

WIDENING OUR LENS,
DEEPENING OUR PRACTICE
AN EXPLORATION OF ENERGY WITHIN THE
CONTEXT OF THE TEACHINGS OF VIRGINIA SATIR



**CELEBRATING 100 YEARS
VIRGINIA SATIR 1916 – 2016**

CONFERENCE SPONSOR: [HTTP://SATIRPACIFIC.ORG/THE-SATIR-THERAPY/](http://satirpacific.org/the-satir-therapy/)

PRESENTATION BY MARY LESLIE [WWW.MARYLESLIE.CA](http://www.maryleslie.ca)

GUEST SPEAKER DR. MARY JO BULBROOK

[WWW.ENERGYMEDICINEPARTNERSHIPS.COM](http://www.energymedicinepartnerships.com)





GOALS

An interactive workshop to visit Virginia's meditation, tapes and writings to illuminate her concepts of "energy" and how she applied them in her practice.

- This workshop is designed for the participant to:
- Explore centering, meditation and energy through her writings and tapes
- Acknowledge her unique way of seeing
- Present a few close colleagues input: John Banmen, Maria Gamori, Jane Gerber and Mary Jo Bulbrook
- Draw from the teaching of Therapeutic Touch to explore Satirs' underlying assumptions of Virginia's work
- Experience tools & exercised to become in tune with your own energy & how to apply it
- Become more attuned with centering & an energetic focused lens

WIDENING OUR LENS, DEEPENING OUR PRACTICE:

AN EXPLORATION OF ENERGY WITHIN THE CONTEXT OF THE TEACHINGS OF VIRGINIA SATIR

Abstract:

This interactive workshop will guide you through a deeper examination of Virginia Satir's meditations, tapes and writings to better illuminate her concepts of 'energy' and how she applied them to her own practice. Virginia frequently talked about centering and energy in her later writings and tapes, and acknowledged her unique way of seeing and being to a few close colleagues over her lifetime. Her meditations and comments about how she uses meditations provide a clearer picture of her way of centering, and connecting with the "universal life energy", which was foundational to her way of being and engaging with clients and students.

John Banmen (2003) in *Meditations of Virginia Satir*, quotes her: *"It is not only what you say, but what state you are in. I sit down, relax and give myself permission to move into my own intuitive state before leading a meditation. Most of the time all I need to do is center myself, and I am connected with my inner source of energy, my life force."* p3.

WIDENING OUR LENS: DEEPENING OUR PRACTICE

This interactive workshop draws from taped sessions with clients and month long retreats, Virginia's meditations, and the reflections of some of her closer friends, to deepen your awareness and appreciation of this aspect of her way of engaging therapeutically.

This workshop also draws from the teachings of Dora Kunz and Dolores Krieger (founders of Therapeutic Touch) to explore the underlying assumptions of an energetic framework to more fully illuminate this aspect of Virginia Satir's work.

You will be provided with tools and exercises to become more aware of, and in tune with, your own energy and how to apply it with a greater degree of consciousness. The focus will be on ways you can better sustain centering and deepen your comfort with engaging with clients through a more energetically focused lens.

VIRGINIA SATIR BELIEFS & ASSUMPTIONS

From Maria Gomori's Book: Personal Alchemy, p. 29, 30



- ✓ Human beings are positive manifestations of life energy, and as such, they are sacred.
- ✓ We are born authentic and each child has a unique individual essence or life force, connected to the energy of the universe. This is our spiritual nature.
- ✓ People are basically good.
- ✓ We connect on the level of sameness and grow on the basis of our difference.
- ✓ Every living thing inherently moves toward balance and growth.
- ✓ Change in all living systems is ongoing.



TRANSFORMING INDIVIDUALS & FAMILIES: A GUIDE TO SPIRITUAL AWAKENING & HEALING

34 Years Later – The Process of Becoming More Fully Human - Satir Teachings with Energy Therapy

Picture of Virginia & Mary Jo in Seattle, WA in the 80's.

Their connection began in 1976. Mary Jo spent 16 years working with Virginia on creating the University For Becoming More Fully Human.

This included merging their mutual interests in Energy Therapy applied to individuals, families & organizations.

A Certificate Program in Integrative Health Integrating Energy Therapy with Virginia Satir's Process through the Institute for CAM Studies at Akamai University.

The Five Freedoms

To See and Hear what is here, instead of what should be, was or will be.

To Say what one feels and thinks, instead of what one should.

To Feel what one feels, instead of what one ought.

To Ask for what one wants, instead of always waiting for permission.

To Take Risks in ones own behalf, instead of choosing to be only 'secure' and not rocking the boat.

Virginia Satir



The Satir Therapy Model became a powerful framework for examining your self, your situation and your choices.

Virginia believed that counseling and therapy experiences

seek to engage powerfully with the inner self. Counseling sessions encourage the client to face pain and problems, to accept the present, and to discover inner joy and peace of mind.

Certificate Program in Integrative Health
Helping Individuals, Families, and
Organizations Change

Integrating the Virginia Satir Process and Energy Therapy

A Certificate Program in Integrative Health Blending Energy Therapy with
Virginia Satir's Process Helping Individuals, Families, and Organizations Change

Offered through Energy Medicine Partnerships International
Affiliated with Akamai University — Division of Continuing Education

For more information:

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www.energymedicinepartnerships.com



Virginia Satir and Mary Jo in
Seattle—circa 1977

Mary Jo supported Virginia's dream of launching her teaching legacy—Avanta Network, over a 16 year period. She coordinated the first training held in Park City, Utah in 1982 at the University of Utah where Dr. Bulbrook was Director of Psycho-Social Nursing.

This training is open to anyone desiring to become a Certified Specialist/Diplomat in Integrative Health — blending the Satir model with Energy Therapy. This program includes being willing to undertake in-depth study; commit to high standards of practice; operating under a Code of Ethics; receive on-going mentorship and supervision as needed both in the training and maintaining competency and updates as required.



