The Elisabeth Kubler-Ross Center

South Rt. 616, Head Waters, Virginia 24442 (703) 396-3441

Newsletter

No. 21 March 1985

Shanti Nilaya

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







Dear Friends,

This is our first New Year's Newsletter after our move from California to the farm. It is 30° below zero outside (with the windchill factor), a lovely snow is falling and from the distance you can hear the (Swiss) bells on our 45 sheep. They don't seem to be bothered by the cold and have presented us with 15 baby lambs since Christmas!

The fire is crackling in our fireplace and in the woodstove, and I cannot help but be awed by the self-sufficiency of this farm. We have a huge stock of home-grown, home-canned vegetables and fruit in the root cellar and the pantry. We can easily feed a hundred people until the new harvest is ready. We still get about a dozen eggs everyday, we enjoy fresh farm milk, our own wood supply, good fresh water and have our own honey. It's almost paradise on earth.

Our farm family consists of seven people from Ireland, England, Sweden and the United States. They are a cohesive, loving group of cooks, carpenters and farmers all working together like a family. No more friction, rivalry and comings and goings—what a mutual learning experience. Each has their own log cabin or 'private' space, we share the meals and the evenings together, and on weekends neighbors and friends drop in and visit. It is now the way I have always imagined it could be with the right kind of people sharing the same dream and willing to work for the satisfaction of it.

This was the first Christmas in my life without the presence of an immediate family member, but with the company of a new St. Bernard puppy who watches over me! My son is in Australia, my daughter studies in London, England for one year (Child Psychology), and it was a quiet, peaceful time—the longest I have ever lived under one roof in 15 years. I have been home now for 5 weeks and I could easily get used to being a housewife-cook-farmer, never again to see an airport, a lecture hall, or a motel room! Charlotte and I cut a 20' Christmas tree and put it up in my living room which is finally completed and very lovely. We baked and cooked and enjoyed the mail that arrived in great numbers and then, the biggest surprise arrived in the form of a letter that went around to old workshop friends asking for donations to continue building our center. $40,000 came in from donors and all of them kept their secret until it was presented to me during the Christmas party with the office and farmstaff. What a gift!!!!

To all of you who contributed in such a lovely way THANK YOU, THANK YOU, THANK YOU from the bottom of my heart. And a big hug to GREGG FURTH who had the idea and who initiated this drive which will make our spring work sooooo much easier. A copy of our roundhouse project is in this newsletter and you will begin to understand why we are so excited about this Center. We can still and will for a long time, use carpenters, electricians and plumbers since all the construction as well as the growing of vegetables and the farming is done exclusively by volunteers. Lita is spinning last year's sheep wool and I have taken up my long neglected weaving again and keep on knitting.

On the more international scene: In March I have the honor of presenting Mrs. Sadat with a peace prize in San Diego—my journey will take me again across the country and Canada. May is full of workshops in Holland and Austria, and July we spend in Ireland and Alaska—the favorite places where the needs are great and where we go as a gift from Shanti Nilaya and a gesture of good will. We will plan our first Children's Camp for the summer of 1986, and choose inner city children who have never seen a butterfly. Yes, there are many of those youngsters who have never seen a newbom baby lamb, have never had the taste of home canned vegetables and indeed—never seen a butterfly! Our stuffed animals and handmade dolls collection is increasing and I can barely wait until we can pick up the first load of children to show them what life could really be like if all of us would share whatever we are able to share.

Talking about sharing: I will be getting married next Christmas and although it is still months in the future, I could not help but share my happiness about this forthcoming new beginning with all of you. I will share more details later—please don't write or call. So, I wish you an equally happy new beginning of 1985, a time of loving, sharing and peace and THANK YOU again for your continued support which makes our work possible.

With love and blessings from all of us,

Elisabeth

Suzanne Kobrick
Coordinator of Programs, Newsletter

Betty McNutt
Accountant, M. S.

Paul McNutt
Office Manager

Kathy Knight
Bookkeeper and Computer Operator

Liz Tsotsos
Nourishment Technician

David Sachs
Construction Supervisor

Sharon Joy
Personal Secretary to Dr. Ross

Julie Herbert
Office Volunteer

Pat Bartley
Construction Crew

Leta Rountree
Animal Husbandry

Charlotte Passel
Utility Person

Marilyn McKnight
Program Registrar

Mary Parajinog
Mail Order Manager

Michael McNutt
Volunteer

Fred Pellett
Membership and Mailing List

Elisabeth Kubler-Ross Center
S. Route 616
Head Waters, Virginia 24442

Bulk Rate
Non-Profit Org.
U.S. Postage Paid
Headwaters, VA
Permit No. 1

Address Correction Requested

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.

ALASKA
Candy Gleason, Box 1551, Nome, Alaska 99762
Jonathan Emerick, Box 855, Fairbanks, Alaska 99707, (907) 488-4248

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

CALIFORNIA
Joyce Mathos/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.

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 p.m. as a Mutual Growth Group. Also available are people trained in the Externalization Process at this meeting.
Average attendance — 8-10 people.

"Thanks for all the help in coordinating the recent LDT in San Juan Bautista..."

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.
This group has been working hard on our Benefit lecture scheduled Feb. 14. (Since the newsletter will go out after this event, we'd like to thank you all now . . .

Friends of Shanti Nilaya/ San Diego
David Mullins/Nancy Winters, 1046 Leroy St., San Diego, Ca. 92106, (619) 222-0104
We exist and are off to a good start! Our Mutual Support/ Externalization Group meets the last Sunday of every month from 12:00 noon-5:00 p.m. with an average attendance of 15 people. Everyone in the area is welcome. They have a mailing list of over 100 people in the San Diego area who have been to one of Elisabeth's workshops, and are creating a file of good resources. On Feb. 17 pot luck with Elisabeth was enjoyed by all.

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 crisis.

WISCONSIN
Rev. Michael J. Stoplman, Rogers Memorial Hospital, 34810 Pabst Road, Oconomowoo, Wi. 53066

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.

