

A LIGHT IN THE MIST

THE JOURNAL OF HOPE

A HEALING ENVIRONMENTS PUBLICATION
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RITUALS FOR A MEMORABLE EVENING

RITUALS OF REMEMBRANCE

If you have recently lost a loved one, you may find comfort in one of the following rituals of remembrance:

Remembrance Book: Have each friend or family member write down their most precious memories or qualities of the beloved. Give each person a page for self-expression. Reduce them in size so they fit on half of a full sheet of paper. Copy them on a warm color, using both sides of the paper, folding them into a booklet. Make a cover by copying favorite photographs (a color copy softens the image). Have everyone read their page at an evening of remembrance, lighting a candle as they speak.

Remembrance Quilt: Have each friend or family member make a square for a remembrance quilt. They can be made out of favorite items of clothing, with photo transfers, or contain words or a poem written with indelible ink. Spend the evening quilting the finished work. For a simpler no-sew quilt, purchase an inexpensive imported quilt. Have each loved one write a message, poem or memory on a pre-cut adhesive-backed heart or dove or square. Read the offerings aloud and iron them on the finished quilt. Present it to the grieving partner, family or friend.

Remembrance Musicale: Have an evening of special music and poetry. Encourage friends and family to write poems about the beloved or read favorites others have written. Those who are musical may consider singing favorite songs or performing on musical instruments. Let each person light a candle and say a few words about their selection.

RITUALS OF COMFORT

If you are supporting someone who is struggling with a life-threatening illness, you may offer them comfort with one of the following rituals:

Comfort Circle: Surround your loved one with a circle of family and friends. One by one, offer a prayer for them or send them a healing thought. As you touch them with your outstretched hand or hold it above them, envision the healing light of the universe entering them and replacing their pain and fear with peace and tranquility.

THE POWER OF RITUAL

*To a large extent, modern man
has lost the power of ritual.*

*In his efforts to be rational,
he has forsaken the mystery
of the universe. Many of us
have left organized
religion behind,
creating a void of meaning.*

*As the century ends and
we face the new millenium
in fear and uncertainty,
more and more of us
are exploring ancient ways
and forgotten wisdom
to replace what we have lost.*

*The twentieth century,
born in arrogance and boundless
optimism, humbled us with
the limits of our knowledge.*

*Let us use our newfound
humility to ask for guidance,
to seek for solutions
larger than science,
deeper than materialism.*

*Let us create personal rituals
which connect us to
our common humanity,
which infuse our
struggles with meaning,
which frame our search
for solutions. Let us reopen
to the mystery of existence.*

gently
(very whiteness: absolute peace,
never imaginable mystery) descend

e.e. cummings

Have each person sign a booklet pledging to pray for or think of that person at a given hour of the day or night. Thus the comfort circle will always be with them.

Comfort Quilt: Have each friend or family member write words of love and encouragement with indelible ink on an adhesive-backed, pre-cut heart, dove, or square. Have them read them aloud before ironing them on an inexpensive imported quilt. Or make individual squares (these can be more elaborate) of a prescribed size in advance. Spend the evening quilting the squares onto a premade backing. Give the loved one the finished comfort quilt. Its loving energy will always surround them.

Comfort Kit: Purchase an inexpensive but attractive small suitcase or large wooden box. Have each loved one bring a "sacred object" or object of meaning and comfort. During the evening, have each friend or family member explain the meaning of the object before placing it in the ritual container, together with their wish for the beloved. Tag each item with a handwritten note explaining its meaning and intent. The comfort kit will remain with the loved one as a constant reminder of the love and support of friends and family.

RITUALS OF INTENT

If your intention is more general, to support healing energy within your community, institution, or throughout the earth, consider one of these rituals of intent:

Wishes by Water: If you live near water, consider doing what the Brazilians do for the New Year. Have everyone dress in white and fashion small boats out of paper on which are written your wishes. Launch the boats after sharing your wishes with the group. Each small paper boat should carry a lighted votive candle.

Petitions to Heaven: Have each participant write his or her petitions on a beautiful card tied to the string of a white helium balloon. After the group shares their petitions, let all of the balloons rise, in unison, to the universe.