AKAMAI UNIVERSITY

Institute for CAM Studies 

www.cam.institute

Helping Individuals & Families Change

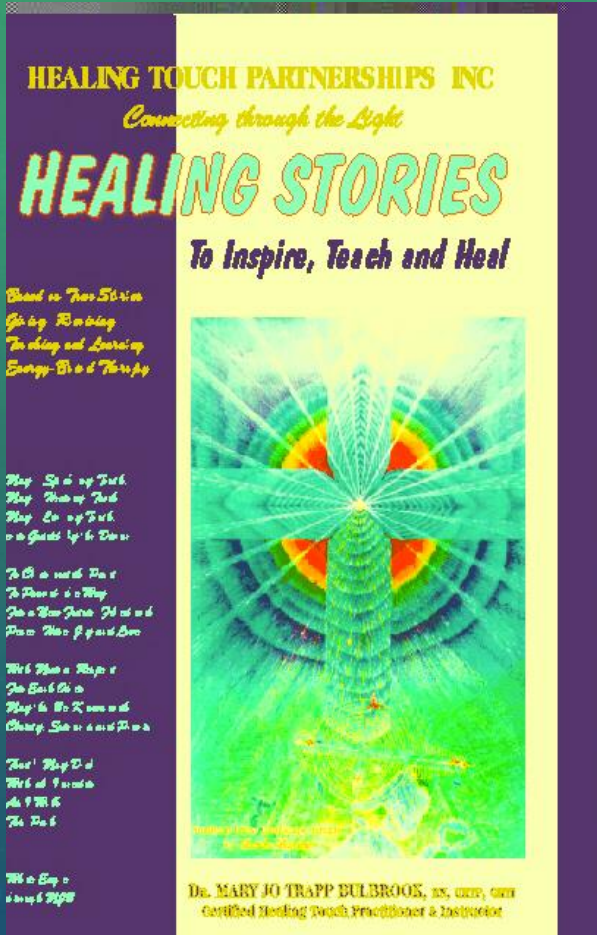
The Magic of Virginia Satir with Energy Therapy

Part 1: Becoming You

Filmed in Perth, Western Australia at
Edith Cowan University



HEALING STORIES TEXT PICTURES



OUR RELATIONSHIP



June 4, 1974 Virginia sent this **card** to Mary Jo

Dear Mary Jo,

Thank you for loving and supporting me.

Love, Virginia



Virginia was a consultant to my business

Family Health Care Associates in Carrboro, NC

And Personal Friend

Healing Stories to Inspire, Teach and Heal

Dr. Mary Jo Trapp Bulbrook, 2000,

North Carolina Center for Healing Touch, p. 130



6/24/2016

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COLLEAGUES IN THE FIRST AVANTA NETWORK MEETING 1980

Virginia Satir Her Life & Circle of Influence Colleagues Written by the late Bob Spitzer p. 508 – 510

Jesse Adams

Ramona Adams

Leslie Asplund

Lynne Azpeitia

BeWitt Baldwin

Michele Baldwin

Anne Banmen

John Banmen

Jeanette Benson

Yetta Bernhard

James Bitter

Peter Bos

Barbara Jo Brothers

Beverly Brown

Stephen Bucklee

Mary Jo Bulbrook

Michael Callaghan

Jesse Carlock

Janet Christie-Seely

Noemi Contreras

Alla Destandau

Joe Dillon

Laura Dodson

Bunny Duhl

Fred Duhl

Paula Englander-Golden

Sharon Faff-Armstrong

Karl Fossum

Jane Gerber

David Golden

Maria Gomori

Kay Grask

Chris Gratz

Bill Kelly

Jerry Konecki

Karen Krestensen

Chris Gratz

Tom Graves

Annis Gross

David Gross

Stan Gross

Patricia Hagerty

Dianna Hall

Charles Heller

Jean JHermann

Harland Hermann

Joan Herrick=Hanson

Virginia Husband

Jean McLendon

Mel MacNeil

Mabs Mango

Karen Miller

Jane Parsons – Fein

Marilyn Peers

Ray Price

Jacqueline Prud'homme

Philip Reichline

Leslie Ann Rhodes

Hilda Richards

Phyllis Schiff

Johanna Schwab

Jackie Schwartz

Naomi Serrano

Bob Shapiro

Judy Small

Becky Spitzer

Robert Spitzer

Edith Stoltzenberg

Jonathan Stolzenberg

Margarita Suarez

Gloria Taylor

Carrie Thie

John Thie

Janet Trever

Meryl Tullis

John Vasconcellos

Judith Wagner

Steven Young

Walter Zahand

MARY JO'S
COMMENTARY
OF VIRGINIA ON
SPIRITUALITY



- People marveled at the incredible changes individuals and families made. Most were unaware of the full impact of Virginia's highly developed ability to perceive information at various levels of consciousness.
- Virginia's intuition included visually seeing pictures embedded in the energy fields that surrounds all living things as illustrated by seeing the son hanging onto the fathers back in the earlier illustrated case.
- Although at the time this phenomena occurred, Virginia didn't understand why or how the visualizations happened. She just know the insights furthered the therapy process for the client. In providing clinical care, the role of "hunches", or intuition is underplayed!
- Throughout the years I encouraged Virginia to be come more public about her "visions" that helped her to become the master therapist she was and that others could develop their intuition like she did.

VIRGINIA'S COMMENTS ON SPIRITUALITY

Recorded in THE NEW PEOPLE MAKING, Satir 1988

Reported in an article by Mary Jo Bulbrook titled "Healing Occurs When Two Energies Unite," Honoring the Life and Work of Virginia Satir

Healing occurs when two energies unite is the hallmark expression of the phenomena that occurs as Virginia touched the life of a person. Virginia's goal and vision was to use her whole being and becoming to help individuals, families and groups grow to a new place.