Diana Livingston, 6190 Macdonald St., Vancouver, B. C., 604-261-6422
Caroline Mortis, 1261 Columbia St., Kamloops, B. C., 604-374-7239

FLORIDA
Kathleen Sindecich, 5020 Ortega Blvd., Jacksonville, Fla. 32210, (904) 384-3985

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

NEW JERSEY
Janet Scheck, 123 G Concordia Circle, Cranbury, N. J. 08512, 609-655-5245

NEW YORK
Hilda Dunne, 198 Jay Street, Albany, New York 12210, (518) 436-0620
Tom Frantz, Dept. of Counseling and Human Services, 416 Christopher Baldy Hall, Buffalo, N. Y. 14260
Bonnie Hallett, 191 E. Pearl St., Wellsville, N. Y. 14895, 716-593-3291

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

Dear Friends,
At this time of new beginnings we want to share our plans for 1985. We hold Mutual Support Group Meetings on the last Sunday of the month. All are welcome. Anyone wanting information about time/location, please contact Claudia Mirante at 516-997-9713. Also scheduled are two Gregg Furth workshops during the first two weeks in August - for details, check elsewhere in Newsletter. Contact person is same as above. We are always here for referral or resource information or to help you in any way we can. We want you to know we are available. We send LOVE and wish all of you peace and great joy for the New Year. Ginger, Cathy, Claudia.

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.

MARYLAND
Friends of Shanti Nilaya/ Maryland
Bill Griswold, P. O. Box 269, Arnold, Maryland 21021, (301) 974-4224
Group meets every 2nd and 4th Sunday evening in Annapolis, Maryland (call 301-974-4224). Third annual Mutual Support and Renewal Weekend July 26-28 at Bethany Beach, Deleware. Beginning with supper at 7:30 p.m. Friday and ending after lunch on Sunday. Come and share a weekend of sun, sea, surf, sand and the opportunity to work with dreams, drawing interpretation and externalizing feelings. To participate you must have completed Elisabeth's LDT workshop, one of Gregg's five-day workshops, or equivalent. Activities will be moderated by Bill and Peggy Griswold and Georgina Stackpole.

They are also sponsoring two workshops by Gregg Furth in July. Contact: Friends of Shanti Nilaya/Maryland for more information on these and other upcoming events.

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!

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 1 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.

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

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.
For the Friends/Chicago area this is a time of transition. January 23 will be the last mutual Support Group meeting at the home of Dave and Lois Thompson. After 2 years of weekly meetings and over 1 year of bi-weekly meetings, they feel it is the time to give someone else the opportunity to carry on this part of their work. Please contact either Dave and Lois or Sunnie Glyman (312-654-8785) for further information regarding time and location of meetings. Dave and Lois are working closely with the Alexian Brothers Medical Center in helping to form a children's hospice and in the organizing of a screaming room. Keep on keeping on!!!

Overseas Groups

GERMANY
Tine Rein, Obere Brandstr. 44B, D-7000 Stuttgart 80, West Germany 011-49-711-71-19-99

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, Morrtullsq 53, S-11345 Stockholm, Sweden (08) 332828

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

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

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

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

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:

USA
Elisabeth Kubler-Ross Center
S. Route 616
Head Waters, Va. 24442

Bill and Janet Raven
31 11ex 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



Networking

In each newsletter we would like to present other organizations that are working toward furthering the growth of Unconditional Love in various ways. Any groups that can donate toward printing costs are certainly welcome to do so . . .

VIRGINIA
American Holistic Medical Assoc.
6932 Little River Turnpike
Annandale, Virginia 22003
703-642-5880

Group of physicians interested in the ultimate health of their patients but unsatisfied with the limitations of conventional medical therapies. One of their major functions is to provide the public with information concerning holistic health, holistic medicine, and education in holistic therapies.

CONNECTICUT
International Association of Near-Death Studies
University of Connecticut
Box U-20
Storrs, Ct. 06268

Concerned with education in this new field of study. (See Kenneth Ring's new books listed with our "Mail Order".) Write them directly for lists of upcoming conferences and community support groups.

WASHINGTON, D. C.
St. Francis Center
1768 Church St., N. W.
Washington, D. C. 20036

Offering their Tenth Annual Conference: May 1-3, 1985. Theme: How to choose quality health, psychological and adjuvant care for the terminally ill.

NEW YORK
The Life and Death Transition Center
Lucielle Sherlick
724 Delaware Avenue
Buffalo, N. Y. 14209
716-881-5152

The Center was inspired by Elisabeth's work. Several cofounders 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.

Thomas Frantz, a founder of this center, has recently written a booklet entitled: *When Your Child Has a Life-threatening Illness.* Elisabeth highly recommends this booklet. For more information:
Assoc. for the Care of Children's Health
3615 Wisconsin Ave., N.W.
Washington, D. C. 20016
202-244-1801

NEW JERSEY
The Center For Help in Time Of Loss
Mary Ball
600 Blue Hill Road
River Vale, N. J. 07675
201-391-4473

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.



RAINBOW FOUNDATION
CHILDREN'S CENTER
4715 CAROLINE ST.
HOUSTON, TEXAS 77004
713-528-6810

"A rainbow is the shortest distance between fear and love."

RAINBOW NETWORK IS MODERN MAGIC!

Once a week children at the Rainbow Center reach out to a child in another city to say "Hi!" and share what the Rainbow Gang is doing about stress, fear, pain management, and anxiety.

THE RAINBOW NETWORK for "Phone Buddies" can tune in with other kids to start a dialogue that is emotionally and spiritually therapeutic. Phone Buddies enter a friendly, caring relationship by sharing feelings through understanding and support. This relationship grows with each call, prompting an exchange of letters that becomes a Pen-Pal network.

These children know, while we can only imagine! Children at other independent centers around the country have found peace of mind in helping others, even while facing threats to their own lives. Children are more willing than adults to share and explore ideas and feelings about death in an accepting and nonjudgmental way. This willingness makes them the best listeners for other children who face the isolation and uncertainty of a life-threatening illness.

