



BBSH[®] IN TOUCH

Issue #2

Dedicated to the evolution of the human spirit

July, 2000

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From Laurie Keene, Director of BBSH

Dear Alumni,

By now I'm certain that many of you have heard the news about BBSH moving to Florida. But given the amount of loving work that went into making this happen, I'd personally like to share it with you.

Last fall we began investigating the possibility of getting BBSH licensed as a vocational school. Our research led us to Florida and so we spent the next nine months turning that possibility into a reality. As you know, BBSH has always been a visionary force. It is stated in the School's Purpose that on a universal level the School works to "create optimum health on a global level". We have in the past and continue to pioneer the efforts of healing in our time in the hope of bringing the field of healing out into the world in a beautiful and integrated way. Being recognized as a school is an important step in that process.

We feel immense gratitude for all of you and for your participation in this creative endeavor through your association with the School and your dedication to the healing work. I also acknowledge with gratitude the efforts of Kahea Maureen Morgan, alumna and former Dean of BBSH, who spearheaded this project and to the office personnel who spent countless hours on the application process.

We joyfully received our license on May 25th!

There are several significant changes for BBSH as a result of licensure. One is that some of our terminology shifted to fit the standards of a vocational school in Florida. The four-year program is now called Professional Studies and the Graduate Program is called Advanced Studies. You will find these and other new terms in the

School catalog. So make sure to call us and request two catalogs—one for yourself and one to pass on to a friend.

Another change is that the School will have an office in Boca Raton, Florida, while Barbara Brennan, Inc. will remain based in East Hampton. The Boca office address is listed in this newsletter. And finally, our classes will be held right on the beach in Miami Beach, Florida. So don't forget your bathing suits when you come for the Alumni or Advanced Studies programs. We hope to see all of you there!

Love,
Laurie Keene
Director



The Wyndham Miami Beach Resort in Miami Beach, FL.

BB In Touch

Dear Folks,

I just had a whirlwind tour on the West Coast meeting a lot of researchers and medical professionals. First I met with Dr. Mimi Guarneri and a team of people she gathered at the Scripps Green Hospital in La Jolla, California where they have a large complementary center. We discussed possible research, and also internship for our students/grads who are also licensed health care professionals in the state of California. (According to CA law, you must have a license to intern in a hospital in that state.) In La Jolla I also spend a little time with Dr. Gaeton Chevalier who is head of Dr. Hiroshi Motoyama's research lab there. We had a short trip to the dark room Faraday cage, and also tested to see if the AMI machine could notice any change in acupuncture meridians after I did a 7-min healing. It did!

Then on to Esalen for a 5-day think tank sponsored by Esalen and the Institute for Noetic Science called "Subtle Energies and Uncharted Realms of the Mind". There I met Elizabeth Targ, Beverly Rubik, Helmut Schmidt, Russel Targ, Dean Radin, Marilyn Schlitz, George Leonard, Roeland Van Wijk from the University of Utrecht, Holland, and several others. We had many lively discussions about PSI and PK research and the possible PSI, PK effects in healing.

Then down to Mexico City with Dr. Guarneri to meet with Demetrio Sodi-Pallares, an 87-year old brilliant physician who has written 20 books, and is able to cure many forms of heart disease and cancer with a method he developed using diet, intravenous feeding of a special solution of potassium, glucose and insulin, and magnetic field treatment. He treated us to a 6-hour lecture on his method without tiring. Very interesting information. We spent only one day in Mexico due to a very full schedule.

Next to Santa Barbara to meet Dr. John Ackerman to discuss bio-photon emissions from cells, and research done with the Fritz Papp lab in Germany and the lab in Utrecht. He also showed me how the Vas machine works for allergy testing.

Then on to San Francisco to meet with Elizabeth Targ to discuss possible research with our grads in her follow-up study from her successful AIDS study in which healers from many traditions were rotated with patients. One quarter of the healers used in this study were BBSH grads. We also discussed the possibility of doing research to see how useful and accurate HSP is in describing illness.

Everyone was very interested in what I had to say about the Human Energy Field, and all the people I met want to do research with us. There is so much here that I will be taking time to sort it all out before making the choices.

Then I flew back down to Del Mar to meet with Dr. Jim Mattioda to use the new ASA machine which is a computerized next generation of the VOLL machine. Very interesting.