She reports that in her many years as a therapist often getting the 'untreatable' from others practice, she noticed that the person changes and got better. She attributed this change to:

"I was working to contact their spirits, loving them as I went along. The question for me was never whether they had spirits, but how I could contact them. That is what I set out to do. My means of making contact was in my own congruent communication and modeling that went with it.

It was as through, I saw through to the inner core of each being, seeing the shining light of the spirit trapped in a thick black cylinder of limitation and self rejection. My effort was to enable the person to see what I saw, then together, we could turn the dark cylinder into a large, lighted screen and build new possibilities. I consider the first step in any change is to contact the spirit. Then together we can clear the way to release the energy for going toward health. This too is spirituality in action."
(Satir 1988 pm 340, 341.)

IN HER OWN WORDS HOW SHE CAME TO DEVELOP FAMILY THERAPY

Personal story told to Mary Jo during one of her intimate sharing's.

- As Virginia was interviewing a woman she thought she needed to see her husband to get a true picture of what was going on in the family that might influence her client's care.
- While she was interviewing both of the parents, as the husband talked, Virginia visualized the son on the fathers back illustrating the burden he was caring that was influencing the entire family dynamics. Virginia then knew their son also needed to come for treatment. She postulated that what affected one member in the family the entire family was influenced.
- Hence for Virginia, family dynamics and family therapy became the essence of care of individuals.
- As Virginia started seeing entire families which for the day was not part of established psychiatric care, the visualizations continued to aid her in her work. She spiritually made contact with people at very deep levels.

VIRGINIA ON SPIRITUALITY

Right before her death when John Banmen was interviewing Virginia she shared she was channeling. She how asked John to not share that in the book. When asked if we were now able to share her comment John said it was not time to do so. Permission given to Mary Lesllie.

- People marveled at the incredible changes individuals and families made. Most were unaware of the full impact of Virginia's highly developed ability to perceive information at various levels of consciousness.
- Virginia's intuition included visually seeing pictures embedded in the energy fields that surrounds all living things as illustrated by seeing the son hanging onto the fathers back in the earlier illustrated case.
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MEDITATIONS OF VIRGINIA:
PEACE WITHIN, PEACE BETWEEN,
PEACE AMONG
EDITED BY DR. JOHN BANMEN P. 2



In my meditations, the centering of the self is a preparation for an integration.

My meditations are not just a journey or visualization, as many others seem to be.

What I am working toward in all my meditations, is a higher sense of self-worth, a greater trust in the power of the self; and a grounding, anchoring and expanding of positive uses of our resources....my meditations are not only integrative, but also take people to new places and levels of being.

MEDITATIONS OF VIRGINIA:
PEACE WITHIN, PEACE BETWEEN,
PEACE AMONG
EDITED BY DR. JOHN BANMEN P.3



Meditations have to come from a state of love.....Therefore, before I lead a meditation, I need to prepare myself to be in that state of love and caring...so it is not only what you say, but what state you are in.

I sit down, relax and give myself permission to move into my own intuitive state before leading a meditation.

Most of the time, all I need to do is center myself, and I am connected with my inner source of energy, my life force.

NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH (NCCIH)

INTEGRATIVE MEDICINE

There are many definitions of “integrative” health care, but all involve bringing conventional and complementary approaches together in a coordinated way.

The use of integrative approaches to health and wellness has grown within care settings across the United States.

Researchers are currently exploring the potential benefits of integrative health in a variety of situations, including pain management for military personnel and veterans, relief of symptoms in cancer patients and survivors, and programs to promote healthy behaviors.

National Cancer Institute at the National Institute of Health



NCI is the nation's trusted source for cancer information

Definition of Energy Therapy

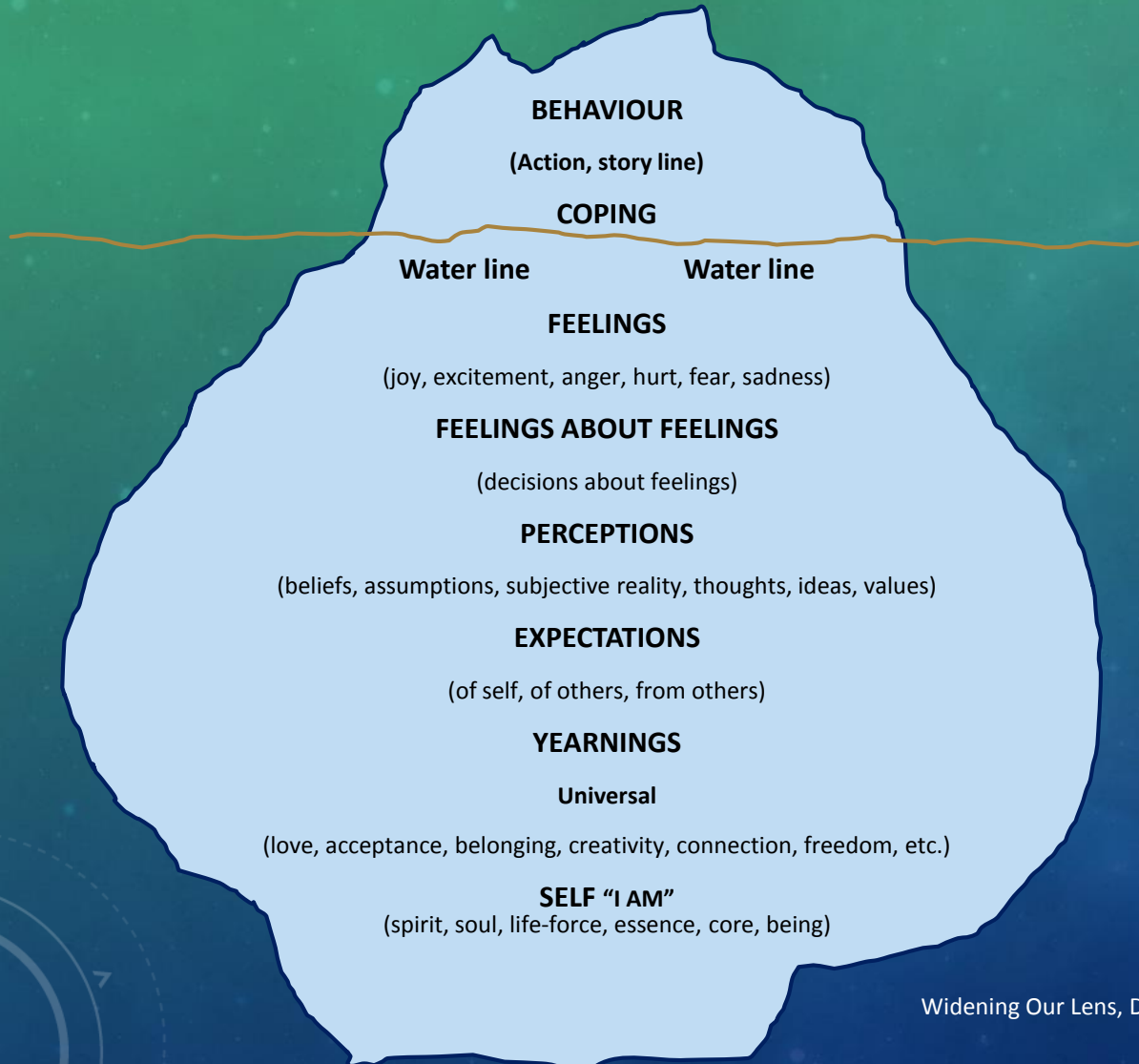
A form of complementary and alternative medicine based on the belief that a vital energy flows through the human body.

