



H E A L I N G E N V I R O N M E N T S

Together we will comfort the suffering

Dear Friends,

One of the loveliest things our readers ever wrote to us was
“Discovering your materials was like finding a secret garden
with nourishment for my soul...”

That note of appreciation (and many others) made us realize
how much our publications can mean to others as they struggle
through this journey we call life. With that in mind, we decided
to offer this gift packet of healing tools taken from past issues of
A Light in the Mist.

Love, joy and above all, peace—

Kate & Traci

KATE STRASBURG/TRACI TERAOKA

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1.
Carefully tear out the cards.

2.
Shuffle them and draw nine
without looking.

3.
Place them in the blanks.

These are tools that
you might try to help you
bridge troubled waters.



COMFORT

DESIGN

WORK

TRANSFORMATION

INTENTION

TRUTH

FORGIVENESS

LOVE

HAVEN

GRATITUDE

CREATIVITY

COMPASSION

MISSION

INNER PEACE

HOPE

MEMORY

RITUAL

PRAYER

FAITH

LIGHT

HEALING

MEDITATION

DREAMS

COURAGE

EXPRESSION

POETRY

MANIFESTATION

ESSENCE

JOURNAL

MUSIC

SPIRITUALITY

ART

Transformation is the alchemy that turns leaden pain into a golden gift to the world.

Kate Strasburg

Your work is to discover your work and then with all your heart give yourself to it.

Buddha

Design is relationships.

Paul Rand

Be a lamp, or a lifeboat, or a ladder. Help someone's soul heal. Walk out of your house like a shepherd.

Rumi

Only connect.

E. M. Forster

Today, I choose the softening grace of forgiveness. I allow the sunlight of the spirit to reach my shadowed heart.

Julia Cameron

If you want the truth, I'll tell you the truth: Listen to the secret sound, the real sound, which is inside you.

Vladir

Intention bends towards the light.

Joseph Campbell

Today . . . I light the steady lamp of compassionate attention. My heart is a lantern guide for those I love.

Julia Cameron

A creative practice is really a spiritual practice and, ultimately, a healing practice.

John Larson

A stance of gratitude in the face of life's seeming unfairness can free us from incapacitating pain.

Kate Strasburg

Today . . . I emphasize serenity and beauty in my surroundings.

Julia Cameron

You need to claim the events in your life to make yourself yours. When you truly possess all you have been and done, you are fierce with reality.

Flonda Scott Maxwell

Today . . . I open my heart's hand to allow . . . the touch of hope.

Julia Cameron

Search your soul for ways to become peace.

Kate Strasburg

Mission is the intersection of your passion with the world's need.

Aristotle

Think of yourself as an incandescent power, illumined, perhaps, and forever talked to by God and his messengers.

Brenda Ueland

Today . . . I cast my faith forward as a light on my path. I choose to believe in good which comes towards me. I release my fear.

Julia Cameron

Today, with humility and openness I ask for spiritual intervention in my earthly affairs. I ask for help, and, in the asking, it appears.

Julia Cameron

Let us create personal rituals which connect us to our common humanity. Which infuse our struggles with meaning, which frame our search for solutions.

Kate Strasburg

Give us grace and strength to forbear . . . and to persevere . . . give us courage . . . and the quiet mind . . .

Robert Louis Stevenson

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

Today, I take time to practice spiritual deepening . . . There, in the meadow of stillness, I pause to refresh my spirit.

Julia Cameron

In order to heal themselves, people must recognize, first, that they have an inner guidance deep within and, second, that they can trust it.

Shakti Gawain

Since you are like no other being ever created since the beginning of time, you are incomparable.

Brenda Ueland

Whatever you do or dream you can, begin it; boldness has genius, power and magic in it.

Goethe

Poetry is the perfectly possible means of overcoming chaos.

I.A. Richards

Today, I accept my tears of grief as the life-giving rain that fosters new growth.

Julia Cameron

To paint is to love again.

Henry Miller

My heart is anchored in spiritual seas. Storms rise and pass yet I survive.

Julia Cameron

Today, I open my heart to music. I take the time to appreciate and savor graceful notes. I allow music to teach and temper me.

Julia Cameron

To write about one's life is to live it twice and the second living is both spiritual and historical, for a memoir reaches deep within the personality as it seeks its narrative form.

Patricia Hampl

OUR MISSION

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.