Forged by Fire: If you have access to a fireplace, consider the following. Have each person write his or her intentions on a piece of handcrafted paper. Ask those who would like to share to read their intentions aloud before placing them in the fire. **KS**

WE

THANK YOU
FOR

YOUR SUPPORT
YOUR PRESENCE
YOUR DREAMS
YOUR DONATIONS
YOUR ENERGY
YOUR ENTHUSIASM
YOUR TIME
YOUR ATTENTION
YOUR LOVE
YOUR LETTERS
YOUR ENCOURAGEMENT
YOUR CONCERNS



WE WISH FOR YOU
A YEAR OF
HOPE AND HEALING

1997

HEALING ENVIRONMENTS
KATE, TRACI, DOREE, SAM

At the darkest time of the year it has been customary in all cultures to have celebrations of light and music to raise the spirits of the community and affirm faith in the return of longer days and warmer weather. Our culture is dominated by the visual sense, and we need light to see. But the ears can be very active in the dark. The dark times can be used for listening to music, especially during the holidays, which are so rich in music.



The earth seems relatively at rest in winter, at least above ground. But in the dark below, seeds and bulbs are sending roots down which will emerge in the spring as flowers and foliage. Winter is an opportunity to relate to these dark earth energies and their renewing powers. I recommend for your listening three contemporary composers whose music consciously embodies the dark feminine beauty of what has been called "goddess energy." It is music characterized by mystery that unfolds in slow tempos and a feeling of timelessness. It has initiatory power into revelations of great beauty, which can open the ears and heart to spiritual presence. The composers are Arvo Pärt, an Estonian who now lives in Berlin; Henryk Gorecki, who is Polish; and John Tavener, who is English.

The music of these three has been called "mystic minimalism" for its surface simplicity, contemplative aspect, and power to evoke transpersonal realities. When Gorecki's Third Symphony was first aired on British radio, many people are reported to have pulled over their cars to listen, and it soon topped not only the classical but popular charts as the best selling CD in England. Clearly this music held something many people needed to touch.

As in Tavener's *Protecting Veil*, the subject is Mary, the Mother of God, represented in the Gorecki work by a soprano voice and in the Tavener by a solo cello. The qualities of mercy, healing protection, compassion, and mysterious beauty associated with Her are evoked in the music, which has a sensuous, rapturous quality. Like Tavener, Arvo Pärt has been influenced by the Orthodox or Eastern Church which gives more attention to the feminine figure of Mary and the suffering she understands. Pärt's music

has been called "wordless meditation," and has a stillness at its center.

The ravishing beauty of this music enriches us with qualities we may hunger for because they are often lacking in contemporary culture. Psychologist and writer James Hillman has said that beauty reveals the soul's essence and is the principal food of the soul. In the presence of beauty our questions of meaning and purpose can be put to rest. Healing occurs because beauty IS meaning or as Keats said, "truth." It connects us with the higher ordering of reality, the structure of the universe and the earth, which includes ourselves. Even, or especially, at times of crisis, if we can experience beauty, feelings of love and gratitude are not far behind. The "truth" in beautiful music, like life itself, comes to us as a gift. There is healing power here, but we must be listening to be touched by it.

Music that enables us to hear the beauty in darkness, our own and the world's, brings us closer to the mystery this season carries. To find music that matches inner longings is to transform loneliness into communion with others. We can, as Rumi says, "Let the beauty we love be what we do."

by Maureen Draper

Suggested Listening

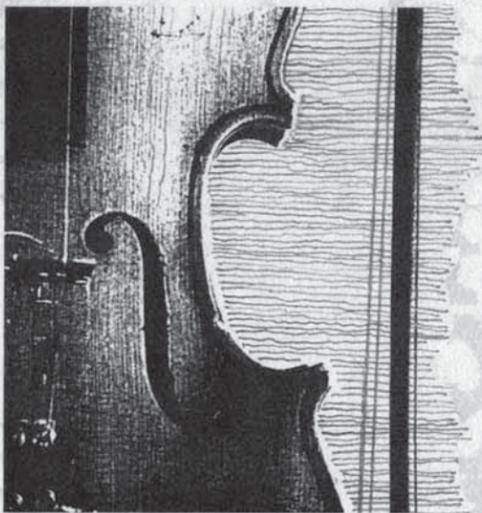
Henryk Gorecki, *Symphony No. 3*. Zinman conducting, with Dawn Upshaw, soprano. Electra Nonsuch CD.

Arvo Pärt, *Tabula Rasa*, ECM CD, (includes *Fratres*, *Cantus*, and *Tabula Rasa*), and *Te Deum*, ECM CD.

John Tavener, *The Protecting Veil*, with cellist Steven Isserlis. Virgin CD.

Officium, ECM CD. Combines early sacred music for horns with the improvisation of saxophonist Jan Garbarek in contemplative, soulful beauty. This is wonderful music to begin or end the day.

Maureen McCarthy Draper is a pianist and teacher who leads seminars on music and psychology at her home in a vineyard in the hills above Los Altos and for the Guild for Psychological Studies of San Francisco at Four Springs. If you would like to be notified about her next seminar, call 408-867-7646 or fax your address to 408-867-7370.