The goal of energy therapy is to balance the energy flow in the patient. It is used to reduce stress and anxiety and promote well-being.

Energy therapy is being studied in patients receiving cancer therapy, to find out if it can improve quality of life, boost the immune system, or reduce side effects. Also called energy healing.

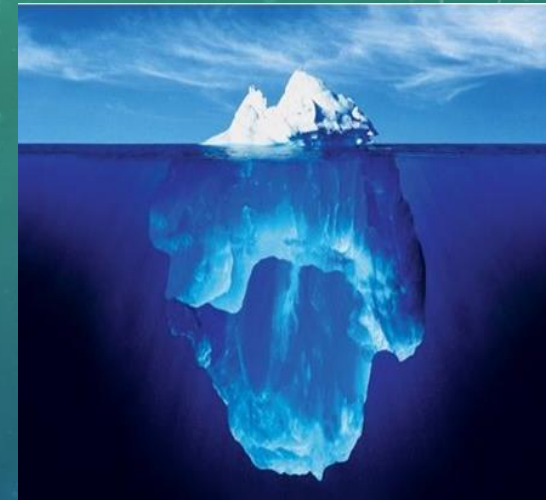
THE PERSONAL ICEBERG METAPHOR

COPYRIGHT BY JOHN BANMEN, DELTA, BC 1999 THE VIRGINIA SATIR MODEL, JOHN BANMEN, JANE GERBER, MARIA GOMORI, SCIENCE & BEHAVIOR BOOKS, INC. PALO ALTO, CA 1991 USED WITH PERMISSION



ICEBERG

St. John 's Newfoundland, Canada



GROWING SPIRITUALLY THROUGH MEDITATION

Personal Meditation

Let yourself remember that as a creature in this universe, you are the recipient of the energy from the center of the earth, which brings you your ability to be grounded and to make sense, the energy from the heavens, which brings you your intuition, imagination and inspiration and the energy from other human beings who are ready to be with you and have your with them.

Remind yourself to be free to look at and listen to everything, but to choose only that which fits you. Then you can clearly say yes to those things that fit you and not to the things that don't you will then be able to do positive things for yourself and others instead of negative things such as fighting.

Now again, give yourself permission to breath.”

VIRGINIA ON SPIRITUALITY

Virginia's life was spiritually guided through meditation and centering.

She listened within to know how to heal.

"Recognizing the power of spirit is what healing, living and spirituality are all about..."

We are all unique manifestations of life. We are divine in our origins. We are also the recipients of what has gone before us, which gives us vast resources from which to draw. I believe that we also have a pipeline to universal intelligence and wisdom through out intuition, which can be tapped through meditation, prayers, relaxation, awareness, the development of high self-esteem and a reverence for life.

This is how I reach my spirituality.

We can more easily reach this wise parts of ourselves, when we are calm inside, when we feel good about ourselves, and when we know how to take positive approaches. I refer to this as being centered."

Satir 1988 p. 338.
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VIRGINIA'S CLOSING REMARKS

Quoted in an article by R. Simon
(1989 January / February)

“Reaching Out to Life” in
[The Family Therapy Networker](#)

*“When I am completely harmonious with myself,
it is like one light reaching out to another.*

*At the outset, it is not a question of “I will help you”
It is simply a question of life reaching out to life.*

*All life talks to life when it is in a harmonious state.
If my ego is involved or if I need them to get well,
then is it a different story.*

