**

Please send registration forms and fees to: Coordinator of Programs
Elisabeth Kubler-Ross Center/Shanti Nilaya
General Delivery
Head Waters, Virginia 24442
703-396-3441

SCHEDULE

1985

February 4 - 8
St. Francis Retreat
San Juan Bautista, Calif.

February 18 - 22
Mission San Luis Rey
Oceanside, Calif.

March 11 - 15
Sorrento Centre
Sorrento, B.C. (near Kamloops)

March 25 - 29
Massanetta Springs
Harrisonburg, Virginia

April 1 - 5
Roslyn Conference Center
Richmond, Virginia

April 22 - 26
St. Francis Center
San Juan Bautisa, Calif.
Elisabeth will not be conducting.

May 6 - 10
Holland (In English)
Contact local 'Friends' group (see page 2)

May 13 - 17
Austria (In German)
Contact local 'Friends' group (see page 2)

May 20 - 24
Austria (In German)
Contact local 'Friends' group (see page 2)

June 17 - 21
Virginia (site not confirmed)

August 5-9
So. California
(Elisabeth will not be conducting)

September 2-6
Northeastern U.S.

All workshops and Training Programs sponsored and approved by Dr. *Elisabeth Kubler-Ross. All are facilitated* by a combination of our well-trained Staff:

Shep Jeffreys, Ed.,D. Sue Bonner, Ph.D.
Sharon Tobin, L.C.S.W. Shira Blum, M.S.W.
Sheila Hill

As well as other facilitators who have completed the Externalization Process and are approved by our Center.

Registration Card

Name
(please print)_____ Title of Workshop_____

Address_____ Desired location_____

City_____ State_____ Zip_____

Home Phone( )_____ Business phone ( )_____

Occupation_____ Date of birth_____ Full Fee is $_____

Enclosed is my check for $200.00 _____ (non-refundable room & board deposit)

Enclosed is $ _____ Full Fee (See * Below)

Please charge my Visa_____ Mastercharge_____ Checks To: **Shanti Nilaya** (U.S. Dollars)

Card number_____ Expiration date _____

Signature_____ Today's date_____

Alternative Workshop _____ Date_____

How did you hear about our workshops? _____

Would you prefer Non-smoking _____ Smoking room? _____ Vegetarian diet? _____ Other _____

Hospitalizations within past 2 years for phychiatric reasons? _____

Are you currently in counseling?_____ All medications: _____

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

Do you have special physical needs? _____

What are you experiences regarding losses? _____

_____

_____

Signature _____ Date:_____

Please note that upon acceptance, a Waiver must be signed releasing us of liabilities. Thank you.

For Office Use
Rec'd:
Accept:
Waiver:
Total fee:
Deposit:
Paid:
Bal:
Other:

* **Note:** If workshops not confirmed in choices of location/dates - within 60 days prior to event:
Please deposit & place on list_____
Return deposit/cancel_____

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 who would like to handle requests for Speaking Board information from their country?

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 information:

(Continued on page 5)

1985 Schedule of Other Sponsored Programs

Dear Friend,

We'd like to tell you about our new programs planned for 1985 and suggest that you contact us when you are interested in any of them **regardless** of where you live. We plan to implement these workshops in locations where there is the most interest and need.

Personal Growth & Healing Workshops

A series of 3-day workshops similar in format to our 5-day Life, Death, and Transition Workshops conducted by Dr. Elisabeth Kubler-Ross. This workshop will be conducted by Elisabeth's well-trained staff who have worked with her previously. The workshop is open to **anyone** 18 years and older. Fee will be $300.00 and includes room and board.

Jan. 28-31 (Honolulu, Hawaii)
March 8-10 (open to location)
May 10-12 (open to location)

Follow-Up Intensive Workshops

We now offer a 2-day (Friday afternoon thru Sunday afternoon) program for those who have attended our 5-day Life, Death and Transition Workshops. These are **concentrated intensives** and require more staffing and fewer participants.

We must therefore request the same $300 fee (including room & board) as for our 3-day workshops.

Jan 11-13 (No. California)
March 1-3 (California)
April 26-28 (Canada)
May 3-5 (Madison, Va.)
July 26-28 (Midwestern U.S.)