A Music Ritual

I have always considered music as one of life's special gifts that deserved my undivided attention. Extraneous ambient noise that gets in the way of listening lessens the enjoyment of the musical experience for me.

Composers and those who perform their music are artists who deserve our respect. In some cases they are historical legends.

Because of this philosophy, I've fallen into a ritual that provides me with as close to an ultimate experience as possible.

During a typical day, in my spare moments, I mentally review my record collection and select a recording that I would like to hear that evening.

Tonight it shall be Montserrat Caballe singing arias by Bellini and Donizetti.

In the evening, when the house is quiet and it's time to relax, I slip into my little, dark room and warm up my audio equipment.

As an audiophile purist, I have always preferred the warm sound of a vinyl recording played on a fine turntable driven by vacuum tube electronics. The tubes tint the blackness with the subtle warm glow of a Rembrandt.

I pour myself a bit of rare, single malt scotch (a gift from my pal Wayne, a fellow audiophile).

I sit back and wait for the magic.

The music begins softly and then the purity of Montserrat's voice cuts through the black space like a knife.

The bass violins send a thrill through my bones.

As the music continues on, imagery moves through my mind--and the concerns of the day dissipate into the darkness.

When it ends, I discover that the total recording lasted less than an hour, but it gave me a spiritual experience that will always be with me. ■■

Where words

leave off,

music begins.

Heinrich Heine

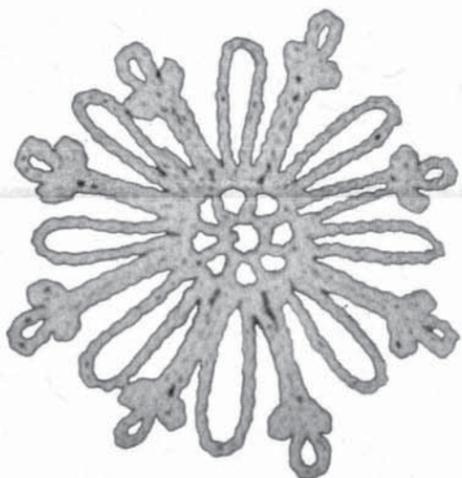
BARBARA'S GIFT

For you to better understand how one can be healed without being cured, I offer you the story of Barbara's death.

My dear friend Barbara died six years ago after a courageous seven-year struggle with ovarian cancer. Barbara was an exceptional patient and an exceptional human being. She had much to teach us all.

I reconnected with Barbara about twelve years ago, after both she and I had moved back to the West Coast from the East. She had come out to receive medical care at Stanford Hospital; I had relocated with my husband and family. For more than six years, Barbara and I got together several times a week. Oddly, these visits always cheered me. There was no question that Barbara was helping me more than I was helping her.

Barbara's life was laced with beauty. She had a tiny garden which she transformed with loving care. We would sit out in it, and as she reveled in each flower, I, who had four acres in the country, would envy her quarter acre. She asked me to find her a beautiful canary, to fill her house with song.



Barbara's incredible gift was her zest for life. Until the end she asked me to buy her wonderful velour warm-up suits in strong vibrant colors--teal and purple were her favorites. She asked that they be large enough for her teenage daughter, Ada, to wear when she was gone. She bought herself a beautiful handmade ring which she wore daily and planned as a gift to Had, her son. Her zippy red car was also bought with an eye to the future, as a legacy to her first sixteen-year-old.

Barbara asked each of her close friends to write a chapter of memories about her for her children. She asked me, a compulsive gift buyer, to be her two children's fairy godmother. It was her way of living on in their lives, for Christmases and birthdays, in perpetuity.

Barbara's favorite holiday was Christmas. She loved it so; the tree would be up the day after Thanksgiving and stay well into the New Year. Her last year, putting up the tree was particularly poignant, as we all realized she would not live until Christmas Day.

She had convinced her wonderful doctors to allow her to die at home. Ten days before she died, Barbara organized a series of daily open houses. From five to seven, old friends were invited to bring food and memories, wine and guitars, to sing songs and celebrate our lives together.

Not traditionally religious, Barbara felt a deep kinship with Native Americans. Her grandfather's farm in New Jersey had had a Native American burial ground on it, and Barbara's childhood was filled with a recurrent dream of herself as a small Indian girl dressed in animal skins, running from a bear.