To bring a child into the Rainbow Network, the Center needs the child's name, age, address and telephone number, and a description of the illness. Include likes and dislikes, and any major fears and complaints the child might have. They also ask that you send a photo.

Groups to Contact

Below is a list of foundations that grant last wishes to dying patients: (Thanks to Linda Lake for sending us this info. . . .)

- *Sunshine Foundation, Dept. P, 2842 Normandy Drive, Philadelphia, Pa. 19154.*
- *Make-A-Wish Foundation of America, Dept. P, 4601 N. 16th St., Suite 205, Phoeniz, Ariz. 85016.*
- *Starlight Foundation, Dept. P, 9021 Melrose Ave., Suite 206, Los Angeles, Calif. 90069.*
- *A Wish Come True Inc., Dept. P, P. O. Box 1067, Webster, Mass. 01570.*

'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 F. 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 sessions 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
—learning 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 participants is limited to 10. 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.

GREGG FURTH WORKSHOP SCHEDULE FOR 1985

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, N. J. 07675
Introduction Workshop (1) July 19-23 New Jersey	Fairy Tale Workshop Contact: Mary Ball (see above)
Introduction Workshop July 24-28 Maryland	Contact: Friends of Shanti Nilaya/ Maryland P. O. Box 269 Arnold, Md. 21012
Fairy Tale Workshop (1) July 30-Aug. 3 Maryland	Contact: Friends of Shanti Nilaya/ Maryland P. O. Box 269 Arnold, Md. 21012
Introduction Workshop (1) Aug. 7-11 New York	Contact: Friends of Shanti Nilaya/ Long Island Claudia Mirante P. O. Box 313 Westbury, N. Y. 11590 Ph. 516-997-9713
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 Ph. 808-395-2812
Fairy Tale Workshop (2) Aug. 25-29 Hawaii	Contact: Elaine Fee (see above)
Workshop Sept. 1-27 Australia	Contact: Rita Ward P. O. Box 178 Northbridge, 2063 Sidney, N.S.W., Australia
Introduction Workshop (1) Sept. 28-Oct. 2 Illinois	Contact: Audrey Simek 1414 Cedar Lane Northbrook, Il. 60062 Ph. 312-272-7622
Advanced Seminar — "Symbol as a Healing Agent" Oct. 3-7 East Sound, Washington	Greg Furth, Ph.D. & Yvonne Williams, M.S.

General Contact Person

Dorothy Schaefer
27 Tabb Place
Staten Island, N. Y. 10302
Ph. 718-273-2985

Can You Keep a Secret? No, Not Any Longer.

But we kept the secret of the wonderful Christmas surprise from Elisabeth and she received an outpouring of generosity from her friends which has totaled more than $40,000.00. This is very gratifying evidence of the deep love in which Elisabeth is so widely held. We can be certain that Elisabeth will be able to put this princely sum to very good use in fulfilling her life-long dream at the Elisabeth Kubler-Ross Center in Virginia. We thank you one and all for your generosity and love.

Gregg M. Furth

Life, Death and Transition Workshops . . .

Trained Leaders Help Meet Call For Healing Help

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 these professionals. At times Elisabeth will be able to attend on the final day and we will inform you when this has been arranged beforehand. Please check our LDT schedule carefully since it will state who is conducting the workshops. We recently held 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. Elisabeth's message of "working it through" continues to grow!

In our last newsletter, this "P.S." was added — which we would like to reprint in this issue . . .

P.S. Those who were really motivated came (to the above mentioned workshop) 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 an asterisk—which means, "I'm there in spirit, but not in person."

Love, Elisabeth

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 the 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 K. Ross, M. D.

Registration Card — LDT Workshop

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 and 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 Elisabeth Kubler-Ross Center, should indicate the date of desired workshop, 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. Kubler-Ross.) These workshops are conducted by Elisabeth and/or her well-trained staff who have worked closely throughout the years. 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
S. ROUTE 616
HEAD WATERS, VIRGINIA 24442
703-396-3441

ALL INFORMATION ON THIS REGISTRATION FORM WILL BE KEPT CONFIDENTIAL

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

Address _____ (street apt. city state zip)

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

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

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

Please Charge my ☐ BankAmericard/Visa ☐ Mastercharge
for _____ $200. Non-Refundable Deposit/$ _____ Full Fee.
Checks to: Elisabeth Kubler-Ross Center

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.

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? ☐ vegetarian diet? _____

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 participation in this workshop? _____

Current medications? _____

Do you have special physical needs? _____

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

_____

Please read, sign and date the form below.

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

FOR OFFICE USE ONLY

Date Rec'd: _____
Date Accept: _____
_____ Waiver
_____ Vegetarian Diet: _____
_____ Smoking Room
Fee: _____
Paid: _____
_____
_____ Other Considerations
_____
_____
_____
_____

Schedule . . . March through December

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
May 6-10
Holland (In English)
Contact: Holland "Friends Group" (see page # 2)
May 13-17
Austria (In German)
Contact: Switzerland "Friends Group"
(see page #2)
May 20-24
Austria (In German)
Contact: Switzerland "Friends Group"
(see page # 2)
July 6-10
Ireland
Contact: Dermott Mac Neice
(No. Ireland)
Servite Priory
Benburb Co. Tyrone,
N. Ireland
Phone Benburb # 548-241
Contact:
Margaret Daly-Kavanagh
(So. Ireland)
Tullybane
Mt. Temple Moate County
West Mead, Eire
Phone # 0902-818-95
***August 19-23**
St. Francis Retreat
San Juan Bautista, Calif.
(Elisabeth will not be present)
September 2-6
Notre Dame Spiritual Center
Alfred, Maine (near Portland)
September 16-20
West Germany
Contact: Germany "Friends Group" (see page # 2)
October 21-25
St. Gerold, Austria
***October 28-November 1**
Massanetta Springs
Harrisonburg, Virginia
(Elisabeth will be present on Thursday only)
November 11-15
Phoenicia Pathwork Center
Phoenicia, New York
(near Kingston)
December 2-6
Texas (site not confirmed)

Unless otherwise indicated, please contact our Virginia Center regarding workshop registration, etc.