Aug. 16-18 (So. Eastern U.S.)
Sept. 13-15 (No. Eastern U.S.)

Elders And Alzheimer's Workshops

The cognitive difficulties facing people with Alzheimer's Disease and other related disorders require a special format. These workshops are designed to create a totally safe and supportive environment for these folks and are also open for any Elder who wishes to attend. (Seniors, of course, are welcome to attend any other workshop.) They will be 4 days in length and one family member may attend when necessary and appropriate. Fee will be $360.00 and includes room and board.

July 25-28 (So. Eastern U.S.)
Nov. 17-20 (Western U.S.)

Teenage Workshops

We will also offer 3-day workshops for this special group of people from ages 11 through 17. Fee will be $300.00 and includes room and board.

Feb. 15-17 (California)
April 12-14 (No. Western U.S.)
July 22-24 (So. Eastern U.S.)
Aug. 16-18 (open to location)
Nov. 22-24 (open to location)

Children's Workshops

These will be one full day from 9:00 a.m to 4:30 p.m. for all ages 6 through 10. Fee is $75.00 and includes lunch. Please write for forms.

Feb. 10 (No. Western U.S.)
May 19 (open to location)
July 20 (open to location)
Oct. 20 (open to location)

For more general information and forms regarding workshops or sponsored programs, please contact: Coordinator of Programs, Elisabeth Kubler-Ross Center, General Delivery, Head Waters, Virginia 24442; (703) 396-3441 or a local 'Friends" group. (see page 2)

Speaking Board —

(Continued from page 4)

USA:

Shanti Nilaya
Elisabeth Kubler-Ross Center
General Delivery
Head Waters, VA 24442

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

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

CANADA

Mrs. Esterelke Kaplan
28 Kandal Avenue
Toronto, Ontario M5R 1L8

Lorraine Dick
3660 Shadbush Court
Mississauga, Ontario
Canada L5L 1X7

EUROPE

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

Frau Seeger
Oberdorf 30
CH-4458 Eptingen
Switzerland

Mrs. Constance Harvey
Buerwey 22
1861 CJ Bergens
Holland

Barbara Swirska
Caixa Postal 54167
San Paulo, Brazil
01296

Training Program For Facilitators In The Externalization Process

This training program is designed for licensed counselors, psychotherapists, mental health and health care professionals. Certain exceptions are made for paraprofessionals and those who work under the supervision of professionals who have been trained in this process.

The training teaches theory and methods of externalizing repressed feelings in order to bring about the resolution of deep emotional pain. Healing takes place once one is rid of the fears, anger, anguish, and grief that make up our "Unfinished Business."

At Training I Level, we will begin to direct the participants into the areas they are most adept with — such as, moderating a Mutual Growth Group, using our methods in private practice as a licensed professional, or organizing and staffing screaming rooms. This is not a hierarchy of 'automatic advancement', it is individualized and at the discretion of our facilitators where each trainee is to be placed . Please feel free to contact our Virginia Coordinator with any questions concerning these Training Programs.

The Training Programs are 3-day residential, weekend workshops. They begin Friday morning at 9:00 a.m. and end Sunday after lunch. Cost: $350 which includes tuition and room & board expenses. There are no scholarships offered for these programs. Enrollment: 15-20 trainees. In addition, 10-15 participants will attend the experimental part (Saturday) of the weekend. (See "Guest . . . " below)

Here you will find our schedule for 1985 Training Programs. When an area is mentioned and stated 'site not confirmed' it means that we will be coming to this area of the country and are open to any suggestions or questions you may have regarding location. (Contact nearest local 'Friends' group, please)

Regarding Training Programs that list NO site, we will base where we set-up these programs depending on the number of interested persons from a given area. (So, let us hear from you **wherever** you live — Alaska, Hawaii, States, Countries, etc.)

Training I Programs

January 25 - 27
Calif. (tentative)

April 19 - 21
(Madison, Va.)