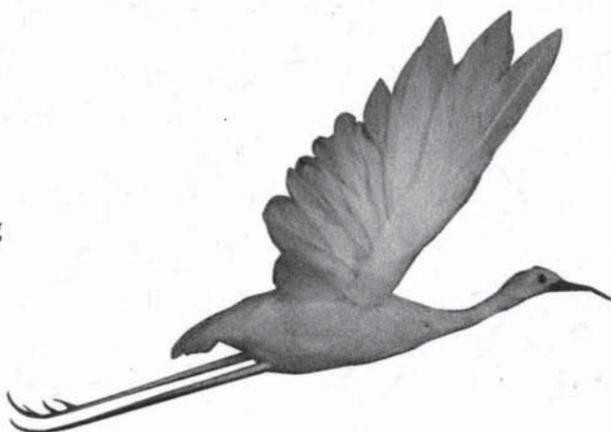
A week before she died, I struggled to come to terms with my own grief and loss, and to help my children, who loved Barbara as well. One day I wandered into a children's bookstore and was immediately drawn to a beautiful book about an old Indian woman's death. In the story, the old woman left her weeping family behind, longing to let them know she was well and happy, and began an arduous ascent. From the top of a high ridge, she looked down at last into a beautiful flower-filled valley. There, around a group of tippis on the banks of a lovely river stood her ancestors, welcoming her with outstretched arms. The old woman began to run, as swiftly and easily as a young girl, to meet them.

I took the book to Barbara's house that day, not quite sure of what it was about. I offered it to her cautiously, saying I hoped it might be of some help. Barbara read the short book in silence, and then hugged it to her chest joyfully. "This is exactly what I believe! I want it read cover to cover at my memorial service!"

Barbara's memorial service was a beautiful occasion. She had involved each of us in its planning. Barbara had loved show tunes, and a friend with a wonderful voice sang her favorites. Another close friend played the piano. A third was in charge of taping the service for us all. Barbara's daughter and a young friend who had also lost her mother to cancer sang a touching duet-- "You are the Wind beneath my Wings."

Others spoke movingly of how much Barbara had meant to all of us. We cried with pain at our loss, and joy at the great gift Barbara had brought us. Barbara lives on with all of us--teaching us how to live and die. **KS**

The children's book Beyond the Ridge was written and illustrated by Paul Goble. It is published by Bradbury Press and is available for \$14.95 in hardback and \$4.95 in paperback.



THE PHYSICIST AND THE TEDDY BEAR

My father, who died of cancer after a seven-year struggle, was a world-renowned

physicist. Often stuffy and pedantic, he intimidated his doctors as well as his nurses with his extensive knowledge and vocabulary. Locked in the subconscious of this brusque and sometimes brutal man lay the ghost of the child he had never been permitted to be. Raised in Mexico during the Mexican Revolution, my father lived in constant fear of being discovered to be a hated "gringo" as he made his way alone, by train, to school in Texas at the age of seven.



One Christmas when he was hospitalized yet another time, I was looking for gifts to distract him, and a highly unlikely candidate caught my eye. It was a very cheery teddy bear, complete with knitted cap and muffler, who had a wonderful capability hidden in his paw. When one grasped his right paw, no fewer than twelve Christmas carols tinkled with a bright and bell-like tone from a hidden Japanese mechanism. This winsome companion had a profound effect upon my father's hospitalization. Word spread over the floor like wildfire. Nurses dropped by on a regular basis to make the bear's (and my father's) acquaintance. Holiday cheer and the joy of a lost childhood replaced my father's elitist isolation. My eyes tear up as I recall the world-renowned physicist's love of that teddy bear. One small object completely transformed his hospital environment. **KS**



HOW TO MAKE A REMEMBRANCE QUILT

Well into this century, whenever someone left the community to live far away--when a minister or teacher was transferred, or a family decided to head west--the women in the town often gathered to make them a remembrance quilt. These quilts, covered with the copperplate signatures and messages of old friends elegantly penned in India ink, provided warmth for the body and the spirit in the strangeness of a new home. They also eased the loss of those left behind.

Remembrance quilts can still provide support and comfort for people on a journey. They are like giant greeting cards covered with comments from all the people who have been important in their lives: friends, family, co-workers, neighbors, even acquaintances who have been affected positively by their lives. When these quilts are made for the living, they can be passed on later to survivors as a consoling memento. Or they can be made for the survivors as a memorial piece.

Here are some ways to create a remembrance quilt. Even if you've never sewn a stitch, you can create a warm, vibrant memory quilt to comfort the patient or console survivors. Here's how to do it:

I. You'll need:

- a 100% cotton sheet in a light or medium color
- an assortment of waterproof or fabric pens and markers

Art Option You can collect separate pieces of fabric with drawings or inscriptions and bond them to the quilt surface with iron-on fusible material.