Healing Environments

www.healingenvironments.org
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MAY YOU BE FREE FROM PAIN.
MAY YOU BE FREE FROM SUFFERING.
MAY YOUR HEART BE FILLED WITH PEACE.

Madeline Ko-i Bastis






THERE IS NO DEATH.
ONLY A CHANGE OF WORLDS.

Chief Seattle






LIFE SHRINKS OR EXPANDS IN
PROPORTION TO ONE'S COURAGE.

Anais Nin





GO INTO YOUR GRIEF
FOR THERE YOUR SOUL WILL GROW.

Carl Jung



The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests his beauty on the water, and the great heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
or grief. I come into the presence of still water.

And I feel above me the day-blind stars
waiting with their light. For a time

I rest in the grace of the world, and am free.

—*Wendell Berry*

Into a
Larger
Existence

Peace, my heart,
let the time
for the parting
be sweet.

Let it not be a death but
completeness.

Let love melt into memory
and pain into songs.

Let the flight through the
sky end in the folding of the
wings over the nest.

Let the last touch of your
hands be gentle like the
glow of the night.

Stand still,
O Beautiful End,
for a moment,
and say your last words
in silence.

I bow to you and hold up
my lamp to light you on
your way.

Rabindranath
Tagore



Love Sonnet LXXXIX

When I die, I want your hands on my eyes:
I want the light and the wheat of your beloved hands
to pass their freshness over me once more:
I want to feel the softness that changed my destiny.

I want you to live while I wait for you, asleep.
I want your ears still to hear the wind, I want you
to sniff the sea's aroma that we love together,
to continue to walk on the sand we walk on.

I want what I love to continue to live,
and you whom I love and sang above everything else
to continue to flourish, full-flowered:

so that you can reach everything my love directs you to,
so that my shadow can travel along in your hair,
so that everything can learn the reason for my song.