May 10 - 12
Canada (site not confirmed)

May 31 - 2
Southeastern U.S. (site not confirmed)

June 14 - 16
Calif./Oregon (site not confirmed)

August 9 - 11
Midwestern U.S. (site not confirmed)

September 20 - 22
Southeastern U.S. (site not confirmed)

October 4 - 6
(open as to location)

December 6 - 8
(open as to location)

Training II Programs

March 15 - 17
Northern California

May 24 - 26
(open as to location)

June 1 - 3
Madison, Va.

July 19 - 21
Southeastern U.S. (site not confirmed)

August 2 - 4
Northern California

September 27 - 29
Midwestern U.S. (site not confirmed)

November 8 - 10
(open as to location)



"Guests" Welcome At Training Programs!

During the second day (Saturday) of our Training Programs, anyone who has attended one of our sponsored workshops may come & work on personal issues. Trainees will be their facilitators supervised by the teachers. COSTS ARE FOR ROOM & BOARD ONLY. Dates are the same weekends as Training Programs. (see above.)

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.)

A Coloring Book For Careful Colorers, by Toria Rea, For all children who enjoy coloring and learning about nature. (limited edition) paperback. $2.75

Tao And The Moon, by Toria Rea, A joyful book of illustrated wisdom and poetry lies creative tribute the inner path and to the bright partnership of son and mother. (paperback) $6.00

A Cry Of Windbells, by Christina Harris, A book of poems, put together by Toria Rea. (paperback) $5.00

Where Are The Flowers That Will Bloom Next Spring? by Toria Rea, A coloring book of flowers. (paperback) $3.25

Can You Draw A Shooting Star? by Toria Rea, This book trys to help the child dealing with loss (of any kind). (paperback) $3.25

In Praise Of Love, by Toria Rea, A delightful dialogue between a dove and a ladybug, on friendship and love. (paperback($3.25

Chakra Poems, by Toria Rea, For those who want to honor their spirituality as well as their sexuality, their inner teacher as well as their inner child. $2.50

Dream Of A Seed, by Toria Rea, A creation myth. (paperback) $1.00

Woman To Woman, gathered by Toria Rea. 22 Poets sharing glimpses of their bonds with women who have been inspiratrixes in their lives. (paperback) $4.50

The above books can be purchased at the given price. Add $1.00 for postage for the first item, and $ .50 for each additional item at this address: Romany Mirror Press
64 Brington Road
Brookline, MA 02146

Make checks payable to: Romany Mirror Press
And 15 percent to book
cost for postage and handling.

List of Needs For the Farm . . .
Vehicles — car, pick-up truck, anything including a tractor & backhoe for the winter.

For the Workshop Center . . .

Cooking supplies & linen, commercial stainless steel kitchen equipment. (Please call us with specifics . . .)



Also Needed . . .
3/4 inch Video recorder and camera for future teaching of films by Elisabeth.

Peace Proposal

The Peacemaker's Network of Santa Barbara proposes to use the principle of the "the 100th monkey" to network together the millions of us who are willing to think a new thought — that 'peace is inevitable.' " For information contact: Peacemaker's Network; 2022 Alameda Padre Serra; Santa Barbara, CA 3103. (804) 966-2207.

'Interpretations of Drawings' Workshops

Presented by Gregg M. Furth, M.D.

Gregg M. Furth has a Ph.D. in counseling with concentration on investigations of drawings as a viable aid in counseling. He has served on the faculties at Cal-State, Hayward and John K. Kennedy University and has spent the last 14 years working with emotionally disturbed and terminally ill children and adults. He has conducted Hospice Training Seminars and has given many workshops in drawing interpretation on death and dying. Presently, he is completing studies in analytical psychology at the C.G. Jung Institute in Zurich, Switzerland.

• An Introduction to the Interpretations of Impromptu Drawings •

This workshop/seminar is an introduction to understanding the non-verbal language of impromptu drawings from physically ill and emotionally troubled individuals. This includes helping the participant experience impromptu drawings as more than meaningless doodles or mere representations of scenes from a person's imagination. We will find that the impromptu drawing is a valid means of communication from the unconscious. This communication can be used to help the individual develop both physically and mentally in growing toward a better understanding of oneself.