You'll need:

- Separate squares or rectangles of unpatterned light-colored fabric
- Fusible fabric (can be bought by the yard at any fabric store)
- Freezer paper from the supermarket
- Scissors
- An iron

Photocopy Option Iron-on photocopies of favorite photos, artwork, magazine and book illustrations, poems, etc.

Tee Shirt Option Cut the front designs from tee shirts and sweatshirts, and bond to quilt top with iron-on fusible. Backing can be: (*Choose One!*)

- A second same-size sheet, any color, fiber content, and design (Optional: quilt batting for filling)
- An old or new comforter or blanket

2. Wash sheet to remove any sizing. Clip manufacturer's tags.

3. Have people sign the sheet. Perhaps bring the sheet and indelible pens to the office, classroom, a party or family reunion, anywhere where friends gather. Tape flat to wall or table top and encourage inscriptions, signatures, drawings.

4. **Art Option** Place freezer paper waxy-side up on flat surface. Place light-colored fabric right side up on freezer paper. Press with hot iron to bond. Cut out shapes--squares, stars, circles, etc. Distribute pieces and indelible pens to those who would like to contribute. Children should be encouraged to do drawings.

Collect signatures and drawings. Peel off the paper backing. Pin fabric pieces to fusible material. Cut fusible slightly smaller than piece. Position on quilt top where you want them. Press to bond, following timing instructions on border of fusible material.

5. **Photocopy Option** Find a photocopy store that makes iron-on transfers.

Consider using meaningful images like:

- Family photos: loved ones, pets, friends
- Calendar photos of favorites places or objects
- Children's artwork
- Favorite paintings and drawings
- Record album covers
- Images from seed catalogues; movie magazines, cookbooks, etc.
- Cartoons
- Anything relevant to the recipient: Computer schematics, hot air balloons, Greek statues, sports cars, heavenly stars, antique coins, jogging shoes, etc.

Note: Remember that it isn't necessary to cut up a book or magazine to photocopy the image, so you can use library books and borrowed books.

6. **Tee Shirt Option** Cut out design portion of tees and sweatshirts. Arrange on quilt top until you find

a pleasing design. Fuse following instructions on fusible.

7. **Creating Quilt** You have several options.

A. Top alone. Use the quilt top alone as wall hanging or bed throw. (You can use the large fold at the top as a "hanging pocket," inserting a curtain rod or wood slat through it.)

B. Top and back. Back the quilt top with the second sheet. Sew or fuse outside edges together. (Option: sew or tie through the center of quilt at intervals such as the corners of artwork or in an overall design.)

C. Top, batting and backing. Back quilt top with a layer of quilt batting and the second sheet. Sew or fuse outside edges together. Sew or tie through center of quilt at intervals such as the corners of artwork or in an overall design.

D. Top mounted on a blanket or comforter. Lay quilt top on a new or used blanket or comforter that is the same size or smaller. Turn under any edges of the top that hang over. Sew or fuse edges. Option: sew or tie through center of quilt at intervals such as the corners of artwork or in an overall design.

You're Done! You may wish to make a special event of presenting the quilt. This can be a very moving time for reminiscences and sharing. Or maybe you'll decide just to hang it or lay it on the bed where it will be discovered in a quiet moment. Whatever you do, you have created a very special remembrance for everyone involved; a simple cloth quilt that speaks to our most basic and complex needs, offering warmth, nurturing, comfort, caring, and creativity. Your efforts have created delights for the eye and for the spirit, a symbol of friendship and caring, of traditions from the past and hopes for the future.

by Eleanor Dugan

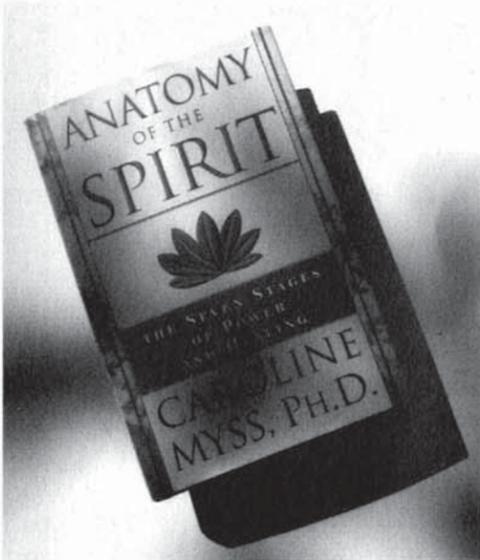
Eleanor Dugan is a former costume designer, accomplished quiltmaker and noted author who resides in San Francisco.

If you would like Eleanor's instructions for a traditional quilt, please send a self-addressed envelope with your request to Healing Environments.