I returned Friday just in time for the last day of the annual planning meeting for BBSH in which all the D&Ds and VPs meet for 5 days to do detailed planning of next year's work. All is in great shape.

One thing became very clear to me, and that is that we need to give more training to those who want to work in CAM (Complementary and Alternative Medicine) centers. So we will be working to put that in our program for next year, as a choice for those who are interested to get some important information before going into a hospital to work. As you may know, NIH (U.S. National Institutes of Health) has designated 9 CAM centers around the country, and we want to work toward getting upper class students, Advanced Studies students, and grads into them for internship.

All in all it was a great trip.

Keep spreading the news about BBSH! Help us bring students to our doors.

LOVE
BB

Alumni News from Marcia Klam

Dear Alumni,

What happened to the millennium? We are halfway into it and already people are acting like it's over! There are major changes everywhere, especially here at BBSH. I'm sure you must be having new experiences also. By all means, let us know! We are your family!

We have just completed the last year in New Jersey and, as we have in the past, we are picking up our togas and moving to a better place. This year included lots of new teachings from all our Deans and Barbara. We had a most incredible Creative Arts week in which all the students provided either physical works of art which filled a huge nightclub or the wild and exciting offerings of music, dance, song, and poetry. The hotel really rocked!!!!!! Bruce and Andes Bell shepherded the whole flock of students and we also had members of students' families visiting. I would definitely recommend that you try to come at that time next year, if you can. We are continuing to invite alumni to visit with us every class week beginning on Friday. We always have time together to do healings or talk about whatever is up with our practices. This continues to be offered free of charge. We will be in Miami Beach, Florida, a fine place to visit, be with your friends, receive wondrous meditation and healing, and get a tan at the same time.

Those of you who are still unable to come so far should take heart in that this newsletter seems to be happening for real. I am so excited about this and I invite your input. This is actually the second issue of BBSH in Touch. You can still read the first issue on our website, [www..barbarabrennan.com](http://www.barbarabrennan.com). Go to the "School" tab and then click on the "Alumni" button. Every edition of the newsletter (we plan on at least four issues per year) will include articles from the people who are still actively involved with the School. That leaves space for those of you who are doing interesting things to let us all know about them.

I have noticed in my many years here how many babies were born during the four years at school and who actually attended classes. I would love to have pictures of them to put in some future newsletter. These are going to be most amazing people!!!! Come to think of it, you must get together with your classmates from time to time. When you do, take a picture and send me a copy. We'd all love to see it!

I invite you to write, e-mail or call me. Let me know what you are doing and what you would like to receive from this newsletter that is just for you, the alumni of BBSH.

Love and kisses,
Marcia Klam
Alumni Director

Congratulations to the Graduates of 2000!

Adler Barbara	Franzen Carl	Perry Holly
Albertsen Karen	Franzen Mary	Petrachenko Sheila
Allwell Phoebe Lindy	Gasteiger Ursula	Prendergast Kate
Altschul Paula	Geiger Marianne	Ramirez Amparo
Andrews Sharon	Geiss Anuttara M.	Reyes Alcala Hector
Aquino Danuza	Gold-Lentino Beth	Robins Gayle
Aschenbrenner Robert	Goldberg Margery	Robison Patricia
Bailey Joan	Gomez M. Clemencia	Rodriguez Soria Aitor
Barney Sue	Gondo Nori	Rohm Samsen
Barrett Elizabeth A.	Graves Katherine	Russell Amy Marie
Barrieu Jorge	Herron Elizabeth	Sakaushi Keiko
Beauregard Rhonda	Hirahara Naomi	Scatchard Asha
Begemann Sigrid	Hoffmann Carol Ann	Scheidler Helen
Behrend Gail	Humphrey Kim	Schulteis Robert
Bernstein Kathleen	Janssen Jan	Sebastianelli Letizia
Bessone Jonathan	Janssen Liz	Seibert Elaine
Bishop Charles	Johanson Nancy	Seto Junko
Bodendorf Irene Rebecca	Kerr Laurel N.	Shimoda Ryuji
Boehler Hilde gard	King Jane	Silva Nancy
Brozda Lisa	Kosugi Itoe	Sinclair Deborah
Buffer David	Latner Cathy	Stanley Carol
Burgos Celia Mendonca	Leenhouts Roberta	Starmer Hildegard
Burton Rosamund Augusta	Lowry, III Timothy	Stevenson Sara
Carr Clayton	MacLeod Carol Anne	Stockmans Inge I.S.
Casey Susan	Martinez de Koehn Guillermina	Szyper Michael
Coggin Anne	Maunder Margaret	Takeda Rumi
Del Piano Gloria	McGoey Christine	Tanaka Risa
Denison Susan	McLendon Melissa	Tejima Aki
Druitt (John) Rubio	Meissner Ingrid	Tierney Isabelle
Dunkers Heidi	Meredith Zaquie	Ughi Laura
Ebler Karen	Miller Elizabeth A.	Wamsley Dr. Kim
Eden Alison	Miyawaki Hiroshi	Weiner Tricia
Edgar Diane	Mochizuki Kaoru	Whiting John
Eichenberger Juerg	Mochizuki Sayuri	Wilkinson Nancy
Eldridge Tricia	Moeller Kelly	Wolters Christiane
Enson Abby	Moss Melissa	Wright Catherine
Etcheverry Maria	Muldoon Charles	Young Rebecca Mary
Farias Koch Daissy	Nakamura Yusuke	Yuchi Taeko
Fields Rhonda	Narita Yuko	Zachary Janet
Fitz-Gerald Margot	Newhouse Karin	
FitzGibbons Mary Pat	Pepe Renee	