Structured and unstructured drawings will be demonstrated. These drawings will help show how we can uncover early childhood hurts to be worked upon in the counseling process. This workshop/seminar is instructional and also oriented toward personal growth. Thus, participants will be asked to draw and evaluate their work in this learning process. In addition, a resource of picture material will be presented to demonstrate how pictures have been used to counsel patients with psychological problems, as well as patients with terminal illnesses.

• House-Tree-Person & Dream-Work Workshop •

In this workshop, the House-Tree-Person assessment (H-T-P) is combined with the study of dream interpretation. The morning session will consider the H-T-P, its administration, and the content interpretation of the triad, including drawing concepts, symbolism, and projection. Major emphasis will be placed on the unconscious use of symbols in thought processes. Approximately 125 pictures will be shown to assist the individual in learning the qualitative interpretation of this projective process.

The afternoon sesssions will concentrate upon a method for studying and working with dreams that includes:

— what a dream may mean
— the dream's basic postulates
— suggestions for deciphering dreams
— leaning and working from one's dreams
— the Senoi Indian perspective.

A Jungian-Senoi concept of dream-work will be studied, demonstrated and experienced.

Both the H-T-P and dream-work are springboards for exploration into the unconscious. They are used to help develop the individual's ability to use symbols as a counseling tool. This workshop provides training for the practitioner as well as an opportunity for personal growth.

• Fairy Tales •

This workshop/seminar is organized to gain further understanding and knowledge into the non-verbal language of impromptu pictures. The focus will help participants become more aware conscious of themselves. Each participant will be requested to illustrate a theme via a Fairy Tale from his or her unconscious when he/she arrives to the workshop. The deciphering of this material will be the major emphasis of this workshop/seminar. It is instructional and oriented toward personal growth.

All members of the group must have completed the Introduction to Impromptu Drawings workshop/seminar before attending. The number of partipants is limited to ten. As time permits there will be a sharing of dream work. There is a possibility that some additional material will be presented that can be evaluated to amplify understanding of the unconscious functioning.

Enrollment must be six weeks before the beginning of the workshop/seminar date. This will allow the instructor time to inform all individuals of their necessary work prior to meeting.

• First Time Offered •
• The Symbol As A Healing •

A special 10 day advanced seminar on projective techniques and the use of drawing as a therapeutic tool will be presented. This will provide individual and group experience toward gaining more consciousness in one's personal psychology. This workshop will also aid individuals to discover and explore new avenues and uses of art as a media in the healing process. The symbol as a healing agent will be experienced and "studied". Prerequisite is Introductory Workshop.

These workshops are designed for individuals in the "helping" professions, volunteers to service organizations, counselors, therapists, clergy, professionals in the medical field, teachers, and those keenly interested in work with material from the unconscious and personal growth. Seminars last 4½ days during which time each participant will experience further understanding of their psychology and methods of implementing these techniques with clients.

Audio visual presentations and handouts are provided to participants. It has been found that it is absolutely not essential to have artistic ability to fully participate and experience the benefits from these workshops.

Greg Furth Workshop Schedule For 1985

Introduction Workshop (1)
Jan. 13-17 — Boston, MA
Contact: Alexandra Tequis
611 Merrow Rd.
Coventry, CT. 06238
203-742-7443
203-647-6137
203-647-6103

Fairy Tale Workshop (2)
July 15-19 — New Jersey
Contact: The Center For Help In Times Of Loss
Mary Ball
600 Blue Hill Rd.
River Vale, NJ 07675
Fairy Tale Workshop

Introduction Workshop (1)
July 19-23 — New Jersey
Contact: Mary Ball (see above)

Fairy Tale Workshop (2)
July 24-28 — Maryland
Contact: Friends of Shanti Nilaya/Maryland
P. O. Box 269
Arnold, MD 21012

Introduction Workshop (1)
July 30-Aug. 3 — California
Contact: (not confirmed to date)
The Elisabeth Kubler-Ross Center
General Delivery
Head Waters, VA 24442
703-396-3441 (for general information)

Introduction Workshop (1)
Aug. 7-11 — New York
Contact: Friends of Shanti Nilaya/Long Island
Ginger Sender
P. O. Box 313
Westbury, NY 11590

Fairy Tale Workshop (2)
Aug. 12-16 — New York
Contact: Friends of Shanti Nilaya/Long Island
(see above)