ANATOMY OF THE SPIRIT

The Seven Stages of Power and Healing

Traci and I first heard Caroline Myss speak at a conference on the Psychology of Health, Immunity and Disease on the East Coast several years ago. Since then, she has become one of the most well known medical intuitives in the world. A dynamic speaker, Dr. Myss disarms the most skeptical listener with her humor and groundedness. A midwesterner, raised in the traditions of the Catholic church, she is a radical visionary who will challenge and inspire your world view.

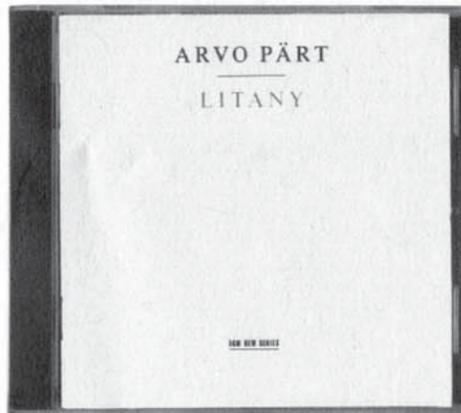


In *Anatomy of the Spirit*, Myss elucidates the principals of “energy anatomy” --the ways in which our seven “chakras” or power centers influence our mental and emotional issues as well as our physical dysfunctions. Each chapter ends with a list of questions inviting self-examination. For over ten years, Caroline Myss, Ph.D. has worked with Norman Shealy, M.D. and President of the American Holistic Medical Association, not only to diagnose medical conditions intuitively, but also to explore their spiritual causality.

Anatomy of the Spirit invites the reader to seek a higher level of spiritual maturity and to use that maturity to prevent as well as to heal illness.

GIFTS ○

LITANY



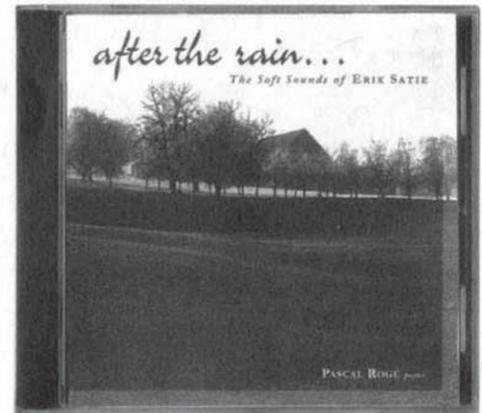
ARVO PÄRT, the Estonian minimalist composer, emerged from a spiritual awakening with profound new visions for his music. Drawing from medieval influences, he molded his music into unique new forms such as chants and echos of sounds.

Litany (1994) is such a work consisting of 24 prayers (one per hour). Each is an intimately expressive statement performed by the Estonian chamber choir and the Tallinn chamber orchestra.

Also on this CD is *Psalom* (1985/95) which is an exquisite orchestral work where a minimum of similar transparent passages seem to “wash” over each other like waves in the sea; this is a subtle and delicate work that is reminiscent of the third movement of Beethoven’s Ninth.

These are extraordinary works and I use them to meditate with. They seem to take me above all of the thoughts and concerns of the day and they put me in a wonderful space of relaxed comfort and peace. Enjoy.

AFTER THE RAIN



Solo Piano Works by Erik Satie

Late in the 19th century there was an attempt by a few composers to free music from overbearing romanticism. One of these composers was the charming and mystifying Erik Satie who composed these piano works in a spirit of loving contemplation.

These nostalgic pieces, admirably performed by pianist Pascal Rogé, are reflective of special times past and comfort one on a deep and spiritual level.



“Do not say ‘too late.’”

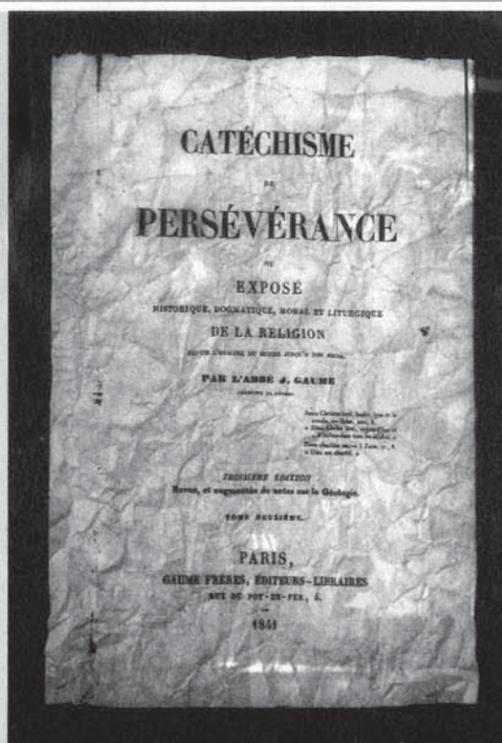
--Suzuki Roshi

A FRENCH PRAYER

Prière

O mon Dieu! qui êtes tout amour, je vous remercie de nous avoir donné tant de grâces intérieures et extérieures; faites que nous soyons fidèles à la prière, afin d'attirer de plus en plus vos bénédictions et vos faveurs.