Writing in Foreign Languages

NOTE: Those of you writing to Elisabeth in a foreign language (other than English...) please know that she may not be able to answer for several months due to her travel schedule. If you have a request for general information and our staff can assist you, know that you will need to have someone translate into English. You can also contact one of our "Friends" groups in your country. (They are listed elsewhere in this newsletter. Thanks.)

PERSONAL GROWTH & HEALING WORKSHOPS WILL NOT BE OFFERED

We will not be able to offer these workshops at this time. Please refer to our 5-day Life, Death and Transition Workshops and other Programs conducted for adults by Dr. Kubler-Ross and/or Staff.

1985 Schedule of Other Sponsored Programs . . .

Feelings In Verse

By Rosemarie Sloat
Key Largo, Florida

I long for life the way it once would be
Before I split and surfaced to the sun
My pearl escaping, rolling endlessly
While I lay bleached and begging to be gone.
Oh selfish sea send back my treasured time
To fold my faded listless leaves again
Caress that inner cavity sublime
With times that were and years that could have been.

High hammock hung halfway to heaven
Caught taut on empyreal poles,
Is your white, weightless mistscape
Cloud cradle for slumbering souls?
Is there, where we wander, delusion,
In death and half death we call dreams?
Or is life the imagined illusion
And lifeless the solvent of schemes?

With elegance you glide in godly grace
Mute monarch from the star filled firmament.
Sealed in your silent self do you embrace
The secret of divine enlightenment?
I watch you, soundless swan, with inner eye,
And long to share your soul's serenity.
Sing soft in mystic song before you die
Your memories of our immortality.

Dear Friend,

We'd like to tell you about some of our new programs planned for 1985. Please contact us when you are interested in any of them regardless of where you live since we are planning to implement them where there is the most interest and need. Also, we would appreciate general comments and welcome any questions you may have. If you or your organization is interested in sponsoring anyone in attending a workshop, please send contributions to our Virginia Center "attn.: Scholarships" and indicate type of workshop. Thank you for supporting this most challenging work . . . AND FOR HELPING TO FURTHER THE GROWTH OF UNCONDITIONAL LOVE IN THE WORLD.

FOLLOW-UP INTENSIVE WORKSHOPS

We are now beginning to offer weekend programs for those who have attended our 5-day Life, Death and Transition Workshops and in some cases, people who regularly attend one of our Mutual Support Groups using the Externalization Process. These are concentrated Intensives and require more staffing and fewer participants than other workshops. There will be individual time for correlation and closure of personal issues.

The fee will be $250 (including room and board) and sessions will be held Friday morning through Sunday afternoon. Please contact us if you are interested in attending or in sponsoring one of these workshops.

May 3-5
Sevenoaks Pathwork Center
Madison, Virginia
May 24-26
Wildwood Retreat
Guerneville, Calif.

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 being designed to provide a safe and supportive environment for any Senior who wishes to attend. (Seniors are also welcome to attend our other appropriate workshops.) This particular workshop will offer support for both family members and caregivers as well as those suffering from initial difficulties surrounding this devastating condition of loss which affects over 3 million people today.

The fee for these 4-day workshops will be $375 (including room and board). Please contact us with any ideas regarding funding or locations for these workshops. We are planning to implement two workshops this year.

July (Eastern United States)
November (Western United States)

Teenage and Children's Workshops

Emotionally and behaviorally troubled children and teenagers may be acting out as a symbolic cry for help. If one takes the time to look deeper, what is found creating these behaviors is a crisis due to: death, dying, suicide attempts, chronic or disabling illness, divorce, alcoholism, drug addiction, physical abuse, incest, rape, peer pressure, academic competition. With the growing awareness of early intervention, traditional psychotherapeutic approaches often prove inadequate.

The Elisabeth Kubler-Ross Center has been aware of these issues for some time and is now planning to impliment both one-day workshops for Children (ages 6-10 yrs.) and weekend/summer workshops for teenagers (ages 11-17 yrs.). Both workshops will be using the Externalization of Feelings Process and will incorporate individual correlation and evaluation.

If our 5-day Life, Death and Transition Workshop was an insightful, freeing and meaningful experience for you personally, consider the impact it could have for your children. TODAY'S CHILDREN ARE OUR HOPE FOR A PEACEFUL AND LOVING WORLD; THEY ARE OUR FUTURE.

(This article was written by one of our facilitators, Shira Blum, M.A. who will be staffing these workshops)

TEENAGE WORKSHOPS

The fee for this special workshop will be $250 (including room and board) and sessions will be held Friday afternoon through Sunday and during the summer months.

April 12-14
Mt. Alvernia Retreat House
Wappingers Fall, New York

CHILDREN'S WORKSHOPS

These will be one-day workshops from 9:00 a.m. to 4:30 p.m. for the ages of 6-10. Fee will range from $60-$80 (depending on site costs) and will include lunch. Please contact us directly for registration forms.

FOR OUR EUROPEAN FRIENDS . . .
Children's Workshop in Ireland
July 11, 1985
Contact: Ethna McShannon
60033 Antrimline
Newton Abbey County Antrim
Belfast, No. Ireland

Please contact our Virginia Center if you are interested in sending a child to these workshops or desire to help sponsor one.

Recipes from Children

This issue of our newsletter features imaginative recipes from the La Habra Child Development Center. They were submitted to us by: Mary Lou Hainer, 1554 Pleasant Crest Lane, La Habra Heights, Ca. 90631.

We are indebted to the children and their teacher, Donna Botham, for sharing their "practical" wisdom.

HAMBURGER

Ingredients:
3 pieces of meat
1 bottle ketzhup
2 buns

Instructions:
Cook the meat for 5 minutes. Put meat on the bun. Add ketzup on the hamburger. Then you eat it.

Blair Romero, age 5

CHOCOLATE CHIP ICE CREAM

Ingredients:
1 cup milk
5 chocolate chips
A bunch of sugar
2 ice cubes

Instructions:
Mis it in a bowl. Put it in the freezer for 6 days.

