

A LIGHT IN THE MIST

A HEALING VOICE
VOLUME ONE, NUMBER ONE, SPRING 1996

GALA AUCTION/HAPPENING

Sam Smidt's elegant invitation set the stage for a magical evening on September 16th. Far more than a fund raiser, we were hoping to create a healing evening for friends of Healing Environments which would let them know what we are about. From the vellum-paged invitation to the suggestion of "Poetic Attire," we invited our guests to experience the concepts of Healing Environments.

Guests entered the brick courtyard to find a wonderful array of "healing tools" generously donated for our auction: beautiful paintings, ethereal photographs, exquisite handmade jewelry, oriental rugs, one of a kind beds, artistic clothing, evenings of music, delicious meals, massage, a leather journal, antique objets d'art, and endless other aspects of healing environments. Guests surveyed the display tables to the cool bass and guitar of Robin Hood and Rick Vandivier.

Dinner was served in the candlelit inner courtyard at tables with celadon green silk tablecloths and white Casa Bella lilies. Each place was marked with a river rock carved with a healing word: *forgive, love, hope, dream, wonder, touch,*



create. Over a hundred guests dined to the music of the Palo Alto Youth Orchestra, serenading us with baroque music from the balcony. After dinner, guests were invited to view the video-poem which Sam Smidt and Doree Allen had created for the occasion or to experience the healing properties of Jungian sandtray technique in the gazebo. In our memorial grove, guests could remember the loss of a loved one by hanging beautifully calligraphed poems with Tibetan prayer bells and diaphanous ribbons from manzanita branches at the end of a winding candlelit path.

Inside the living room on the antique library table, guests were privileged to view our most exquisite example of healing art, the deeply moving book of photographs by David Turner entitled *Friends Remembered*, generously loaned to us for the special occasion. David's book, which was created to commemorate many of his friends who have died of AIDS, had just returned from a tour of several art museums across the country. More eloquently than anything else that evening, it spoke of the healing potential of art.

The night air was alive with warmth and promise. We would like to thank all of you who so generously contributed to making the evening such a success.

Kate

HEALING ENVIRONMENTS

A SANCTUARY FOR THOSE WHO ARE SUFFERING

A SHRINE FOR THOSE WHO HAVE SUFFERED

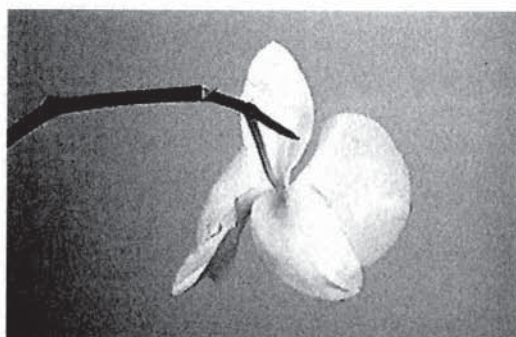
A SHOWCASE FOR WAYS TO RELIEVE SUFFERING

FOR WE ARE NOT ALONE

AN INTERVIEW
WITH BECKY

When Becky Mavity first visited Healing Environments, she wasn't exactly sure what she would find.

As is often the case, Becky heard about us from a friend, her neighbor Adele Pearson, who urged Becky, recently recovering from surgery, to see what Healing Environments had to offer. What Becky found here, however, is perhaps not as relevant as what she brought with her, which was a willingness to share her healing process and a receptivity to the philosophy and practice of Healing Environments.



Last September, two weeks after sending her youngest daughter off to college and moving with her husband to Palo Alto from Michigan, Becky was diagnosed with cancer. After the initial shock and sense of disorientation, she began to summon her resources. Drawing on her background as a nurse, her spiritual wisdom, and the medical opportunities of the Palo Alto community, Becky started to create a healing context for herself. The book *Diagnosis Cancer: Your Guide through the First Few Months* by Wendy Harpham, was an invaluable guide for her during this period, most notably for the

encouragement it gave her to put her medical needs first and to take an active role in procuring the best possible treatment, even if that meant asserting herself in a way that was not typical for her. Becky also reached out to friends, new and old, and found a support group with an art therapy component that has provided an inspiring creative outlet in these past months. Coming to Healing Environments was another step in this larger effort to understand the nature of her illness and to take responsibility for her recovery.