—*Pablo Neruda*

from the collection 100 LOVE SONNETS



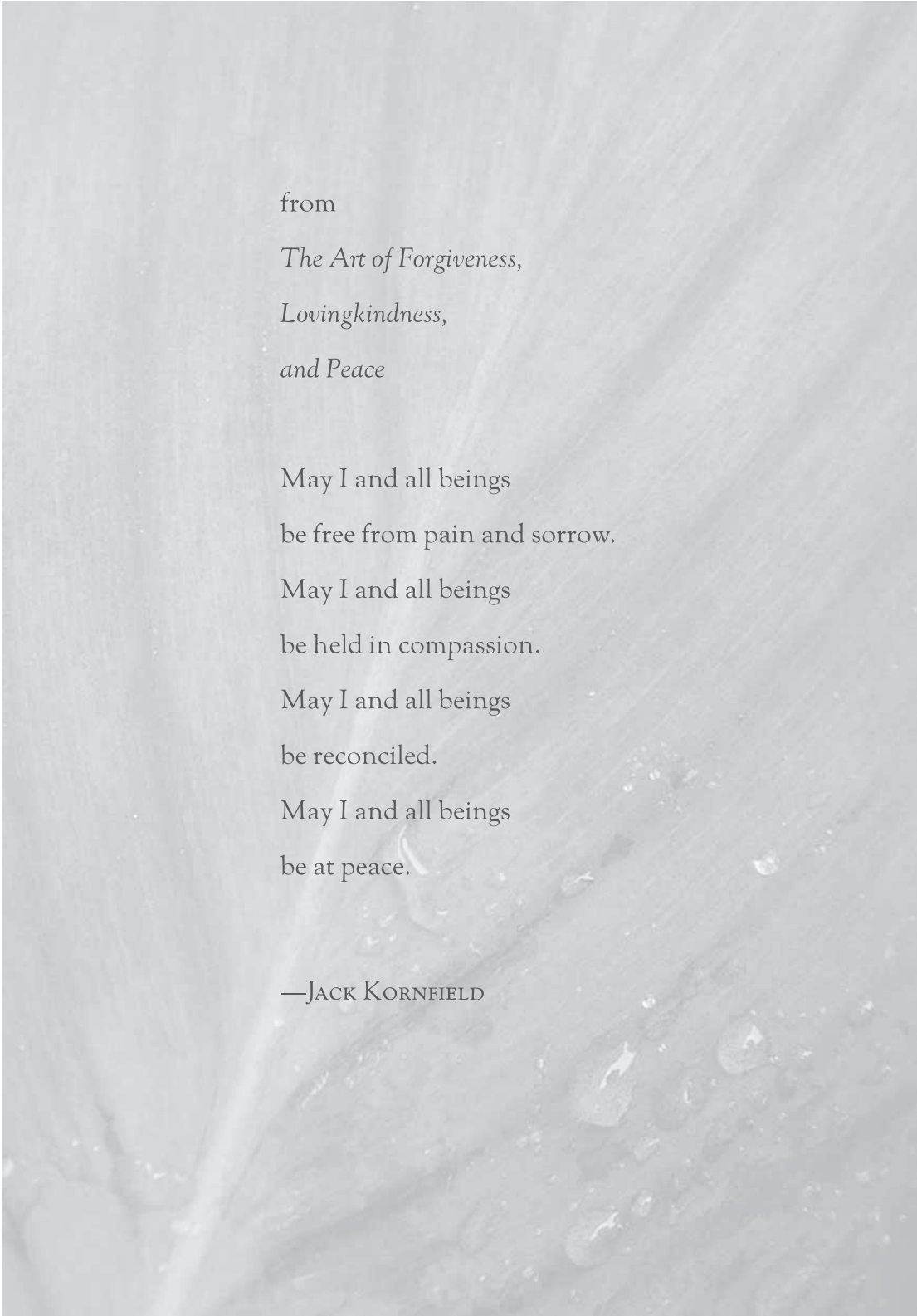
O SPIRIT OF LIGHT

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.

In this dark night of the soul
Be present with us in our suffering.
Help us to find solace in nature's constancy.
Help us to learn from our fear.
Help us to seek and rest in thy truth.

May our suffering enable
Our souls to grow
Until we live in the light
At one
And at peace
With all.

— *Kate Strasburg*



from
The Art of Forgiveness,
Lovingkindness,
and Peace

May I and all beings
be free from pain and sorrow.

May I and all beings
be held in compassion.

May I and all beings
be reconciled.

May I and all beings
be at peace.

—JACK KORNFIELD



BUDDHIST PRAYER

May I become a medicine for the sick
and their physician, their support
until sickness come not again. May I
become an unfailing store for the
wretched, and be first to supply them
with their needs.

My own self and my pleasures, my
righteousness past, present and future,
may I sacrifice without regard, in
order to achieve the welfare of beings.



CHRISTIAN PRAYER

Rejoice in the Lord always; again I will say, rejoice. Let your gentleness be known to everyone.

The Lord is near.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Jesus Christ.



JEWISH PRAYER

When Miriam was sick, her brother
Moses prayed: "Eil na r'-fah, na la: O
God, pray, heal her please!" We pray
for those who are now ill.

Source of Life, we pray: Heal them.
We pray for those who are violated by
illness and pain.

Heal them.

Grant courage to those whose bodies
and minds, holy proof of Your cre-
ative goodness, are invaded by
illness and pain.

Encourage them.

Grant strength and compassion to
families and friends who give their
loving care and support, and help
them overcome despair.

Strengthen them.

Grant wisdom to those who probe the
deepest complexities of Your world as
they labor in search of
treatments and cures.