Blair Romero, age 5

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, and all those interested need to first attend our 5-day Life, Death and Transition Workshop.

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 and 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.)

"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 and work on personal issues. Trainees will be their facilitators supervised by the teachers. COSTS ARE FOR ROOM AND BOARD ONLY. Dates are the same weekends as Training Programs (see above).

Group Organization Workshops

We are also beginning to offer workshops for other specific groups and/or organizations such as: Health Care Professionals, Clergy, Hospices. Please contact our Coordinating Dept. with any questions regarding . . .

ELISABETH KUBLER-ROSS WORKSHOP

Open University of Columbia and The Steven Jeffreys Memorial Foundation announce a Workshop on Grief and Healing with Elisabeth Kubler-Ross, M. D., John Shep Jeffreys, Ed.D., and Sharon Tobin, M.S.W., for Health Service Professionals, licensed by their respective state boards of examiners. A residential workshop at the Donaldson Brown Conference Center, Port Deposit, Md., Nov. 22-24, 1985. Cost $375. Deposit: $175. For more information and registration form contact: Coordinator of Programs, Elisabeth Kubler-Ross Center, S. Route 616, Head Waters, Va. 24442, (703) 396-3441. Space Limited.

Training I Programs

March 15-17 — Mt. Madonna Center, Watsonville, Calif.
April 19-21 — Sevenoaks Pathwork Center, Madison, Virginia.
May 10-12 — Camp Assiniboia, Winnipeg, Manitoba.
July 19-21 — Sevenoaks Pathwork Center, Madison, Virginia.
August 9-11 — Open to location.
September 20-22 — Sevenoaks Pathwork Center, Madison, Virginia.

Training II Programs

May 31-June 2 — Sevenoaks Pathwork Center, Madison, Virginia.
August 2-4 — Mt. Madonna Center, Watsonville, Calif.
September 27-29 — Open to location.
November 8-10 — Open to location.



Updating Our Center's Development

Warm greetings to all our friends,

The children of today are the leaders of tomorrow. We at the Elisabeth Kubler-Ross Center are constructing a children's resource center in the Appalachian Mountains of Virginia in order to share with disadvantaged children of all races and creeds the tenets of unconditional love—thus instilling at an early age, a loving and positive attitude to all that life has to offer.

The facility is nestled on 50 acres in a picturesque valley with a stream flowing around the Center. The building includes a modern kitchen, assembly halls, and numerous bedrooms with accommodations for the disabled and handicapped.

Attached to the facility is a 200 acre flourishing farm which will be supporting the kitchen requirements and providing the children with an outdoor classroom. Also adjacent to the property is the home of Dr. Elisabeth Kubler-Ross, who is the inspiration behind this project.

There will be a trained staff to encourage the children to participate in numerous activities such as wood-working, gardening, weaving, dyeing, pottery, and nature studies. Our philosophy is to allow them to feel the simple clarity that love brings into our hearts when our actions and motivations are loving and positive. Our goal is to create an enriching and harmonious environment in which a child can prosper and flourish.

Life is a school and all of us, in a sense, are children here to learn our various lessons. Although some lessons may be painful, it is often through apparent 'misfortune'—that we grow to become wiser and more compassionate human beings. It is our **ATTITUDE** to life that is all important. We create our own reality every minute of every day. Thus, a positive thought leads to positive action which can only result in a positive outcome. It is important that children who perhaps grow up in a combative and negative atmosphere, experience a way of thinking and being that is totally different from what they are familiar with.

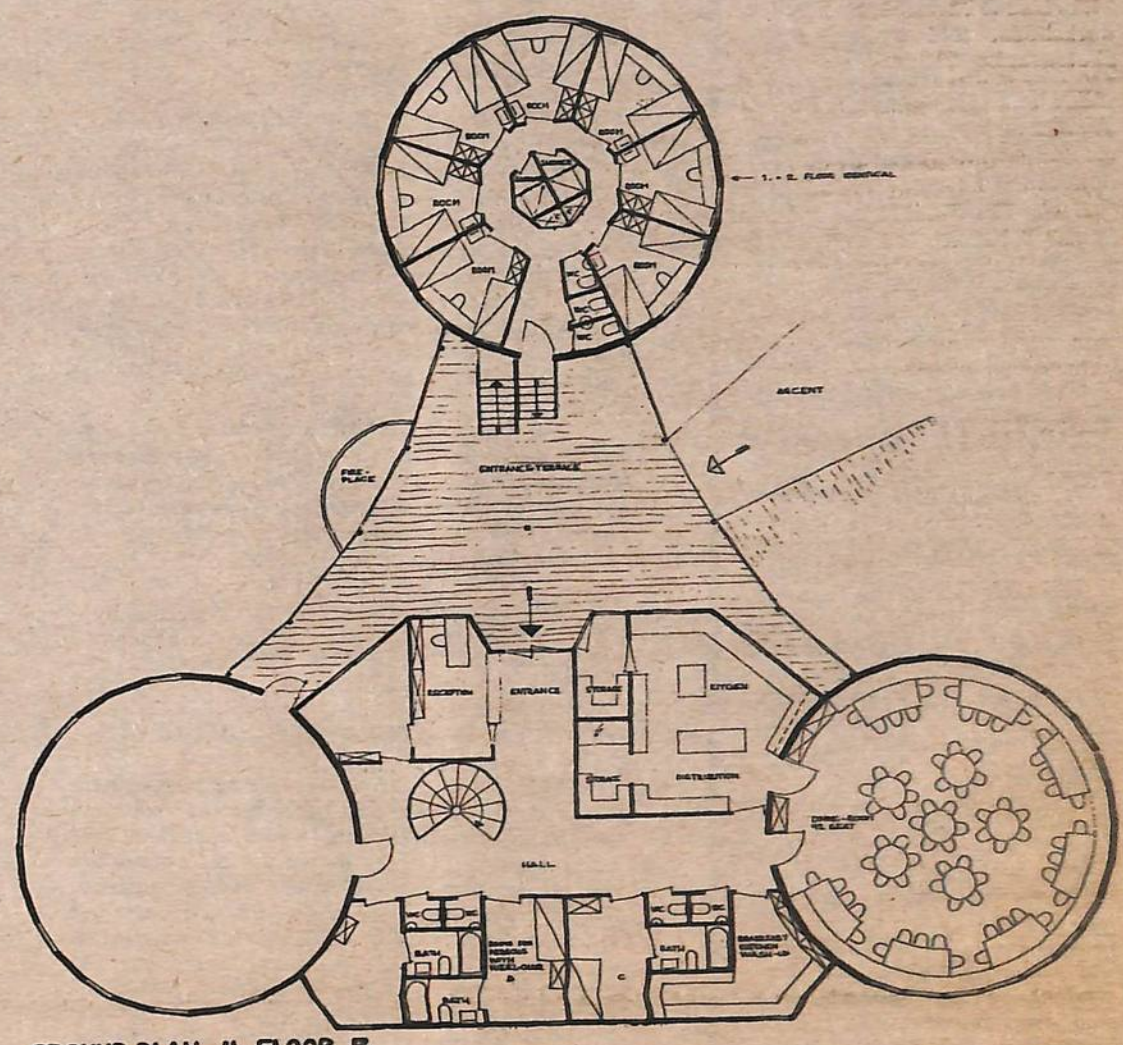
Our path in life does not have to be one of disappointment, pain, and sorrow. There is another way. The way of "Unconditional love." Dr. Elisabeth Kubler-Ross has a dream—please help us to make this dream a reality and share with us the abundance God has given us all.