2000 Calendar of Events IBHS SCHEDULE

DATE: LOCATION:

July 28-30 Wyndham Resort,
Miami Beach, FL
Barbara Brennan

August 18-20 Renaissance Ashville
Hotel, Asheville, NC
Laurie Keene

September 8-10 Mexico City
Hotel Fiesta,
Americana Reforma
Barbara Brennan

Call your friends in these areas
and let them know!

BBSH in Touch

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Laurie Keene, Director

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Greetings from the Professional Practice Department!

Dear Alumni,

I am delighted that we have this new vehicle to remain in touch with each other. We hope to use it well to help us to stay on top of the accomplishments of graduates, the School, and the energy healing profession.

I welcome your suggestions for regular PPD columns, articles and features. What would you like to know to further your professionalism? Would you be willing to share your experiences? Is there a way that we can help you? One area I've always considered very important is "ethical dilemmas". Have you encountered situations which were difficult for you? Did you resolve them to your satisfaction? Please share your thoughts or questions with us. I would love to include a column every issue on this important subject and am eager for your participation. Please call or email me with any questions ideas, experiences or requests.

As you can see from the article on the new marketing program, BBSH is finding a new way to be in the world - a way that is proactive, visible and at the forefront of alternative medicine, so that people can be aware of the wonderful healing that you do and participate more fully in school programs. In future newsletters we will be updating you on the various activities that school faculty and graduates are involved in to make this vision of being fully in the world a reality.

With love and great respect for our profession as healers,

Patricia Pfof

Vice President and Professional Practice Department Head

**BBSH
Professional Studies Program
2000-2001
Class Dates**

October 10-15, 2000
December 12-16, 2000
March 20-24, 2001
May 1-5, 2000
June 19-23, 2001

Reaching out to Potential BBSH Students: Touching One Soul at a Time...

By Joy Adler '98

Have you ever done any volunteer work in your life? If you have, then I'm sure you remember the rich experience of how wondrous it felt to be of service, to touch another's life in a positive way, and to know for that moment in time, your caring, your deep contact with them, had perhaps changed the course of their life or made a profound impact in some way. You'll probably also remember how it touched your own life to reach out to another in that manner.

I had the honor of remembering how rich it is to touch another's life in this way—today, when I volunteered to call some people in my area who had expressed interest in BBSH. How glorious to be one of the many graduates who are now serving their alma mater like this! After all, who better is qualified to represent BBSH than a graduate? We have "been there and done that" so to speak. Who is better qualified to talk to potential students about how it could fit in their lives in creative ways that perhaps they hadn't considered, especially in today's busy environment?

I really enjoyed my time today chatting with other busy folks, who feel a calling but aren't at all sure how it can fit into their already burdened schedules. As a single mother who put herself through school, therapy, travel expenses, yadda yadda (Hey, we all know how it works, we've done it!) I felt so grateful to share with eager, yet fearful potential students just how it can fit into one's life.