When Becky initially visited Healing Environments with her mother during the first week of her chemotherapy, Kate saw the promise of a mutually resourceful relationship and asked Becky if she would be willing to evaluate some of the therapeutic videos from our library. This request touched a chord in Becky, whose greatest worry, perhaps, is that her illness will diminish her ability to extend to others, a desire she sees as an essential part of her nature. Yet, she discusses this fear and other challenges she is confronting with equanimity and insight. Reflecting on the ways her illness has deepened her understanding and enhanced her self-awareness, she commented, "It makes you search--makes you introspective as to what you really want to do with your life...and how to ask for what you need."

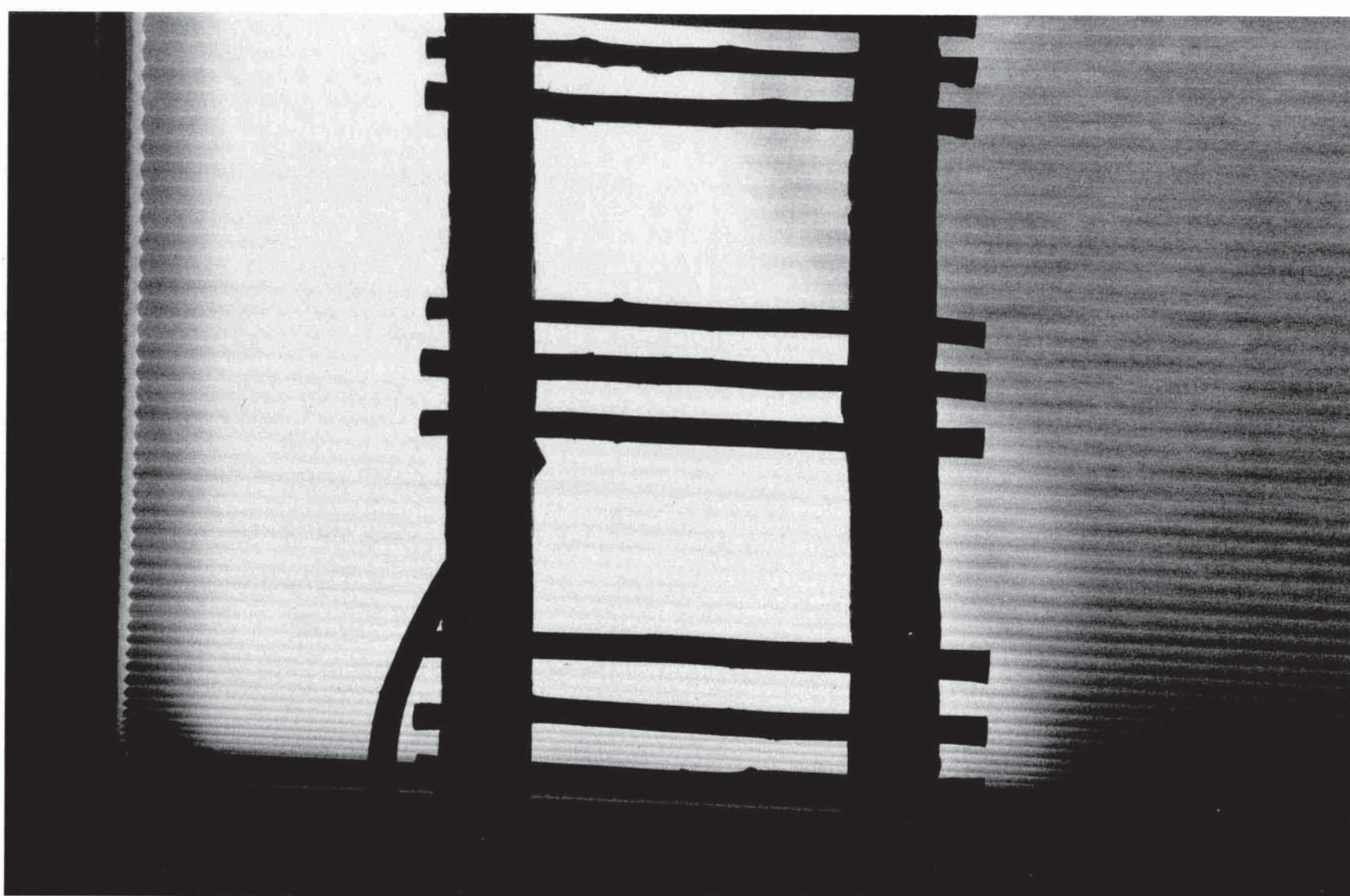


Since Becky's first visit to Healing Environments, she has become a valued friend. In her openness to what we have to offer, she has both given and received. Thanks to her neighbor's advice, Becky remarks that she has discovered at Healing Environments a soothing refuge for the mind and spirit, adding that it has also increased her awareness of how even the smallest aesthetic details of place can enhance the daily experience of coping with an illness. Ultimately, though, Becky believes that everyone develops a personal way of dealing with cancer. For her, it has been, at heart, largely a matter of conscious living and the dedicated belief that, in the words of Dr. Bernie Siegel, she is a "possibility not a probability."