We presently have 4,000 sq. ft. of this project completed to provide the basic living accommodations for our volunteer staff. We need your support either by a direct financial gift (tax deductible) or by contributing: construction materials, plumbing supplies, kitchen equipment, bedding supplies.

Remember . . . "Whatsoever a man giveth away - will be returned to him a hundred-fold."

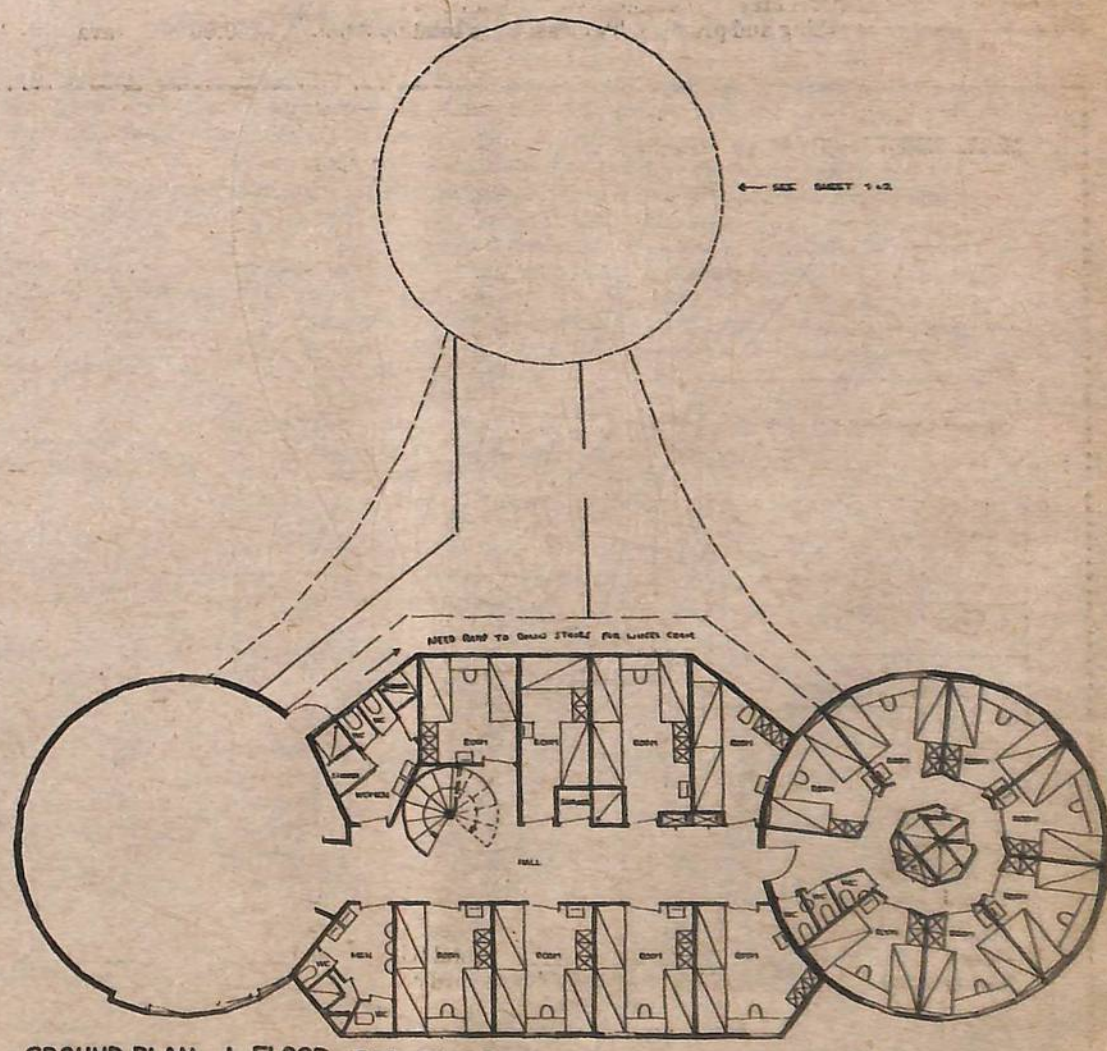
Spring Lecture Schedule Of Dr. Kubler-Ross