As I was talking with them, I felt my heart open in a new way. I was once where they are now, filled with longing, and anxious about how it could all come together. I really could relate to them, and I realized I had slipped into a timeless place. I have no idea how long I spent on the phone with these lovely souls, and I couldn't care less. It was that timeless place we slip into when we are enjoying something so thoroughly that third dimensional reality slips away.

To hear the voice of a woman so excited about the prospect of really fulfilling her dream about attending the school, and it wouldn't mean she's a bad mother! To be able to simply be myself and share my experience of how it positively affected my family, and my life, and how it all worked out, despite my fears. To hear people make a shift out of their own doubts to claim their longing of coming to the program filled me up more than I could have ever imagined. Because having gone through the program, I know what a great gift they will be giving themselves.

It's easy to talk with people about the school, because I have such conviction in the program, and what it offers people. In fact, it is because of the program that I can hold such a deep place of contact with these people, and really listen to their questions and concerns. And frankly, it feels good to give back to a program that helped me to come home to myself. Who better to speak with potential students?

I invite you to think of what wisdom you could share with a potential student that might help them gain a better understanding of the program. If you feel called as I did to serve in this way, I'm sure you'll feel as profoundly grateful at the end of the day, as I am now sitting here writing this to all of you.

The truth is the school is in great need of students, especially since we're moving to Florida, a new area for us. So let's really come together as the community of Healers that we are. If you feel like this would be something you'd enjoy doing, contact Patricia and ask her how you can be of service. The school really needs our help, making this world a better place, one soul at a time!

New Marketing Program

These past months of accelerated energy have brought many visions to all of us. A particularly strong and coherent vision for BBSH has been that of a new marketing effort dedicated to strengthening the BBSH community, enrolling new students and finding a new way for Brennan Healing Science work and our community of healers to be active and known in the world.

For many years the focus of BBSH has been inward: building the school, strengthening the curriculum, establishing a solid, cohesive base of the soundest, most advanced healing techniques and the highest integrity possible. Now it is time for us to turn our attention outward to introduce the Barbara Brennan School of Healing, Brennan Healing Science, and all Brennan Healing Science practitioners to the world at large. If this work is to grow everywhere it is needed, we must let people know who we are, what we can do, and how they can find us. Only then can they make the choice to enter the school themselves to work toward transforming their lives and to use us as healing practitioners.

We realize how hard many of you work to share about the school, develop your healing practices, and integrate them into your communities. We would like to help you with this effort as much as we can. We hope to make it easier and something we can all enjoy in community.

During the fourth class in May we announced this marketing program as a grassroots effort to get BBSH out into the world. The program is directed by Patricia Pfof in concert with Marcia Klam, Alumni Director; Heidi Heyman, Publicist; and our Administrative Assistant, Karen Kabala. We invite everyone to participate. Graduates will be receiving a more detailed letter about the program soon, and here are some of the highlights:

- o A goal to enroll 300 new Year 1 students for the 2000–01 school year!
- o A worldwide network of BBSH representatives who help grads stay in touch with each other and with the School and who coordinate the presentation of school information to the public.
- o Assistance to grads to help you get your BHS practice and the School known in your communities. Encouragement for grads to give introductory school talks and demonstrations of BHS.
- o A central marketing office, staffed by Patricia and Karen, where you can call for assistance in how to make presentations, and write for local publications. We will also send you brochures and catalogs. Contact us at 845-679-0384 or pfost@netstep.net
- o Many other ways in which students, grads, and faculty can individually make a contribution to getting the word about BBSH out into the world, enrolling new students, educating the public about the benefits of the work, and growing our private practices.

This is an exciting time for us. The BBSH goal of 300 new students is ambitious but necessary if we are going to maintain the quality of the program and help to make Brennan Healing Science more available throughout the world. Please take part in this new effort with us. Contact Patricia and Marcia with your ideas or just to chat and get support. PP

School News

Art Show

The first annual BBSH Art Show was impressive. The Cabaret Room at the Legends Resort, which once showcased a parade of Playboy Bunnies in cottontails, was transformed into a sacred space of soulful art. Over 500 pieces of student art were presented: paintings, books, poetry, sculpture, drawings, altars, plus CD's and videos. As one entered the gallery they were consumed by the richness of the work. It was impossible to browse. Viewers returned again and again being captured by a section of various works. Delineation between the different classes was transparent. The show was continuously open from Tuesday evening to Friday evening.