Doree



Note: Good news! A recent c.t. scan found Becky cancer free. Her oncologist had told her she had a 15% chance of this medical outcome.



JAPANESE VISITORS
AT HEALING ENVIRONMENTS

In early November, 1995, Healing Environments hosted fourteen Japanese healthcare architects, engineers and designers who toured our space and shared ideas regarding the future of healthcare design. That afternoon was our first meeting with an international group interested in making healthcare design more comprehensive by attending not only to the physical healing process but also to the emotional well-being of both the patient and caregiver. They began their journey in San Francisco and traveled to San Diego for the Eighth Annual Symposium on Healthcare Design. Kate and I each took a group, and with the help of interpreters shared

our ideology of what a healing environment is, as well as some of the ways to go about creating one. In our cultures, we need to better understand what one requires to create a healing environment to live and work in and that a balance should exist between new and old, comfort and function.

Our visitors shared the problems and frustrations they had encountered in design. They also expressed an overwhelming need to connect with us (as Americans working in a similar field) so that we could share experiences and ideas and make for a stronger team. There have been great strides in Japan in creating positive hospital environments. In one company portfolio, over thirty hospitals with different healing components have already been built and are in use at this time. Each model incorporates

a different psychological need into the integrity of the design, with a basic premise for all of the architecture and design--the need to create a harmony between man and medicine. Our guests also reminded me that the challenges we face for change in health care do not exist only in our country and that the possibilities for Healing Environments are endless. Kate and I hope to encourage this dialogue and collaboration in overseas design.

Hopefully, hospital communities worldwide will find room for these programs to exist, realizing that the success of an institution is inextricably bound with the good of the patient. There are hopeful signs that healing environments can be blended with the technological advances of medicine to create a sensitive response to the patient's experience.

Traci



NEW DIRECTIONS

Our original idea had been primarily to serve as consultants to hospitals and hospices. We still plan to offer our services to anyone who is interested, but we have decided to assess our greatest gifts and tailor Healing Environments to make the most of them. We realized that in the creative area Traci and I move with ease and speed when unencumbered by bureaucracy.



Our weekly design sessions with Sam Smidt and his daughter, Becca, hum with creative brainstorming. We firmly believe that our mission is to serve as beacons--to inspire new directions in healthcare reform. We see ourselves as a creative think tank. We take the lid off and soar.

Out of these rich Friday morning sessions have come such an abundance of creative ideas for "healing tools" that we decided to form a product division called Nightwood Productions.

Nightwood will produce our creations and donate a portion of the profits to Healing Environments. In the works now are a book on the healing elements of design (what exactly makes Healing Environments healing?), a hands-on, how-to kit for creating a healing retreat or hospice, a line of exquisite cards designed by Becca Smidt, a series of video-poems to soothe patients, and a group of healing offerings to order for yourself or give to a friend. As my inventor-father used to say, "Nothing wrong with us that a forty-eight hour day wouldn't cure!"

Kate



THE BREEZE AT DAWN
HAS SECRETS TO TELL YOU.
DON'T GO BACK TO SLEEP.
YOU MUST ASK WHAT
YOU REALLY WANT.
DON'T GO BACK TO SLEEP.
PEOPLE ARE GOING
BACK AND FORTH ACROSS
THE DOORSILL WHERE
THE TWO WORLDS TOUCH.
THE DOOR IS
ROUND AND OPEN.
DON'T GO BACK TO SLEEP.

RUMI

TRANSLATED BY J. MOYNE AND C. BARKS

LESSONS FROM THE
LIVING/DYING PROJECT

I spent two Saturdays in Marin County last November in one of Dale Borglum's training sessions, which are sponsored by the Living/Dying project in the spring and the fall. Designed to train volunteers to work with the dying, the session was a profoundly healing personal experience as well.

WITH EVERY
BREATH THE SOUND
OF LOVE SURROUNDS
US, AND WE
ARE BOUND FOR THE
DEPTHS OF SPACE,
WITHOUT SIGHTSEEING.
WE'VE BEEN IN ORBIT
BEFORE AND KNOW THE
ANGEL'S THERE...