DATE	SPONSOR	CONTACT
(MAR) 5		
5	Perceptive Living & Dying 1261 Columbia St. Kamloops, B. C. V2C 2W4	Caroline Mortis (604) 374-7239
7	Bereavement Support Society of Alberta 4858 - 32nd Ave. Edmonton, Alberta T6L4H9	Gene Roach (403) 427-3582
16	Social Work Dept. Elizabeth Bruyere Health Center Regional Palliative Care Unit 43 Bruyere Ottawa, Ontario K1N 5C8	Marcelle Bantourakis (613) 560-1469
(APR) 5	A.R.E. P. O. Box 595 Virginia Beach, Va. 23451	Susan James (804) 428-3588
10	Greater Lawrence Home Health Services 451 Andover St. North Andover, Ma. 01845	Mary White (617) 686-1010
11	Life Death Transition Center 790 Lancaster St. Albany, N. Y. 12203	John Malecki (518) 489-4431
12	I.A.N.D.S. 406 Cross Campus Rd. - Psy. Bldg. Rm. 258 University of CT Storrs, Ct. 06268	Leslie Morabito (203) 486-4170
18	Freeman Hospital 1102 W. 32nd Joplin, Mo. 64801	Linda Peters (417) 623-2801
19	Ellee Green Rt. 2 - Box 170G Bay Minette, Al. 36507	Ellee Green (205) 937-1643
20	Compassionate Friends c/o Dauphin Way Methodist Church P. O. Box 6845 Mobile, Al. 36660	Nicki MacDonald (205) 342-5251
27	International Transpersonal Assoc. 9th International Conference Asagaya-minami 3-47-3 Suginami-ku, Tokyo 166	Janice Kanemitsu 391-2526
(MAY) 5	Friends of SN/Holland 14 Chopenplein 421 TT Nieuwkoop Holland	Pieter Sluis (01) 725-3388
19	Friends of SN/Germany Obere Brand Str. 44B 7000 Stuttgart 80 Germany	Tine Rein 0711 71 1999



GROUND PLAN II. FLOOR B

BOTTOM FLOOR — Above is the ground floor plan for the Elisabeth Kubler-Ross Teaching Center under construction near Head Waters, Va. The round-houses, left and right, for which exterior construction is complete, temporarily house construction volunteers. Eventually the round-houses will contain guest housing, and at right a dining area. The central area will contain an entrance terrace, reception area, kitchen and other support services.



GROUND PLAN I. FLOOR TOP FLOOR

TOP FLOOR — Above is the second floor plan for the teaching center. Eventually plans call for guest housing, and at left, a workshop-meeting area.

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 fact 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. $3.95 (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

VIDEO TAPES by Elisabeth
(Beta II, VHS, ¾ inch format only)

Elisabeth Kubler-Ross: *Life, Death and the Dying Patient - Part I:* An interview given in 1982 at the University of Washington School of Medicine. Dr. Ross talks with Lynn Rob Frumkin, a medical student, on her understanding of the human personality and the development of the physical, emotional, intellectual and spiritual quadrants of the personality. 60 minutes, $85.00 Beta II or VHS format (add $25 for ¾ 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 for ¾ 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 for ¾ inch format)
Interviews with Childhood Cancer Patients and Their Families: Taped at U. of Wash. in 1984. (60 min.) VHS/Beta - $85.00 . . . ¾ inch - $110.00
Dialogue with Elisabeth and Minister/Medical Ethics Professor on Life After Death: Taped at U. of Wash. in 1984. (60 min.) VHS/Beta - $85.00 . . . ¾ inch - $110.00
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, ¾ 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)

MAIL ORDER FORM - Elisabeth Kubler-Ross Center
S. Route 616, 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. _____
Mastercard _____ VISA _____
Exp. date _____
Check one if the amount enclosed exceeds total cost please:
| | accept as a donation
| | refund to me

Sub-total _____
Postage & Handling _____
Va. Res. add 4% Tax _____
Total (U.S. Funds) _____
Charge card no. _____
Signature _____

Thank you!

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. (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. (paperbook) $9.95
The Hundredth Monkey, by Ken Keyes, Jr. Brings us to higher consciousness about nuclear war. Prevention is stressed and how we can help. $2.00
Focusing, Eugene T. Genlin, Ph.D. Helps you get in touch with "old" tucked away feelings. $3.95
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
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
Life At Death, by Kenneth Ring, Ph.D. A scientific investigation of the near-death experience. $7.50
Heading Toward Omega, by Kenneth Ring, Ph.D. In search of the meaning of the near-death experience. $15.95
Expressive Therapy With Elders and the Disabled, by Jules Cary Weiss. Provides health-care workers with new arts therapies in working with residents in long-term care settings and those in other therapeutic and social settings.
or
Expressive Therapy With Elders and the Disabled, by Jules Cary Weiss. Serves as a guide to health care workers in becoming more aware of the sensitivity and understanding required to reach many older and disabled people who may seem at first, unreachable. $13.95
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
1985 Calendar — To bring us closer to all of you, has pictures of the farm, volunteers, staff, and more. $5.00

Recipes from Children

(More recipes from the La Habra Child Development Center)

CHOCOLATE CANDY BAR

Ingredients:
4 things of chocolate
2 things of carmel
6 nuts
1 thing of sugar

Instructions:
Mix it all up. Put it in the frig for two seconds.

Michael De La Vara, age 5

SOUR CREAM AND CARROTS

Ingredients:
6 carrots
4 bowls of sour cream

Instructions:
Cut the carrots around, and make them skinny. Dip them in the sour cream and your done.

Thomas Davis, age 5

Recommended Books . . .

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 books 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.

The Poetry Place

Poems by our Senior friend, Mary Whitlock Meadows of Staunton, Virginia. (See, The Conclave, in our Mail Order List)

Geriatrics

What if I say
I'm out of date
I'm a fossil
full of ideas
outgrown
their day????

I think I'll
wait awhile
till they
come back
in style . . .

If what the
sages say
is true
everything
I say -
then -
will be
brand
new . . . . .

Pneu Bugs

I'm too sick
to try to do
but not too
sick to think
about the
try -
I'm just
too sick
to do . . .

Dov Beryl . . .

Dear Folks,

Here is a contribution. I am tithing over 10 percent of my salary to causes for peace and light. Also here is a poem that expresses a lot of what I have learned and been through since the LDT workshop. Dov Beryl is my pen name and Hebrew name. This reflects the growing I've done and am doing as I work on a peditaric oncology floor. I sometimes dress as a clown on weekends and work that way. I humor and touch is a big part of what I try to do there.