Introduction Workshop (1)
Aug. 19-23 — Hawaii
Contact: Elaine Fee
377 Kekupua St.
Honolulu, HI 96825

Fairy Tale Workshop (2)
Aug. 26-30 — Hawaii
Contact: Elaine Fee
(see above)

Advanced Seminar — Symbol As a Healing Agent (4)
Sept. 9-19 — New York
Contact: Gregg Furth, Ph.D.
c/o Dorothy Schaefer
27 Tabb Place
Staten Island, NY 10302
212-273-2985

Introduction Workshop (1)
Sept. 21-25 — Maryland
Contact: Friends of Shanti Nilaya/Maryland
P. O. Box 269
Arnold, MD 21012

Introduction Workshop (1)
Sept. 28-Oct. 2 — Illinois
Contact: Audrey Simek
1414 Cedar Lane
Northbrook, IL 60062

'House-Tree-Person & Dream Workshop (3)
Oct. 3-7 — Illinois
Contact: Audrey Simek
(see above)

MAIL ORDER LIST

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. $4.95 (paperback) $7.95

***Questions and Answers on Death and Dying**, by Elisabeth Kubler-Ross, M.D., Elisabeth answers questions about accepting the end of life, suicide, terminal illness, euthanasia, telling the patient he is critically ill, the special difficulties surrounding death. $3.95 (paperback)

***To Live Until We Say Goodbye,** by Elisabeth Kubler-Ross, M.D., This landmark book shows Elisabeth's counseling work with terminally ill patients. Memorable spontaneous photographs by Mal Warshaw and text by Elisabeth. An intimate, close-up look at helping the dying truly live before they die. $6.95 (paperback)

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

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

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

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

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

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

CASSETTE TAPES by Elisabeth

TAPE No. 1 — **Life, Death and Life After Death** — The basic teaching tape by Elisabeth Kubler-Ross, M.D., 60 minutes $8.00

TAPE No. 4 —**Elisabeth Kubler-Ross Talks to High School Students** — Elisabeth talks with teenagers about the quality of life, how to live more fully and with fewer anxieties about life and death. 60 minutes $8.00

TAPE No. 7 — **The Santa Barbara Lecture** — 1981, on location recording of a lecture by Elisabeth centering on the importance of unconditional love, with practical examples for the enhancement of life. 60 minutes $8.00

TAPE No. 9 — **The Healing In Our Times Conference Lecture** — by Elisabeth Kubler-Ross, M.D., October 22, 1982, at the Shoreham Hotel in Washington, D.C. 90 minutes $9.00

TAPE No. 10 — **The Maui Prison Tape** — Elisabeth & Bobbi Leone of Shanti Nilaya/Maui discuss the Maui Prison intercut with prisoners' spiritual songs. A moving and inspiring testimonial. 60 minutes $8.00

Mail Order Form - Elisabeth Kubler-Ross Center
Gen. Del., Head Waters, Va. 24442

Name _____

Address _____

City _____ State _____ Zip _____

Please type or print legibly. Thanks.

Qty.	Title	Price	Amount

POSTAGE
$1.00 for first item
$ .50 ea. additional
(U.S. FUNDS ONLY)
Check_____M.O._____

Sub-total _____
Postage & Handling _____
Va. Res. add 4% Tax _____
Total (U.S. FUNDS)_____

Mastercard_____ VISA_____ Charge card no. _____

Exp. date _____ Signature _____

Check one if the amount enclosed exceeds total cost please:
☐ accept as a donation
☐ refund to me

Thank you!

VIDEO TAPES by Elisabeth
(Beta II, VHS, 3/4 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. 60 minutes, $85.00 Beta II or VHS format (add $25 for 3/4 inch format)

Elisabeth Kubler-Ross: Life, Death and the Dying Patient - Part II: Continuation of the University of Washington School of Medicine interview. Dr. Ross continues her talk with Lynn Rob Frumkin, elaborating on the five natural emotions and the results of dealing with "unfinished business" of repression. 60 minutes, $85.00 Beta II or VHS format (Add $25.00 for 3/4 inch format)

Nothing Final: TV documentary on the life and work of Elisabeth Kubler-Ross, originally produced for the B.B.C. in London. Features rare footage of house calls with dying patients. 60 minutes, $225.00 Beta II or VHS format (Add $25.00 for 3/4 inch format)

Interview With Terminally-Ill Children & Family and Dialogue With Elisabeth and Hospital Chaplain On Life After Death: (Two tapes) Taped at the University of Washington in 1984. 60 minutes each, VHS - $85.00 ea. or BETA - $85.00 (3/4 inch - $110.00 ea.)