RUMI

TRANSLATED BY EDMUND HELMINSKI

Dale Borglum has worked extensively over the years with both Stephen Levine and Ram Dass, seeking to bring the wisdom of the East to the West, believing that our culture, in its fearful denial of death, has short-changed us all. Mindless living leaves us unprepared for death. Conscious living, on the other hand, with its recognition of our mortality, prepares us through personal development, making conscious dying possible. Those of us fortunate enough to have some idea of the amount of time left to us may use that time for extraordinary spiritual growth.

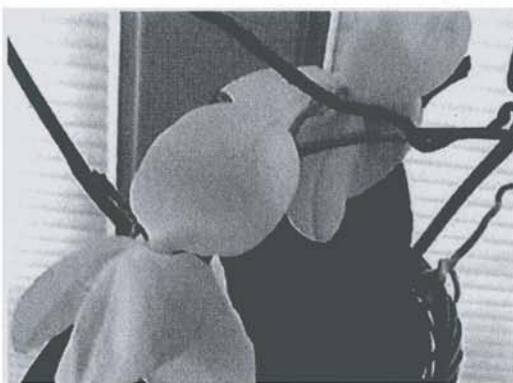
Dale began by explaining to us that there are three basic ways of dealing with suffering: denial, identification, and compassion. The least effective of these is denial. To the extent to which we deny our own pain, we will be unable to address the pain of others. Their pain threatens us, for it connects us to our own. So the first step in learning to be compassionate is to connect with our own pain.



To facilitate that end, Dale led us in the following exercise. He had us choose a partner and our instructions were the following. Sitting face to face, we were to take turns. One person was to ask the other: "What are you grieving?" His partner would then respond with whatever came to mind. Whenever he hesitated or stopped talking the first would say, "Thank you. What are you grieving?" He was not to comfort or make suggestions, but only to be fully present and listening to

his partner's suffering. This continued for fifteen minutes. Then for five minutes each partner described what the experience was like for him or her and the roles were reversed.

This simple exercise proved to be very powerful. It underscored for me both the degree to which we bury our pain and the profound connection that can be made by sharing it. My partner was an attractive young woman, twenty years my junior. On the surface our lives had little in common. Yet after half an hour of sharing, we were awed by how similar we were. As we listened intently to one another, it was as though we were looking in a mirror. I was struck by the depth of our sharing and realized how often we limit the extent of connection by trying to "fix" the other person's problem. Even well-meaning suggestions can limit the level at which we connect. This exercise alone would have made the training worthwhile. All our relationships might be improved by this one skill—being completely present for the other.



The second level of dealing with suffering, according to Dale, is identification. While more effective than denial, it is also limited. For if we identify too closely with another's pain, her pain becomes our own. Eventually this drains us and we experience burnout. To further illustrate the difference between identification and compassion, Dale had us repeat the first exercise twice. The first time we were to connect to our partner's stories with our emotions, from our hearts, through identification. The second time we were to "drop down into our bellies," the seat of power in Eastern thought, and connect through the broader, more grounded base of compassion. A more subtle exercise than the first, it was, nevertheless, effective in illustrating the important difference between the two.

Throughout the two days, Dale led us in several guided meditations. His explanation of how meditation may

TODAY LIKE EVERY
OTHER DAY, WE WAKE UP
EMPTY AND FRIGHTENED.
DON'T OPEN THE DOOR TO
THE STUDY AND BEGIN READING.
TAKE DOWN THE DULCIMER.
LET THE BEAUTY WE LOVE
BE WHAT WE DO.
THERE ARE HUNDREDS
OF WAYS TO KNEEL
AND KISS THE GROUND.

RUMI

TRANSLATED BY J. MOYNE AND C. BARKS



enable one to transcend suffering was one of the best I have ever heard. "Imagine you are looking through a window at your life," said Dale. "If your window is small, and a small cloud passes by, it will block out the sun and all will be dark. What meditation does is to enlarge your window. Dark clouds continue to pass by, but you are aware at the same time of all the blue sky which surrounds them." The extent to which one suffers is directly related to the size of one's window on life. The degree to which one enlarges that window to encompass the universe is not only the best preparation for life, it is the best preparation for death. For it is identification with the physical and the temporal rather than with the spiritual and eternal which makes departing this life difficult.