Je prends la résolution d'aimer Dieu par-dessus toutes choses, et mon prochain comme moi-même pour l'amour de Dieu; et, en témoignage de cet amour, je ferai un peu de méditation tous les jours.



Catéchisme de Persévérance Paris 1841
This prayer was found in a book in a French convent.

Prayer

Oh my God! who art all love, I thank you for having given us so many interior and exterior graces; make us faithful to prayer, in order to attract more and more of your blessings and favors.

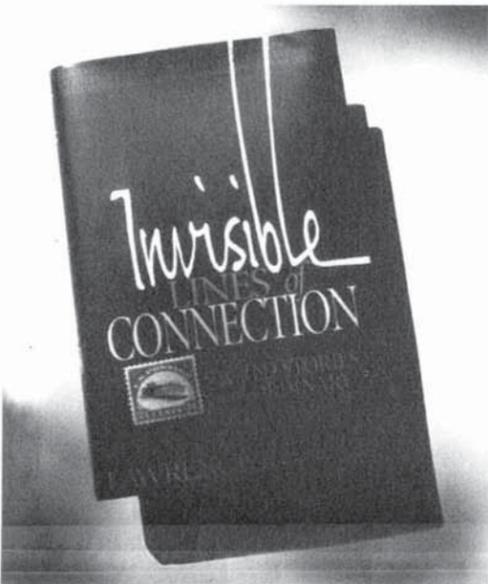
I resolve to love God above all things, and my neighbor as myself for the love of God; and in witness to this love, I will meditate a little everyday.

F L I G H T

INVISIBLE LINES OF CONNECTION

Sacred Stories of the Ordinary

For those of you who find my mystical bent a bit much, let me offer you this down-to-earth introduction to spiritual possibilities. Lawrence Kushner is a rabbi in Sudbury, Massachusetts, but his book of everyday encounters with the divine is meant for people of all faiths and backgrounds. With warmth

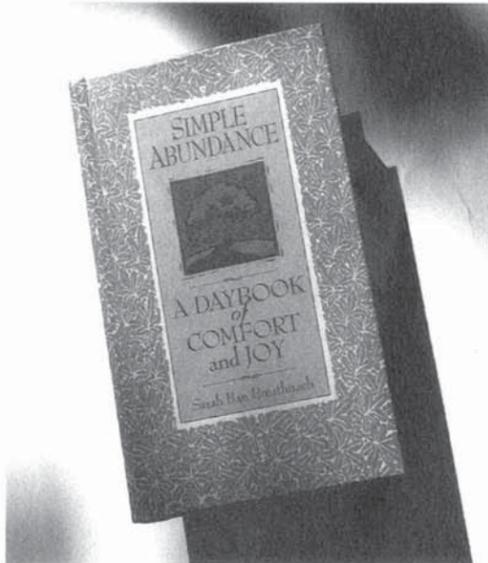


and humor, Rabbi Kushner weaves the warp of spirituality through the woof of everyday life--touching on everything from Federal Express to virtual reality, from reciting psalms to making love, from jury duty to trout fishing. To sum it up in one Kushner sentence: "All theology is autobiography."



Please note: The price for Richard Stone's *Stories* quoted in the last newsletter was incorrect. To order a copy send a check for \$9.60 (to cover shipping and handling) to StoryWork Institute P.O. Box 941551 Maitland, FL 32794-1551 or call (407) 767-0067.

SIMPLE ABUNDANCE



A Daybook of Comfort and Joy

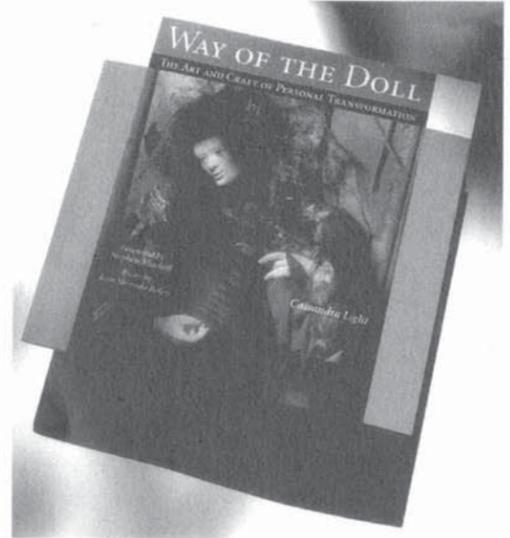
Books of daily meditations abound. What makes Sarah Ban Breathnach's book unique is not only its physical but spiritual heft. For over four years, Sarah explored a new way of being through her writing. She was seeking a new level of authenticity, a way of life based on six practical, creative, spiritual principles: gratitude, simplicity, order, harmony, beauty and joy. Sarah writes, "May *Simple Abundance*, through its gentle lessons of comfort and joy, help you find the authentic life you were born to live."