In addition, Thursday evening supported a triple stage of live performance. Over 60 pieces were showcased. One stage was for dance, one for music and one for poetry.

When the evening concluded joy and happiness spread through the hallways, erupting into spontaneous gatherings of music and dance. The week was a true celebration of essence expressed. Anticipation about next year's show is already building. Make it a "don't miss" on your "things to do" list. Bruce Bell

New Council for Healing

BBSH is a founding member of the Council for Healing, a group of energy healers and representatives of the major healing modalities in the United States. The group has been meeting via email since January, drafting a mission statement and a basic code of ethics. Patricia Pfof and Sherry Pae are the BBSH representative and the alternate.

The Council's purposes are to further the recognition and credibility of healing; provide support for healers; be a resource for healing research and information; promote freedom of access to healing; and promote cooperation among practitioners of diverse healing modalities. There will be a strong emphasis on the legal issues of practice in the U.S.

The first in-person meeting in Boulder, CO on June 15 and 16 was quite a powerful and moving experience. The members were deeply aligned and there was a beautiful and passionate longing to work cooperatively to further energy healing in this country. We send the Council our blessings and wishes for success.

School News

BBSH Represented at ISSSEEM Conference

While Patricia was in Boulder attending the Council for Healing meeting she also represented BBSH at the annual meeting of the International Society for the Study of Subtle Energies and Energy Medicine. Founded by scientist and healer Elmer Green, ISSSEEM is an interdisciplinary organization for the study of the basic sciences and medical and therapeutic applications of subtle energies. The annual conference is a professional scientific meeting with opportunity for scientists, clinicians, and lay persons to share knowledge and experience.

Barbara has always wanted to attend the conference, but has never been able to do so because it falls during graduation week. This year we decided that BBSH really needed to be represented as a step in our effort to bring BHS and BBSH more visibly out into the world. And we were received warmly and enthusiastically indeed! We made great contacts for BBSH internships and research projects and learned a lot about the current state of energy medicine and research.

ISSSEEM publishes an excellent peer-reviewed scientific journal entitled "Subtle Energies and Energy Medicine". If you would like more information or are interested in becoming a member, you can reach ISSSEEM in Colorado at 303 425-4625 or check out their website, www.issseem.org.

Advanced Studies Program

Just a note....I visited the Advanced Studies Program as often as I could this year. It was the first year of the program and Dean Sherry Pae and her teachers Kate MacPherson, and Joan MacIntosh are creating this amazing place for people with a longing to bring healing into world service and to also bring BBSH healing into hospitals and other medical facilities. Alix Young is supporting the program with her brilliant classes on the therapeutic relationship and she continues project advising. You should check out the program. Call Sherry Pae. She's at the office in East Hampton. MK

Health Fairs Await

Summer is a great time for health fairs. Have you thought of getting together a bunch of fellow BBSH grads and students and setting up a booth at your local fair? We'll give you Catalogs, fliers, Directories, and assistance in how to do it. Give healing demonstrations, tell people about your Brennan Healing Science practice, share about the school, enroll new students, get new clients, and meet your neighbors. Have fun and get out there!!! PP

Healing News

The Association of Healing Health Care Projects 10th National Symposium

I have been made aware of this wonderful symposium in Danvers, Massachusetts by Karin Johnston '99. This event is attended by doctors, nurses, hospital administrators, healing professionals and patients. It addresses the personal care that is essential to healing and its main theme is compassionate medicine. The symposium is called Compassionate Medicine: Remembering the Meaning and Wholeness in Healthcare.

If you are interested contact Joan Strauss at 781-477-3604 or email joans@nsmc.partners.org. The symposium is on October 11, 12, 13 2000. You might also contact Karin at 781-596-8718. MK

Progress in the Medical Field

New York University School of Medicine has established a new program designed to restore the human element to the patient-physician relationship. The Master Scholars Program concentrates on doctors' humanism and professionalism and was established with a \$2 million grant from the Pfizer Foundation. PP

Medical Conference Scheduled

New York University Medical Center is holding an international conference on back pain and disability from November 30 to December 2, 2000. If you are interested in setting up a booth to exhibit your Brennan Healing Science work call Angela MacGillivray, the Conference administrator, at 604-684-4148. PP

Complementary and Alternative Health Freedom of Access Now Law in Minnesota

On May 11, 2000 the Minnesota State Legislature passed a statute that ensures freedom of access to natural health care for state residents. The statute is the first of its kind in the United States and goes into effect on July 1, 2001.