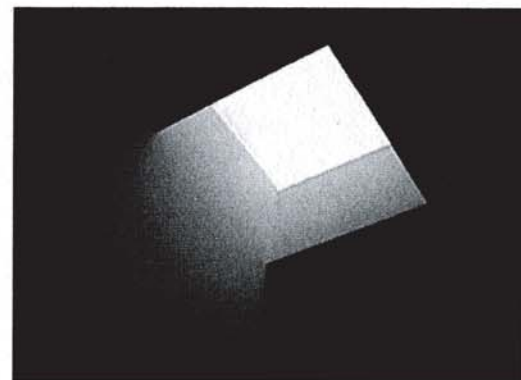
JOURNEYS BRING
POWER AND LOVE
BACK INTO YOU.
IF YOU CAN'T
GO SOMEWHERE,
MOVE IN THE PASSAGeways
OF THE SELF.
THEY ARE LIKE
SHAFTS OF LIGHT,
ALWAYS CHANGING,
AND YOU CHANGE
WHEN YOU
EXPLORE THEM.

RUMI

TRANSLATED BY J. MOYNE AND C. BARKS

The second exercise Dale taught us that I would like to share with you is both personally healing as well as effective for helping others. This exercise is one of several which Dale taught us from the Tibetan Buddhist tradition. Tibetan Buddhists believe that one's next life assignment will be determined by one's last moments in this life. So they have developed many useful exercises to aid the dying. Their applications, however, are much wider.

In this particular exercise, one utilizes the breath to transmute suffering. With each inhalation, imagine you are drawing the suffering





out of the other in the form of black smoke. With each exhalation, imagine you are bathing the other in the healing light of the moon. One may even use this exercise to heal oneself, by envisioning that part of yourself for which you have the least compassion. I was stunned by its effectiveness as I was able to feel compassion for the unhealed child within me.

Kate

If you would like to learn more about the Living/Dying Project call (415) 884-2343

Suggested Reading:
Who Dies? by Stephen Levine
How Can I Help? by Ram Dass

SOUL IS NOT
 VERY MYSTERIOUS.
 IT IS MEASURED
 BY VITALITY,
 BY DEPTH OF FEELING,
 AND BY DEPTH
 OF THOUGHT. BUT MOST
 OF ALL, IT IS
 MEASURED BY THE
 EXPERIENCE OF
 PARTICIPATION.

David Whyte

MUSIC TO HEAL BY

Recommendations by
 Wayne Garcia,
 Editor of *Fi Magazine*.

Classical

Bach
*Unaccompanied
 Violin Sonatas and Partitas
 Unaccompanied Cello Suites*

Gorecki
Symphony #3

Beethoven
*Middle and Late
 String Quartets*

Kohachiro Miyata
*Shakuhachi -
 The Japanese Flute*

Jazz

Bill Evans
Trio and Quartet

John Coltrane
Meditations

Miles Davis Quintet
Kind of Blue

Folk

Cesaria Evora

THE TENDER
 WORDS
 WE SAID
 TO ONE ANOTHER
 ARE STORED
 IN THE
 SECRET HEART
 OF HEAVEN.
 ONE DAY
 LIKE THE RAIN
 THEY WILL
 FALL AND SPREAD
 AND OUR
 MYSTERY
 WILL GROW
 GREEN OVER
 THE WORLD.

RUMI

TRANSLATED BY ANDREW HARVEY

REVIEWS

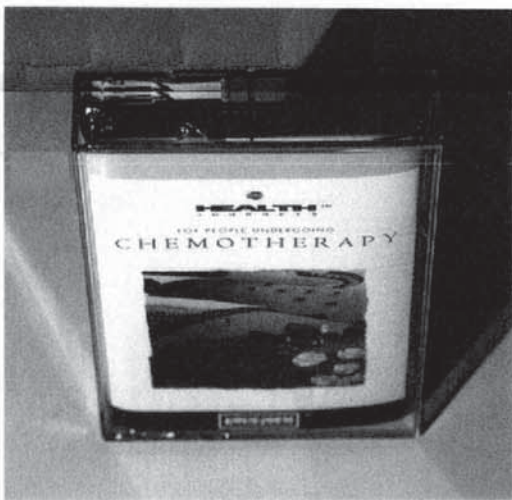
HEALTH JOURNEYS

Health Journeys
Chemotherapy audiotape \$12.00

Another resource that Becky Mavity heartily endorses is the *Chemotherapy* audiotape by Belleruth Naparstek of Case Western Reserve University. Research has shown that patients who are actively engaged in their own medical treatment enhance the efficacy of that treatment.