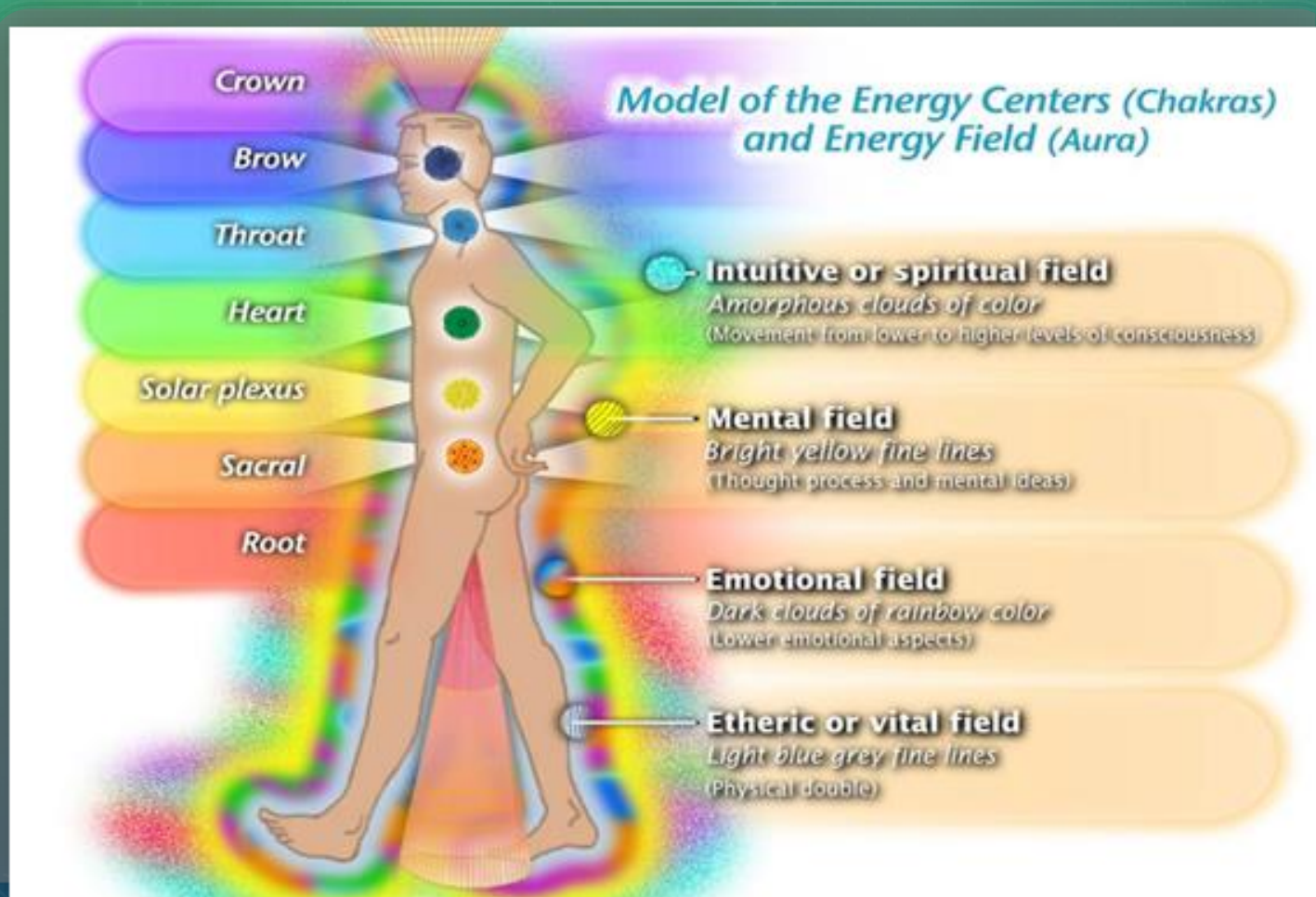
*This is one of the secrets of what I do,
if there is a secret.”*