Sarah's inspirational work, warm and comforting as an old friend, gave us a beautiful idea as a bonus. If you are looking for a way to share who you are with friends and family--if the most painful part of confronting a life-threatening illness is the thought of leaving children and loved ones behind, consider the following. Purchase one of the leather-bound, page-per-day journals for sale in the fall. On each page write a brief entry--a belief you wish to impart to a child, a beloved anecdote, a favorite poem, a cherished memory. Your personal "daybook of comfort and joy" will remain with your loved ones always.

WAY OF THE DOLL

The Art and Craft of Personal Transformation

One of the most beautiful books we have seen in a long time, *Way of the Doll*, chronicles the extraordinary transformative power of art. For fifteen years, Cassandra Light has led men and women from all walks of life on a journey of personal transformation in



her School of Sacred Art. Each year, seventy-five students of all ages have met weekly to create mythic "dolls" which represent their hopes, dreams, fears, and lost selves.

The power and beauty of these figures, and the stories behind them, will haunt you. Cassandra's gift to the world and to her students is her message that each of us bears a unique expression of the universe which must be made manifest. By honoring the artist within each of us, we not only may heal old wounds, but unleash new insight and life force. One of the women in her group who had been barren became pregnant after making a doll of her longed-for child.



THERE IS A VITALITY, A LIFE FORCE, AN ENERGY THAT IS TRANSLATED THROUGH YOU INTO ACTION. AND BECAUSE THERE IS ONLY ONE YOU IN ALL TIME, THIS EXPRESSION IS UNIQUE. IF YOU BLOCK IT, IT WILL NEVER EXIST THROUGH ANY OTHER MEDIUM. THE WORLD WILL NOT HAVE IT. IT IS NOT YOUR BUSINESS TO DETERMINE HOW GOOD IT IS, NOR HOW VALUABLE, NOR HOW IT COMPARES WITH OTHER EXPRESSIONS. IT IS YOUR BUSINESS TO KEEP IT YOURS CLEARLY AND DIRECTLY, TO KEEP THE CHANNEL OPEN.

MARTHA GRAHAM

AN INVITATION

We at Healing Environments would like to invite you to a very special event. On Saturday night, December 14th, 1996, we are organizing an Evening of Hope.

In homes, hospitals, and hospices, we are asking supporters of Healing Environments to host commemorative evenings to benefit our work.

If you, or a group of you, are currently supporting a loved one in their struggle with a life-threatening illness; if you have recently lost a loved one or if you are moved to commemorate those struggling with cancer or AIDS, or other serious illness, or if you simply wish to celebrate the spirit of Healing Environments, we urge you to invite a group of like-minded individuals to gather together in an intentional evening--an Evening of Hope.

If you inform us of your guest list, we will see that each participant receives a beautiful invitation, as well as a special candle to be lit during the evening, and a booklet of suggested evening activities. We ask that in return, each guest make a donation to Healing Environments of whatever amount he or she can easily afford. Those who are struggling financially shall be our guests. We would like all of you to join in the communal energy of the evening.

Our hope is that far more than a fundraiser, Evening of Hope can positively influence the healing energy in this country and beyond--and nourish the caregivers as well as comfort the suffering.

If you would like to participate, please fill out and send us the enclosed card. Thank you. Together we will comfort the suffering.

*O Spirit of Light,
who art both
infinite and eternal,
illumine our lives
and the lives
of those we love
and have loved,
with the healing power
of Thy
divine radiance.*

*Strengthen
our commitment
and courage,
that we may continue
to comfort
the suffering and
bring hope
to those in despair.
In peace, love
and thanksgiving.*

Amen.

EVENING OF HOPE

On Saturday
December 14, 1996
at 8:00pm
Light a candle
for a loved one.

To remember
a loved one you have lost

To support a loved one
who is struggling
with a life-threatening illness

To commemorate
all those struggling
with cancer or AIDS

Simply to celebrate
the spirit of
Healing Environments

Together
we will
comfort the
suffering.

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