The *Health Journeys* series addresses many medical conditions, including cancer, heart disease, and HIV. Becky found that she not only benefited from the soothing music and poetic language, but that her family members found it reassuring as well.

We urge hospitals and medical centers to follow the lead of such prestigious institutions as Stanford Hospital in making such audiotapes available in hospital gift shops.

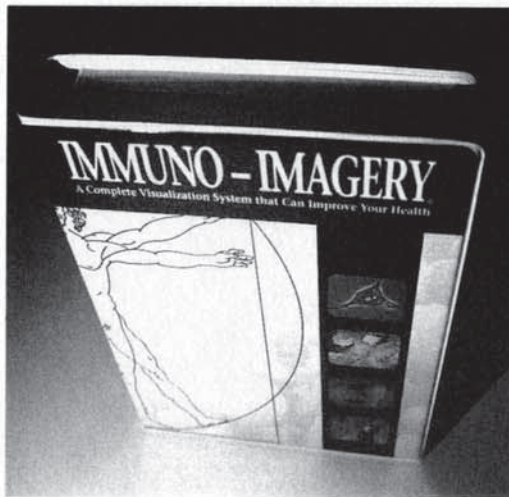


IMMUNO-IMAGERY

Immuno-Imagery
A Complete Visualization System that Can Improve Your Health
Available at Source Cassettes, Inc.
415-328-7171 \$149.95

Traci and I first heard Emmett Miller's rich, sonorous voice at a conference on Health, Immunity and Disease in Hilton Head, South Carolina. His Menlo Park company has an extensive selection of health-enhancing audio and video tapes. Of all of the alternative medical tools, visualization has received some of the most serious attention from the National Institute of Health. The new science of psychoneuroimmunology explains the connection between the mind and the immune system. Our ears perked up

when Becky Mavity, one of our cancer patients, generously agreed to review tapes in our library. It was her firm belief that Dr. Miller's immuno-imagery video had helped bolster her immune system by raising her red cell count. We make no such claims, but if you are interested in exploring the benefits of visualization, we heartily recommend *Immuno-Imagery*.

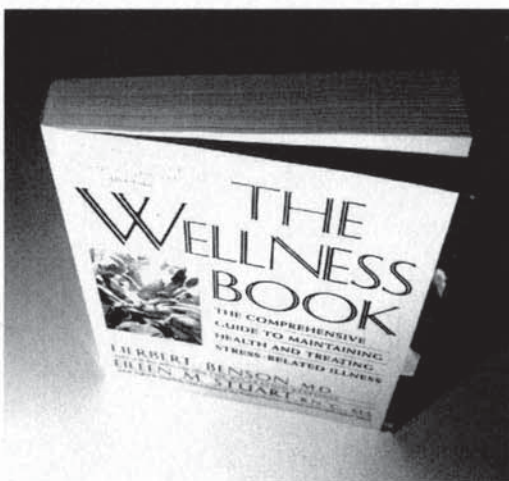


THE WELLNESS BOOK

The Wellness Book
The Comprehensive Guide to Maintaining Health and Treating Stress-Related Diseases
Herbert Benson, M.D. and Eileen M. Stuart, R.N., C., M.S.
Simon and Schuster \$14.00

After spending a week at the Mayo Clinic recently, both my sister and I were struck by the fact that what we needed was help in introducing healthy changes into our daily lives. How could we structure our days to incorporate medical suggestions in a most constructive fashion?

We found the answer in the Mayo Clinic bookstore in *The Wellness Book*. Authors Herbert Benson, M.D. and Eileen Stuart, R.N. are associates at the Mind/Body Medical Institute of The New England Deaconess Hospital and Harvard Medical School. Benson is best known for introducing the



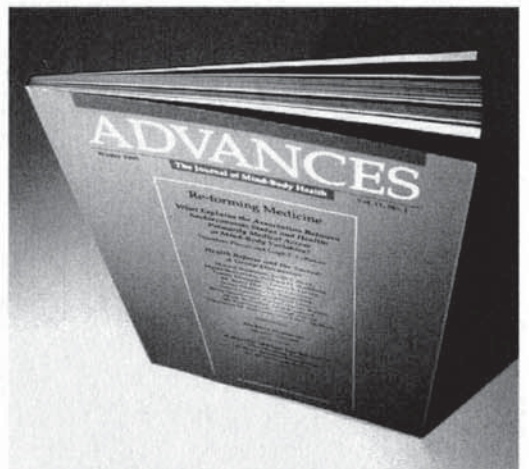
benefits of meditation to mainstream medical America.