EXPERIENCING VIRGINIA'S ENERGETIC BEING

DESCRIBE THE SIGNS AS AN ENERGETIC HEALER

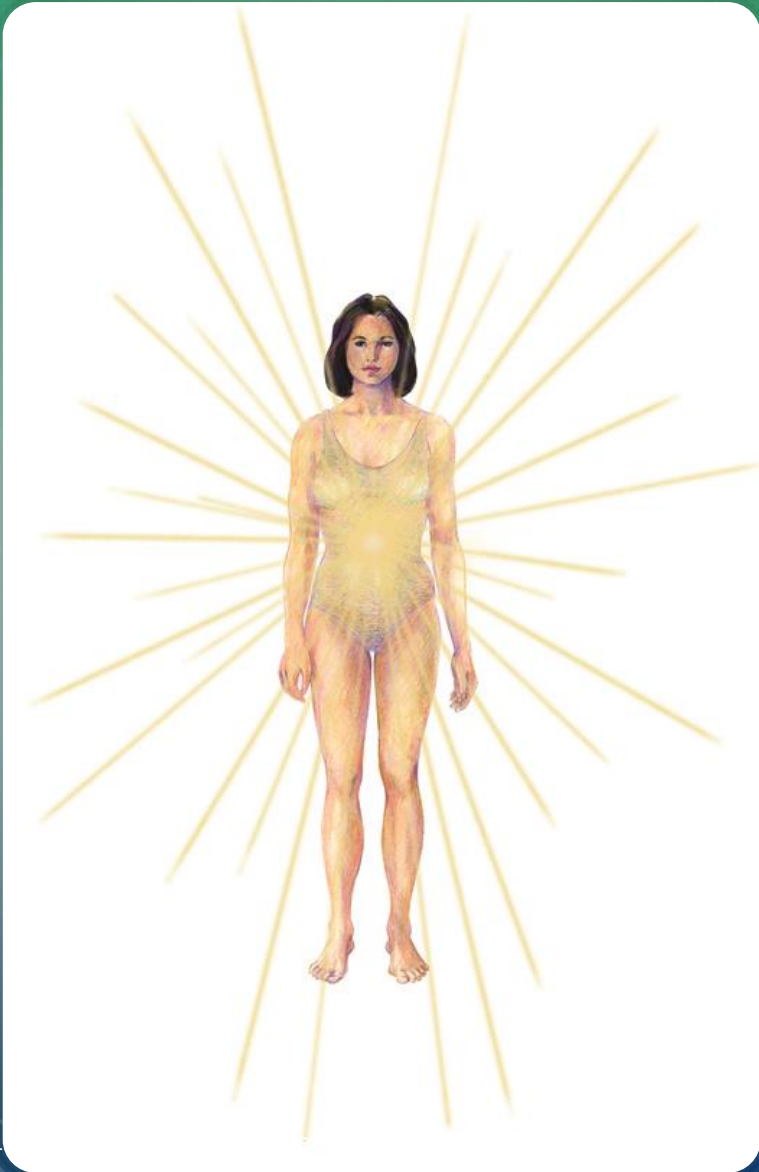


ENERGY SYSTEM



7 Energy Centers

7 Layers of the
Energy Field

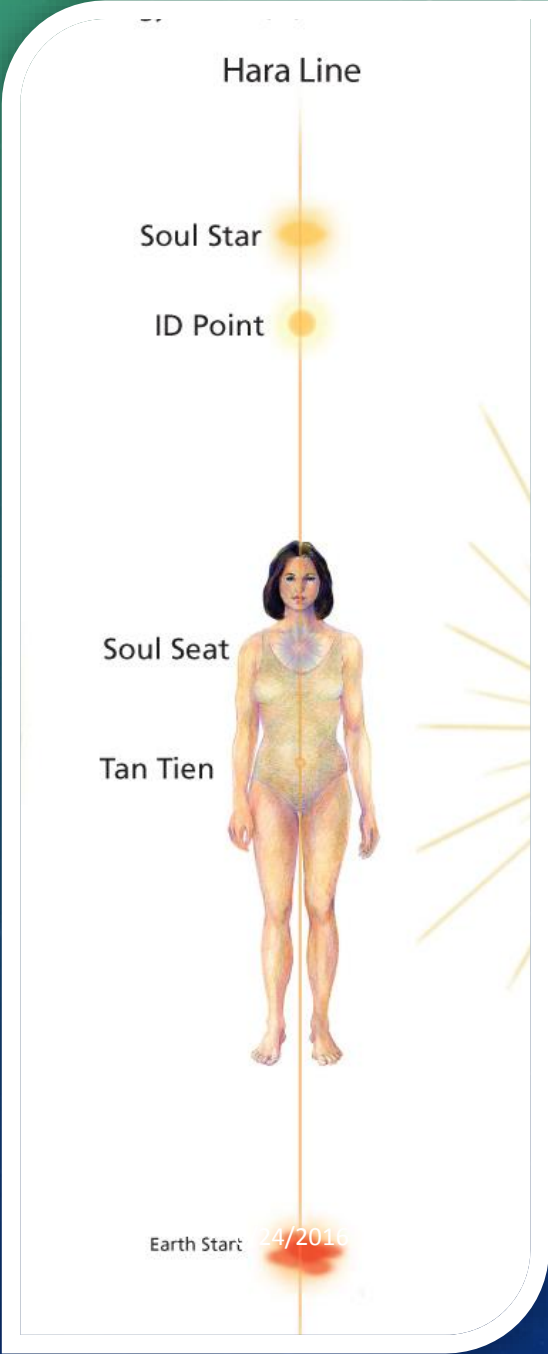


CORE STAR RADIANCE

Shining Your Light in
Congruent
Communication

HARA ALIGNMENT

Central Power Current
Functioning: Connecting to
Source, Soul Star, ID Point,
Soul Seat, Tan Tien, Earth
Star, Connected to Center
of the Earth



BUILDING SELF ESTEEM

What's in the pot?

3rd chakra – self worth

Sense of self

How full or how empty

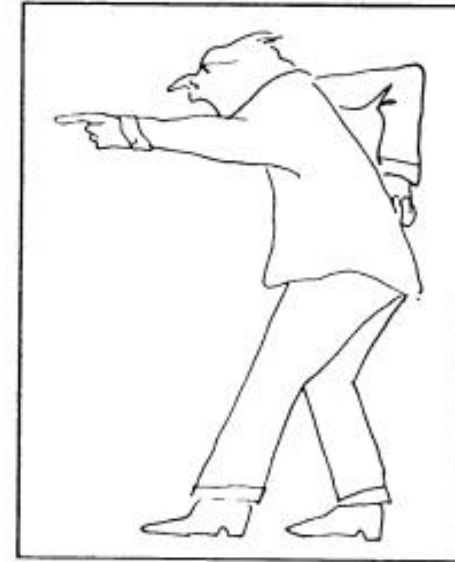
What is cooking today?