If you would like to print this in the newsletter feel free. I would like as many folks as possible to read it.

Peace,
Dov



OF WAR AND WARRIORS

It comes on clear,
Sometimes in the moments before awakening
The clarity that rises just before the fog
That dulls the senses and relieves the pain.
The sadness that comes
Makes stomach tighten
Heart ache
And hands want to stretch beyond their limits.
We're professional soldiers
Non combatants in a frightening war.
We don't plan the battles or
Choose the weapons.
We fire the bullets
Drop the bombs
Make the wounds
And then they expect us to save the land.
What is the enemy here?
Is it death or life
Is it disease or time.

—Dov Beryl

Hold On!

Hold on to what is good
even if it is
a handful of earth.
Hold on to what you believe
even if it is
a tree which stands by itself.
Hold on to what you must do
even if it is
a long way from here.
Hold on to life even when
it is easier letting go.
Hold on to my hand even when
I have gone away from you.

—Author Unknown

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 by writing our Virginia Center, c/o "Pain Control" or Roxane Laboratories, Columbus, Ohio 43216.

Peace Proposal

The Peacemaker's Network of Santa Barbara proposes to use the principle of "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. 93103. (805) 966-2207.

For the Workshop Center . . .

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

Also Needed . . .

¾ inch Video recorder and camera for future teaching of films by Elisabeth.

Vietnam Veterans Griefwork Project Report

Welcoming the Forgotten Warrior Home

The Vietnam Veterans Griefwork Project is alive and well!!!! Here is an update on just how fast it is growing! Last winter, Joaquin Gallardo and other staff from the San Jose Vietnam Veterans Center, assisted by Alexandra Teguis, conducted a twelve hour intensive with several Vietnam vets, a considerable part of which involved the Externalization Process. It was a growth experience for all of us and culminated in our own, very moving Pine Cone Ceremony. This experience has kindled interest in the Griefwork Process in many other vet centers throughout the country. Our gratitude to the vets who participated: Robert Crawley, Sp/4 G Battery, 55th Art., Americal, Class of '69; Carl N. Riccelli, 3rd How., 11th ACR, Class of '69; Albert Delgado; Larry "Andy" Anderson, 196 Inf. Battery, Danang, Class of '72; Richard Throm, D 4/21, 11th Brigade, Americal; Robert Lee Shippen, 5th, S.F.G. (Airborne) 1st S.F.; Peter Tessitore, Bandits, 118th Hell Co.

Shira Blum, one of Elisabeth's trainers and a Vietnam vet (served in the Yom Kippur War in Israel) and Alexandra Teguis gave several in-service training sessions at various California facilities this past summer on Griefwork, Externalization, and its connection with Vietnam post traumatic stress. We were especially pleased to have met with the staff of Flower of the Dragon, in Cotati, Ca. (one of the original Vietnam veterans service centers established over ten years ago to assist vets).

Many more Vietnam veteran counselors are being trained as Griefwork facilitators, adding more tools to their armamentarium to assist vets—thanks to Sheila, Shira, Sharon and Jack. Children of Vietnam vets constituted almost half of a recent children's workshop on the East Coast. The healing passes from parent to child and back again!!

The first article published for mental health professionals on Griefwork, Externalization and Post Traumatic Stress Disorder among vets is co-authored by Alexandra Teguis and Dr. Charles Flynn of Miami University in Ohio. (Anyone wishing a reprint can write Sandy at: Dept. of Psychology, Manchester Community College, M.S. #6, Manchester, Ct. 06040.)

Alexandra and Bob Sullivan of IANDS (International Association of Near Death Studies) have begun coordinating efforts to assist Vietnam vets who have had near death experiences as a result of combat. Bob began this study only a year ago but already has heard from over one hundred and fifty vets and is helping them integrate their experiences into their lives.

This summer, Dr. Gregg Furth, Carlos Aponte and Jim Lenzer, Vietnam Outreach counselors and LDT graduates, along with Alexandra, provided Griefwork training to counselors and team leaders from 26 Vietnam Veterans Outreach Centers on the East Coast and the Virgin Islands. We were warmly received and were overwhelmed by the dedication and energy of these counselors, both vets and non-vets. Our thanks to Dr. Erwin Parson and Dr. John Parsons for enabling us to share and learn.

Kudos to Marilyn Brier for her bridgework in the vets project between the East and West Coasts!!!

Alexandra Teguis

New Beginnings — A New Opportunity . . . New Membership Program

Your support has made it possible to continue the message begun by Elisabeth over 15 years ago. Since then, her books, lectures, and workshops have benefitted thousands of people all over the world. Training Programs now promote quality support and caring for the whole person. In many communities, support groups have formed where feelings are shared in an open and honest way. In 1977, a non-profit organization called Shanti Nilaya ("Home of Peace") was founded by Dr. Elisabeth Kubler-Ross. In this "house" there are many dreams and visions. Your membership will continue to make them come true. And, by joining together with us now you will receive:

(1) Our "new" quarterly newsletter with upcoming schedules of sponsored events; complete mailing lists of books, tapes, videos; articles from/about our hardworking and growing network of conscious, loving people.
(2) Priority seating up to 30 minutes before all lectures by presenting your "Membership Card."
(3) Free "Dougy Letter" with each new membership donation.

MEMBERSHIP FORM

Membership is valid for 1 year from date of receipt.

Name _____ Date of Birth _____

Address _____

City _____ State _____ Country _____ Zip _____

I Would Like to Contribute:
$15/yr. _____
$25/yr. _____
$40/yr. _____
Other _____

_____M.O. _____M.C. _____Visa
Charge Card No. _____
Exp. date _____
Please make checks payable to: Shanti Nilaya
(U. S. Dollars Only)

| | Keep me on your mailing list! Check is enclosed! | | Take me off your mailing list.

| | Send complimentary copy to: _____

_____

Signature _____ Date _____