Never Too Old To Dance: Elisabeth with Katie Wright Macdonald helping the elderly learn to move to music again. VHS $40.00 or Beta $40.00, 3/4 inch $65.00

The Circle of Life: As presented by Dr. Elisabeth Kubler-Ross and Virginia Satir. Each celebrates and values life through teaching and practice. Two cassettes totaling 6 hours. $450.00 both (available 1/85)

OTHER FAVORITE CASSETTE TAPES

Ocean, beautiful flute music by Larkin $7.95

Tell It From The Heart, by Gary Lapow. (SALE) $5.95

Accepting Change-Moving On, by Emmett Miller, M.D. In whatever form, loss can lead to a greater appreciation for your unique strengths & abilities. Guides you thru letting go and moving on. $10.95

The Healing Journey, by Emmett Miller, M.D. The words & music (side 1) and the music alone (side 2) are designed to facilitate the healing process. $10.95

Carvings In The Canyon, Warm sensitive songs inspired by Elisabeth's work. $7.95

Crystal Love, Meditation music. $7.95

Angelic Music, Music to expand inner awareness and consciousness. $7.95

And . . . Songs By The Brothers of Weston Priory

Wherever You Go, Used in Elisabeth's workshops, a wide spectrum of inspiring songs. $7.95

The following tapes by the Brothers are on sale for $5.95

Calm Is the Night . . . . . So Full Of Deep Joy
Go Up To The Mountain . . . . . Listen
Locusts & Wild Honey . . . . . Winter's Coming Home
Christmas Songs . . . . . Spirit Alive
That There May Be Bread

OTHER INTERESTING BOOKS . . .

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

The Quiet Mind, (a White Eagle Book). "Sayings" chosen to give guidance & help with living. $3.50

Prayer In The New Age, (a White Eagle Book). Inspirational prayers of this spirit leader. $3.95

I, Monty, by Marcus Bach. Monty is a caterpillar. More correctly, Monty is a butterfly. To be perfectly correct, Monty is you. $8.95

Ano, Ano the Seed, by Kristin Zambuka. The history of the Hawaiians, their culture, and introduction to Christianity. A tribute to the Hawaiians and mankind's endless quest for meaning. $9.50

Love Is Letting Go of Fear, by Gerald G. Jampolsky, M.D. His story of how the "Mini-Course in Miracles" has helped his life, plus more. $5.95

Easy Death, by Da Free John. Collection of talks, essays, and personal accounts. This book will change how a person chooses to live every moment of life. $10.95

Who Dies, by Stephen Levine. An Investigation of Conscious Living & Conscious Dying addresses what most people consider to be a sensitive subject. (paperback) $ 9.95

The Hundredth Monkey, by Ken Keyes, Jr. Brings us to higher consciousness about nuclear war. Prevention is stressed and how we can each help. $2.00

Focusing, Eugene T. Genlin, Ph.D. Helps you get in touch with "old" tucked away feelings. $3.95

(Continued on page 8)

More Interesting Books — (Continued from page 7)

Children As Teachers of Peace, by Center for Attitudinal Healing. Written by children, giving their views of what peace is. $7.95
As A Man Thinketh, by James Allen. The discovery & perception of the truth that — "They themselves are makers of themselves." $1.50
The Manifestation Principle, Lessons From Dreams & Their Analysis, by the late Barbara Smith Fritts. $7.00
The Art of Aging, by Evelyn Mandel contains a chapter by Elisabeth. $8.95
Born To Live, by Gladys T. McGary, M.D. She brings to the process of birth the same insights & practices that Elisabeth brought to the process of dying. $5.95
Coming Home, by Debra Duda. A guide to home care for the terminally-ill. An invaluable resource book for those wishing to help an individual to die at home. $8.95
In The Center Of The Night: Journey Through a Bereavement, by Jayne Blankenship. This young widow's story, of how her coping changed and stretched her, is "hope" to others on similar journeys. $17.95