COMMUNICATION STANCES

What They Are & Energetic Consequences



Blame



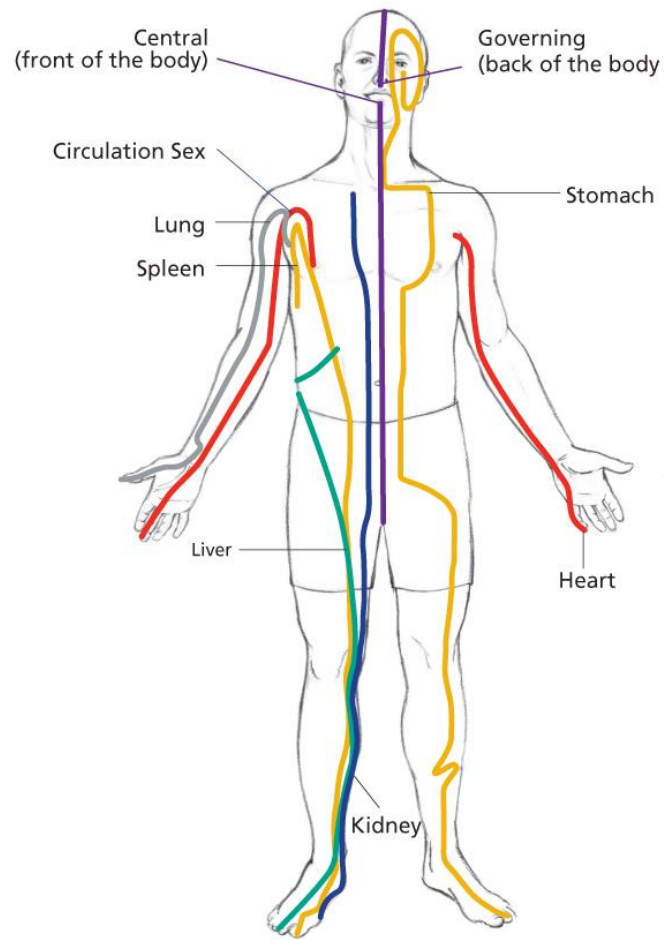
Compute



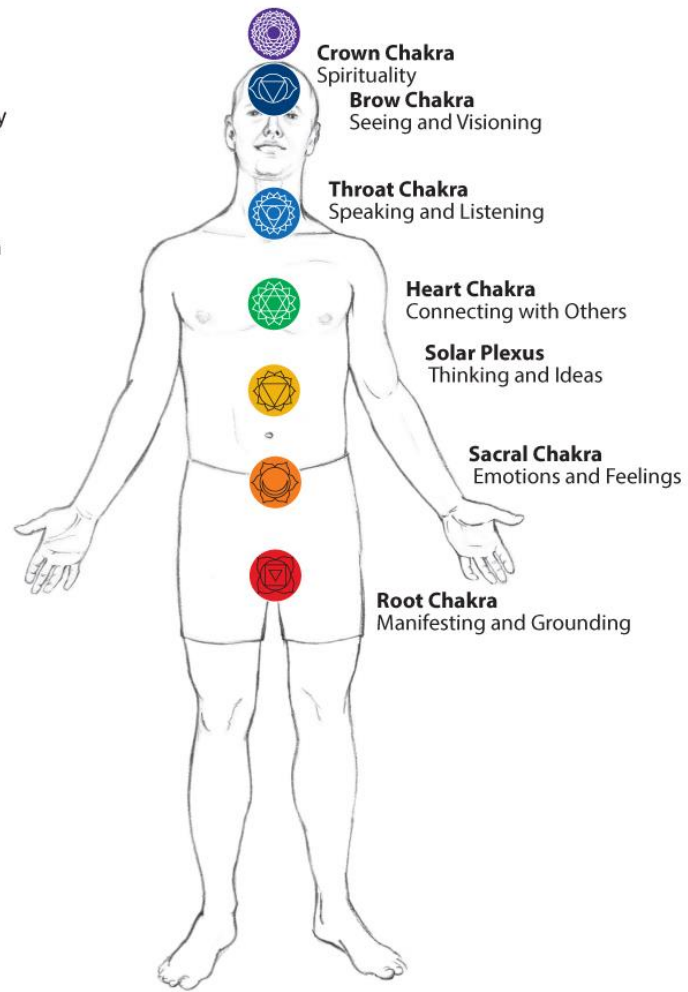
Distract



Plakate



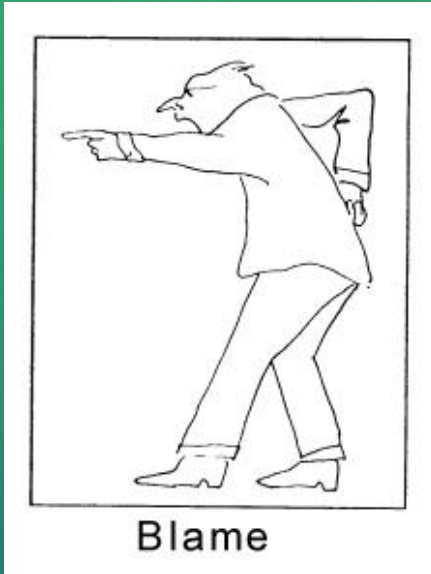
Energy Tracts



Energy Centers

ENERGY SYSTEM

- Meridians & Chakras



BLAMER

The Blamer finds fault, is a dictator, or boss who acts superior.

Message: "If it weren't for you, everything would be all right."

Internal feeling is tightness in muscles and organs with increase in blood pressure. The voice is hard, tight and often shrill and loud.

Message: Body accuses "I am the boss around here."

Inside: "I am lonely and unsuccessful."

Blocks: Others are blocked.

100th Year Celebration of the Life of Virginia Satir Conference
(Satir, Virginia, 1988. The New Peoplemaking.
p. 87)

Bulbrook's Blamer Energetic Description

Energetic bullets attack a person that can be taken in at vulnerable spots in their energy system.

Elaboration: A blamer energetically attacks another person with varying intensity. This impacts their energy system as well as the sender's energy system including: energy field, energy centers, energy tracts, hara line, core, earth and soul stars either creating holes, tears, shattering or disruptions in energy.

The receiver of blame can experience varying amounts of pain if they are unable to block, or shield themselves from the energetic targeting.

The blamer can operate with malicious intent or with benevolent intent. (This seems like an oxymoron, but in reality means the person unknowingly sends hurtful energetic flow to another out of awareness.)

This is quite different from someone who has intent to harm another.) Blaming creates a vulnerability to outside energetic energies in a weakened energetic state.

PLACATOR



A placator (hands up and begging on their knees) is ingratiating, pleaser, apologizing, and never disagrees no matter what.

Message: "I am helpless" in a victims posture.

Inside: "I feel like a nothing; without you I am dead. I am worthless."

Blocks: Self is blocked.

(Satir, *The New People Making*, 1988, p. 85.)

Bulbrook's Energetic Description of Placator

Energetic pleading and sucking energy with a result of blocking the self energetically.

Elaboration – The placator has a weak field with little or no boundaries.

The heart is open wide and others may walk all over it taking advantage of the person who keeps giving and hoping to be accepted or fit in with the crowd.

Ideas are kept to the self and if challenged the person will easily back down.