What makes their book uniquely helpful are its holistic approach and workbook format. Readers are urged to assess all aspects of their health, to frame short and long term goals, and to monitor progress in such areas as the mind/body connection, exercise, nutrition and stress management. Special chapters are directed to the needs of specific health problems such as cancer, HIV and heart disease. More than any other book we have seen recently, *The Wellness Book* integrates a medical diagnosis into an overall plan designed to improve the quality of life and enhance medical outcomes.

ADVANCES

Advances
The Journal of Mind-Body Health

One of the most noteworthy publications in the field of mind-body health is *Advances*, a scholarly quarterly published by the Fetzer Institute. Edited by Harris Dienstfrey, author of *Where the Mind Meets the Body*, *Advances* sets a high standard of professional scholarship. Recent issues have addressed such topics as "Health Reform and the Sacred" and "New Developments in Psychoneuroimmunology." With its serious book reviews and notice of conferences of interest, *Advances* might be considered an equivalent for the New England Journal of Medicine in the field of mind-body health.



Annual subscriptions cost
\$49 personal rate / \$24 student and senior rate / \$79 institutional rate

You may contact the Fetzer Institute at
9292 West KL Avenue,
Kalamazoo, Michigan 49009-9398
Phone: 616-375-2000

WHITE SPACE

I recently saw the film *Tokyo Story* by Yasujiro Ozu again. I have seen it a few times since it came out in the 50s. Somehow, it now seems more provocative than before.

Tokyo Story is honest; there are no special effects, no blood, no explosions; in fact, there isn't even a Hollywood punch-line ending. The film is done in black and white, and is a simple story of a middle-class Japanese family, living in a suburb of Tokyo after the War has ended with the bombings of Hiroshima and Nagasaki.

Presented in an austere fashion, this film is simply a slice of life in Post-War Japan. Probably no Hollywood producer would ever consider making this film because not many people would pay money to see a film with no "entertainment" value.

The reason that this film seems more meaningful to me today than it did years ago is that it honors space while our world seems to lack space more and more. Everything is becoming noisy. Films and television are filled with the excitement of violence, special effects, bright colors, anything to grab our attention. Every minute of our daily life seems to be filled up. We are under pressure to be on time, to deliver, to be successful, to make money so we can spend more. Only when we finally get to sleep do we rest.

How, then, can we cope with the stress of contemporary living? The answer is space. Space with nothing

in it. White space--between, above, and below. Meditation, yoga, respites, a retreat. We need more time to reflect and to be in touch with our interior life. We need to decide what is most important, to investigate the meaning of our lives and to reach our potential as world citizens who care about ourselves and our fellow man.

Sam



WHEN THE INWARD AND
THE OUTWARD ARE ILLUMINED,
AND ALL IS CLEAR,
YOU ARE ONE WITH THE LIGHT
OF SUN AND MOON.

WHEN DEVELOPED TO ITS
ULTIMATE STATE,
THIS IS A ROUND LUMINOSITY
WHICH NOTHING CAN DECEIVE,
THE SUBTLE BODY
OF A UNIFIED SPIRIT,
PERVADING THE WHOLE UNIVERSE.

THEN YOU HAVE
THE SAME FUNCTION
AS THE SUN AND MOON.

AWAKENING TO THE TAO
LIU I-MING

AN APPRECIATION FROM JAPAN

December 25, 1995

Dear Ms. Teraoka,

Thank you for your explanation of the healing environment on my recent visit to Palo Alto's Healing Environments and our meeting at the Health Care Symposium.

On December 9, when the Japan Sign Design Association (SDA) sponsored the lecture on Health Care Design, I had talked about Healing Environments to many participants and got a great deal of feed back...most of the crowd had not heard of Healing Environment. Some of them even came up to me for more information.

I would like to learn more about the Healing Environment also, and I hope to keep exchanging information with you. I have enclosed our company brochure for your reference.

Please let me know if you ever get a chance to visit Japan.

中岡覚

Yours sincerely,

Satoru Nakaoka
Architect

WELCOME

Dear Readers:

Welcome to Healing Environments! Let us introduce ourselves. We are a small non-profit organization dedicated to the transformation of health care across the country and beyond. Our mission is to aid the current movement toward holistic medicine--toward treating the whole patient (mind, body, spirit) and encouraging hospitals, hospices, and individuals to nourish patients, families and caregivers with healing environments. What is a healing environment? We believe a healing environment is one that offers sustenance to the soul and gives meaning to experience. It is one that enables those who are suffering to transcend their pain by connecting to the universal through the transformative power of beauty and art, and that gives comfort through this connection.