The law will provide oversight to all of the natural healing arts and trades regarding the ethical conduct of healers with their clients. It is not a licensure law and does not require particular kinds of education but rather mandates full disclosure to clients by a client bill of rights and also gives the government power to enforce ethical duties. Many types of practitioners will be able to practice as unlicensed CAM practitioners under the Department of Health's jurisdiction and be exempt from charges of practicing medicine without a license which is the charge most healers are vulnerable to in most states.

You can find the text of Statute 146A at www.minnesotanaturalhealth.org

Grads: Let us know what is going on in your state or country regarding the practice of healing and we will publish it here so we can all get a feeling for what's happening worldwide. PP



Animal Healing

We've been aware throughout the years at BBSH how many of you build on the skills you acquired at school to do healing work that has another dimension from what was taught in the regular program. We thought it would be fun and useful for you to see how others have used their BBSH healing skills in different ways.

Kate MacPherson is a teacher in the Advanced Studies Program at BBSH. She is also a Core Energetics therapist and has a Masters Degree in Nursing. She has many talents and talks about one of them here.

Sheba: A Case of Enmeshment

Sheba is a gorgeous, 10-year-old golden retriever who functions as the Canine Companion for a highly motivated, highly energized, quadriplegic woman teacher of special education. This young teacher works with ADD children in three different schools, and does tutoring after hours. Her schedule is very busy, to the point of being frantic at times, and the dog is her constant aide, working at the same fast pace as her owner, opening cupboards and fetching briefcases, dropped pencils, and food from the refrigerator. Sheba does a myriad number of other chores, including coping with the energies of the school kids.

I received a phone call from the owner requesting that I work long distance with Sheba, who suffers from seizures because of a head injury she incurred as a puppy. The seizures did not begin until Sheba was well into her profession as a Canine Companion, and the owner did not want to change dogs as the two were working so well together.

When I sensed into the dog's field, an unusual pattern manifested that I had not encountered before in animals. The will and reason chakras were blown way out of proportion to the emotional front chakras. When I checked the owner's field, it was exactly the same, right down to the size of the chakra spinning interesting? You betcha!

Here is a prime example of a relationship between a woman and her animal companion in which the animal has taken on the owner's agenda. This dog had been trained as a service animal, reading not only voice commands, but also energetic components of the owner's field, so that both work together as one single entity. Because the owner in this case is an overachiever, the dog is also inclined in that direction, on overdrive most of every day.

So, the treatment in this case is geared toward convincing the owner to slow her pace in order to provide "spaciousness" (more time to rest) for Sheba. This owner has been working with an experienced Brennan Healing Science practitioner for some time and her healer has been teaching grounding techniques and slowing of the frenetic lifestyle.

As Sheba's healer, I am clearing and realigning her field as well as doing cord work between her and her owner. As our work continues, I'll add cellular healing along the neuronal pathways in the right frontal area of the brain, the area of the initial injury.

At some point, the dog will have to be retired. It is hoped that the healing work might lessen the frequency of the seizure episodes, so that Sheba can still be in service long after her expected date of retirement.

For those of you who hesitate to work with animals, you might consider practicing with a pet and its human companion you'll discover how easy and fun it is. Most of the work is about relationship anyway, and you ALL know about relationship. Give it a try Happy Healing.

Heyoan Poetry

Creative Union

*The fountain flows from within.
The sweet rain flows from without.
Meeting together in brilliant colors and form.*

The creative cycle is renewed once again.

Who knows what it will bring?

*It is always in each moment
that the bringing comes to fruition!*

Who Do You Think You Are?

*Consider that you, as you are in this moment, are a
gift to this world.
Whenever the words, "Who do you think you are?"
are said to you, with negative implications, refuse
them.*

*Find the true answer to that question.
Who do you think you are?*

*Well, look and see.
See the brilliance. Feel your uniqueness.
Feel your love, your courage.
It is all you combined in a wonderful unique way.
Give yourself the freedom of expressing
who you really are!*

*All of these are basic human needs.
As you honor these needs within you,
and learn to fill each one,
so you will honor others
and help them feel and express who they really are!*