Compute

COMPUTER

Super Reasonable

Satir's Super Reasonable / Computer Description

The computer is very correct, very reasonable and shows no semblance of feeling. The person seems calm, cool and collected, dry, often cool and detached. Voice is dry monotone and words are likely to be abstract. The body computes. The person blocks out the self and the context.

Message: is "I'm calm, cool and collected and have all the answers."

100th Year Celebration of the life of Virginia Satir Conference
Inside: the person feels vulnerable.

(Satir, The New People Making. 1988. p. 89.)

Bulbrook's Energetic Description of Super Reasonable
Blocks out others and the context through creating interpretable boundary.

Field Description of a Super Reasonable
Physical – Rigid energy & stony.

Emotional – Not flowing, blocked and hard shell.

Mental – Closed, thinking is rigid.

Spiritual – Unavailable, undeveloped with holes.

Potential harmful impact of Super Reasonable on receiver

The energy is so strong there seems to be no way to have an even exchange of energy. Another's opinion is often not heard or over ridden without considering other input.

DISTRACTOR

Irrelevancy / Distractor

Satir's Irrelevancy /Distractor Description

Whatever the distracter does or says is irrelevant to what anyone else is saying or doing. This person doesn't respond to the point.

Message: "I am off somewhere else."

Inside: The person is feeling: "Nobody cares, there is no place for me here."

100th Year Celebration of the Life of Virginia Satir Conference
(Satir, The New People Making. 1988. p. 91.)



Bulbrook's Energetic Description of Irrelevancy

Not grounded, does not make sense and jumps around in communication.

Elaboration – Blocks out the self, other and context therefore the flow of energy is irrational and the circuitry is not wired up properly.

Field Description of Irrelevancy

Physical – Non-existent or close to the body what little is there.

Emotional – frazzled and off center.

Mental – Gaps, some huge.

Spiritual – Not connected.

Potential harmful impact of Irrelevancy on receiver

Give up. Don't know where or how to connect.

Gets into trying hard and attempts to make it better.

No planning or dreaming together.

No real positive energy flow together.

No stability in the relationship.

CONGRUENT



Clear communication, called “leveling” or “flowing,” heals ruptures, breaks impasses, and builds bridges between people.

Message: The effect is congruence and says “I like you.” The voice is warm and the person looks at you. The message is single and straight and represents a truth of the person at that moment.

Inside: The words match the facial expression, body position and voice tone. Relationships are easy, free and honest with self-esteem high.

100th Year Celebration of the Life of Virginia Satir Conference
(Satir, The New People Making. 1988. p. 93.)

Bulbrook's Energetic Description of Leveler

Able to hold your ground. Clear in communicating needs. Set physical and emotional energetic boundaries. Meets a person at the level they are.

Field Description of a Leveler

Physical, Emotional, Mental, Spiritual – Open and flowing with clearly defined boundaries.

Chakra Descriptions of a Leveler

All chakras are about equal, open and flowing allowing for the energy to come in and go out easily.

Potential impact of a Leveler / Clear Communication on receiver

Enhances the flow of energy for the other person.

Clear communication helps things to grow.

VIRGINIA ON SPIRITUALITY

Virginia's life was spiritually guided. Through meditation and centering, she listened within to know how to heal.+

“Recognizing the power of spirit is what healing, living and spirituality are all about...

We are all unique manifestations of life. We are divine in our origins. We are also the recipients of what has gone before us, which gives us vast resources from which to draw. I believe that we also have a pipeline to universal intelligence and wisdom through our intuition, which can be tapped through meditation, prayers, relaxation, awareness, the development of high self-esteem and a reverence for life.

This is how I reach my spirituality.

We can more easily reach this wise part of ourselves, when we are calm inside, when we feel good about ourselves, and when we know how to take positive approaches. I refer to this as being centered.” Satir 1988 p. 338.

VIRGINIA MEDITATION

In closing I will leave you with an important legacy from Virginia in learning how to center. The final quote is also from the spirituality chapter in THE NEW PEOPLEMAKING and teaches one how to center.

Meditation is a resource to deepen spirituality and learning to listen inside to find what is right for the individual. It can help to separate out the expectations of others from one's own personal journey.

Sit comfortably on a chair with your feet on the floor. Gently close your eyes and simply notice your breathing. Now silently go inside and give yourself a message of appreciation that might sound something like this: "I appreciate me." This is to give your spirit strength from your actions.

Next, visualize yourself affirming your connection with your creator.

From time to time as you continue this exercise, be in touch with your breathing.

Now go deeper inside and locate the place where you keep the treasure known by your name. AS you approach this sacred place notice your resources, your ability to see, hear, touch, taste, and smell, to feel and to think, to move and to speak and to choose.

Linger long enough at each of these resources to remember all the many times you used them, how you are using them now and know that they will be available to you in the future. Then let yourself remember that these resources are part of you capable of many new sights, sounds and so forth. Realize that you can never really be helpless as long as you recognize you have these resources.

GROWING SPIRITUALLY THROUGH MEDITATION

Personal Meditation

Let yourself remember that as a creature in this universe, you are the recipient of the energy from the center of the earth, which brings you your ability to be grounded and to make sense, the energy from the heavens, which brings you your intuition, imagination and inspiration and the energy from other human beings who are ready to be with you and have you with them.

Remind yourself to be free to look at and listen to everything, but to choose only that which fits you. Then you can clearly say yes to those things that fit you and not to the things that don't. You will then be able to do positive things for yourself and others instead of negative things such as fighting.

Now again, give yourself permission to breathe.”

Satir 1988 pg 338, 339

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I want to love
you
without clutching,
appreciate you without
hedging,
join you without invading,
invite you without demanding,
leave you without
guilt,
criticize you
without blaming,
and help you without insulting.
If I can have the same
from you
then we can truly meet and
enrich each other.



GIFT TO EACH OF YOU
FROM VIRGINIA