This is our first newsletter. *A Light in the Mist* is our attempt to reach beyond our borders and keep old and new friends informed of our current thinking and of helpful information from the field.

Healing Environments was incorporated in November 1994. Since then we have made many friends and exciting connections. Our showcase of ideas to relieve suffering, located in Palo Alto, California, has had many visitors--from individual

cancer patients, to visiting Japanese healthcare designers; from hospital administrators to artists and healers.

For those of you who have not had an opportunity to visit us, a brief description of our facility may answer some of your questions. Our twelve rooms include an art studio, an art gallery, a meditation room, a Jungian sandtray room, extensive book, audio, video, and music libraries as well as sample patient rooms.

We are available by appointment for consultation with both institutions and individuals. In the coming year, our goal is to reach out and make our ideas available to as many of you as possible. We hope you find our first newsletter helpful and we welcome your thoughts and suggestions.

May 1996 be a year of healing
for you and yours,

Kate Straci

Kate Strasburg and Traci Teraoka
Co-founders of Healing Environments



KATE STRASBURG

Kate Strasburg is a fifty-something young soul who considers herself deeply blessed to have found work in the world which fires her spirit and imagination. Drawing from personal experience with grief and loss, she seeks to share with others the healing tools which she has discovered may transmute suffering through the creative process--to share the good news that from the darkest pain may arise the brightest transcendence.

Kate attended Stanford University. She worked as a Research Associate for Commonweal, a health and environmental research center featured in Bill Moyers' PBS series *Healing and the Mind*.

TRACI TERAOKA

From an early age, I have believed that "home is where the heart is." I moved more frequently than any of my friends and I often found myself saying goodbye before too long. I have felt, as long as I can remember, that if one could create

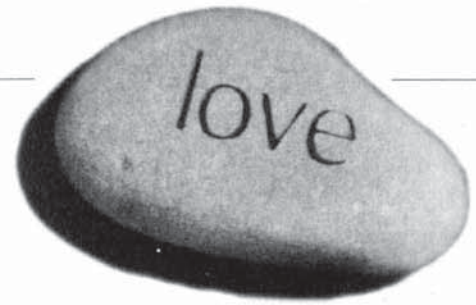
OUR TEAM

a situation around oneself that reflected some part of the self--then one could create the most vital parts of a "home."

My work with HE and Nightwood is to help a patient and caregiver population by enabling them to create the most essential aspects of home in a hospital environment. Today, I live in San Francisco, with my fiancée, in our home where I hope to stay for many years to come. (Traci received her B.A. in Art History from the University of California at Santa Cruz. She was pursuing her interest in art and antiques when she met Kate.)

DOREE ALLEN

Doree Allen is a writer and educator, currently teaching in the Cultures, Ideas and Values Program at Stanford University, where she received an M.A. in Film and a Ph.D. in English. Increasingly, her interest in literature and the arts has drawn her to questions less academic and more personal. What



SAM SMIDT

Sam Smidt has enjoyed a distinguished career as a leading West Coast graphic designer. Many of his designs have won recognition from professional design groups in New York, Zurich, London, and Los Angeles. His work is in the collections of the Smithsonian Institution and the Library of Congress.

Sam's studio is located in Palo Alto, California. Currently, Sam is busy forming photography, typography, space and wit in graphic communications for Healing Environments and *Fi, The Magazine of Music and Sound*.

Sam's work can be found in leading international, national, and local books and periodicals.

OUR GOALS FOR 1996

- 1 •
Travel to Japan to survey healthcare facilities and strengthen Japanese contacts
- 2 •
Launch Nightwood Productions, the product division of Healing Environments
- 3 •
Write a book on the healing elements of design
- 4 •
Create a how-to kit for our dream hospice
- 5 •
Compose *A Light in the Mist* quarterly
- 6 •
Produce a series of therapeutic videos
- 7 •
Distribute newsletters, videos, and brochures to leading cancer and AIDS facilities
- 8 •
Offer workshops about Healing Environments
- 9 •
Continue to offer consultations to institutions and individuals
- 10 •
Host fundraising events:
Healing Art Exhibit
100 Points of Light Dinners

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