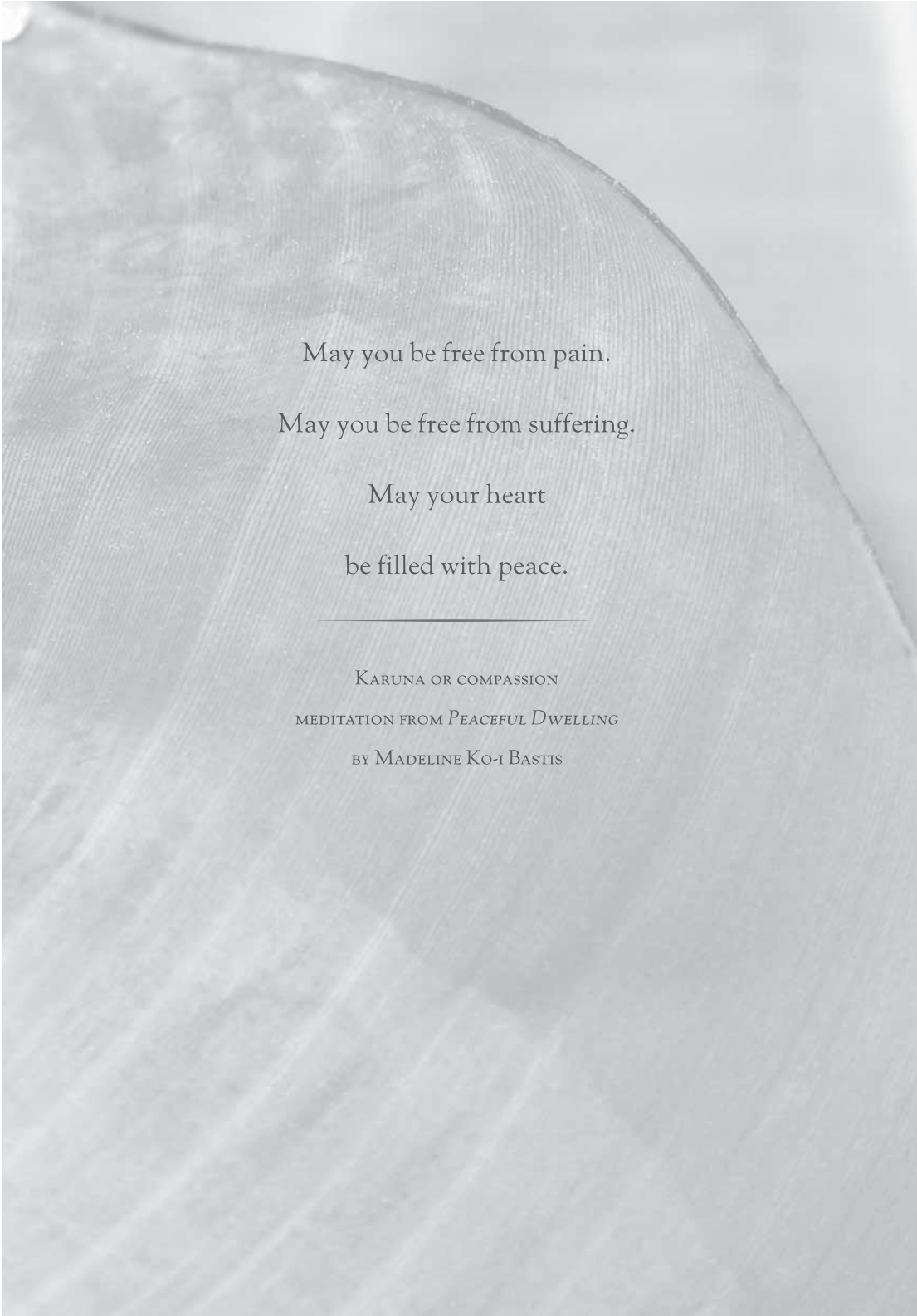
Inspire them.

Grant clarity of vision and strength of
purpose to the leaders of our institu-
tions and our government. May they
be moved to act with justice
and compassion.

Guide them.

Grant insight to us, that we may
understand that whenever death
comes, we must accept it — but that
before it comes, we must resist it by
cherishing our lives and making our
life worthy as long as we live.

Bless and heal us.



May you be free from pain.

May you be free from suffering.

May your heart
be filled with peace.

KARUNA OR COMPASSION

MEDITATION FROM *PEACEFUL DWELLING*

BY MADELINE KO-I BASTIS



MUSLIM PRAYER

O God, give me the light in my
heart and light in my tongue and light
in my hearing and light in my sight
and light in my feeling and light in all
my body and light before me and light
behind me.

Give me, I pray Thee, light on
my right hand and light on my left
hand and light above me and light
beneath me, O Lord, increase
light within me and give me light and
illuminate me.

NATIVE AMERICAN PRAYER

O Great Spirit, whose voice I hear
in the winds, and whose breath gives
life to all the worlds, hear me. I am
small and weak. I need Your
strength and wisdom.

Let me walk in beauty and make
my eyes ever behold the red and
purple sunset.

Make my hands respect the things
You have made. Make my
ears sharp to hear Your voice.

Make me wise so that I may
understand the things you have
taught Your people.

Let me learn the lessons You have
hidden in every leaf and rock.

I seek strength, not to be greater
than another, but to fight my
greatest enemy—myself.

Make me always ready to
come to You with clean hands
and straight eyes.

So when life fades, as the fading sunset,
my spirit may come to You without shame.

How to use the “sandtray”:

1.
Carefully tear out
all the cards.
2.
Turn off your
analytical mind.
3.
Select the cards to
which you are
intuitively drawn.
4.
Position them instinctively
on the “sandtray”.
5.
Step back and consider
what your subconscious is
telling you.