NEW
The Conclave, by Mary Whitlock Meadows. A fantasy based on the philosophy of rebirth as seen through the eyes of a canine friend. $3.00
NEW
Life At Death, by Kenneth Ring, Ph.D. A scientific investigation of the near-death experience. $7.50
NEW
Headed Toward Omega, by Kenneth Ring, Ph.D. In search of the meaning of the near-death experience. $15.95
Caterpillar Butterfly — Used by Elisabeth in her workshops, this soft zippered caterpillar turns inside out to reveal a colorful full grown Monarch butterfly ready to take off. $23.95
Rubber Hoses $7.00
NEW
1985 Calendar — To bring us closer to all of you, has pictures of the farm, volunteers, staff, and more. $7.95

All who are touched by beauty are touched by sorrow at its passing.

June 14, 1984

Dear Friends,

April was a difficult month for me this year, April 19th being the one year anniversary of my 7 month old daughter, Lara's death, to Sudden Infant Death Syndrome. In Lara's life and death, her theme was rainbows; her room was decorated in rainbows, her walls, her clothes, etc. After she died, the rainbow became a very special symbol reflecting her life and death, a sign of hope, in that after the storm, the sun would shine again. On April 19, 1984, I saw my first rainbow of the year. It was a breathtaking experience that drained more tears. But the tears were almost of a comforting nature, rather than painful. The rainbow was perhaps a sign from God and Lara that everything was going to be ok. I survived a year of grief, and now we had new dreams and hopes of our new child I carried within me.

On May 26, the colors of my rainbow began to fade; the dark clouds moved in. I no longer felt any movement. But it just couldn't be! On May 29th it was confirmed that my second child had died. I do believe this is hell on earth we are living through. The first drug they used to induce labor did not work and I was sent home to wait for my body to go into labor naturally. On June 1, they used another drug and after five hours of a horribly painful labor, I delivered my stillborn son, Nicholas Laurence. He was a perfect little baby, 14" long, 1 lb. 6 oz. The cord had contracted, for some unknown reason, which cut off the blood/oxygen supply to him.

Now we begin again, through our long painful walk through grief. This time around it will be more of a crawl. If any of you parents have experienced a similar, double-loss, I would appreciate hearing from you. My husband and I feel so alone, so empty, so freakish. We want to be parents more than anything. Now our long wait begins again.

Warmly,
Jackie and Larry Sandve
Route 1,
Hillsdale, WI 54744
(715-837-1458)

Elisabeth's Lecture Schedule

1985			
Jan.	**Sponsor**	**Contact**	**Phone**
30	Panel Discussion — Univ. of VA (Charlottesville, VA)	Dr. E. Thorp	(804) 924-5950
Feb.			
11	Antioch University Seattle (Seattle, WA)	Anne Harvey	(206) 343-9150
13	The Dougy Center (Portland, OR)	Bev Chappell	(503) 253-1404
14	Friends of Shanti Nilaya Los Angeles (Los Angeles, CA)	Gail Robertson	(213) 833-1844
Mar.			
5	Perceptive Living & Dying (Kamloops, B.C.)	Caroline Mortis	(604) 374-7239
7	Bereavement Support Society of Alberta (Edmundton, Alb.)	Gene Roach	(403) 463-8695
22	I.A.N.D.S. (Hartford, CT)	Dr. Bruce Greyson	(203) 674-2186
Apr.			
5	A.R.E. (Virginia Beach, VA) (tentative)	Cynthia Wallace	(804) 428-3588
10	Greater Lawrence Home Health Services (Andover, MA)	Mary White	(617) 686-1010
11	Life, Death and Transition Center, (Albany, NY)	John Malecki	(518) 489-4431
18	Freeman Hospital (Joplin, MO)	Linda Peters	(417) 623-2801
19	Elle Green (Mobile, AL)	Ellee Green	(205) 438-7709

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.

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