

Withdrawal/Redaction Sheet

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DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001a. school paper	Plan for Peace project, Stacey Gilardi (partial) (1 page)	nd	b(6)
001b. school paper	Plan for Peace project, Carey Strazzulla (partial) (1 page)	nd	b(6)
001c. school paper	Plan for Peace project, Jonathan Cremons (partial) (1 page)	nd	b(6)
001d. school paper	Plan for Peace project, Nathan Wiesner (partial) (1 page)	nd	b(6)
001e. school paper	Plan for Peace project, Leigh Ann Childs (partial) (1 page)	nd	b(6)
001f. school paper	Plan for Peace project, Chad Espelage (partial) (1 page)	nd	b(6)
001g. school paper	Plan for Peace project, Nasrien Ibrahim (partial) (1 page)	nd	b(6)
001h. school paper	Plan for Peace project, Shannon Chaney (partial) (1 page)	nd	b(6)
002. testimony	Lydia Craigmyle (partial) (1 page)	nd	b(6)
003. email	Is Meta to WHCCAMP re Martha Eddy letter (partial) (1 page)	02/23/2001	b(6)

COLLECTION:

Federal Records

White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

FOLDER TITLE:

Additional Testimony 2000-2002 [2]

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RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
- P3 Release would violate a Federal statute [(a)(3) of the PRA]
- P4 Release would disclose trade secrets or confidential commercial or financial information [(a)(4) of the PRA]
- P5 Release would disclose confidential advice between the President and his advisors, or between such advisors [(a)(5) of the PRA]
- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

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Freedom of Information Act - [5 U.S.C. 552(b)]

- b(1) National security classified information [(b)(1) of the FOIA]
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SECTION 501(c)(3)

2.26.02

Michele M. Chang, C.M.T., M.P.H.
White House Commission on Complementary and Alternative Medicine Policy
6701 Rockledge Drive, Suite 1010, MS-7707
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Dear Michele:

Peace to you from New York.

These enclosures are follow-up to the CAM meetings. "The Healing Power of the Present Moment" paper combined with its backup research is elaboration on the concept of imaging discussed at the March CAM meeting.

Thank you for your time and work.

Sincerely,



Kathleen Quain
Tel: 516.656.0256

Technology Supporting Nature
KATHLEEN QUAIN
President

February 26, 2002

Dear Commission Members,

Thank you for your support with respect to the use of natural biologicals during mosquito season in New York City last year. Many New Yorkers are concerned that Mayor Bloomberg's recent decision to cut recycling from the budget indicates a low level of motivation for environmentally sound public health policy decisions. This is of grave concern for the citizens of New York City who have had to face several public health disasters already this year. During these months before mosquito season, the New York City administration makes decisions regarding the purchase of chemicals and pesticides. Many would be grateful for your protective presence once again to urge the Bloomberg administration to use natural biologicals and minimize the purchase of toxic pesticides for New York City. I have enclosed a controversial article about the dangers of chemical usage that has been widely distributed by chemotherapy patients within New York City chemotherapy infusion rooms. Thank you so much for your attention to this matter.

The following funding, bridge and connecting points, incorporate the wisdom gathered during the CAM conversation to strengthen our country, create health within international society while treating the psyche of the terrorists and engendering global peace. To support work on the creation of peace I have organized the enclosed United Nations Intervention Design/creative peace plan. It is based on creating joy within society which clinically reduces societal rage/terrorism; we reach a state of joy by knowing and resonating with wisdom. The peace plan is an offering to be helpful in any way that it may be. It utilizes creative focus/energy medicine which can be used for addressing resistance and redirecting the most difficult problems such as war into peace. The globalization of creativity, outreach to large populations and networking outside of the UN are currently significant thoughts within the UN community. Kofi Annan has stated that his main goal is to create a UN for the people.

CAM wisdom has excellent production content that can be organized to fit existing media formats. CAM could integrate organized wisdom into the media that could function as mind and energy medicine by bringing peace and health to the people. The American people could just listen to the wisdom that you have gathered and their lives and the health of our nation would improve. A UN statistic indicates that it only takes 5% of consciousness aligned to create a consciousness shift. The core concepts within CAM can be effectively communicated to the people (such as prevention), and act as antecedents to disease and violence-terrorism. If the wisdom is offered on a large scale through all open communication avenues it will shift consciousness into health and peace. Wisdom can be directed to the populations in need of that information.

The enclosed "The Healing Power of the Present Moment" paper combined with its backup research is follow-up elaboration on the concept of imaging discussed at the March CAM meeting. Both support the concept of utilizing television and film for healing. Art and science meet together in imaging. When art and science worked hand-in-hand during the Renaissance period, wisdom proliferated, as light and order were achieved. Imagery combines art and science in a concentrated effort to significantly reduce psychological and physical disease. Film is one of

the most powerful healing tools available to humankind. How and what our eyes see has a direct physiological impact on our well-being. Just as the french thriller With A Friend Like Harry was designed to make its audience feel worried, artistic genius can be used in film to restore health. People can receive health visually and energetically through film.

We can support the renaissance within the new health paradigm by integrating the classics into presentation for the public, which will energetically mirror health to the people. By consciously combining the elements of nature exemplified within the classics, we can heal the preciousness of the body and calm the mind. The geometry used in classical Egyptian and Greek architecture within the Temples of Luxor and the Parthenon, corresponds to the proportion and symmetry of the human body and naturally supports harmony in our biochemical compositions. All programming and presentations can be designed to visually heal and strengthen our nation, process and positively direct the emotions that Americans feel at this time and move forward together in international solidarity.

People have seen visual trauma that people should never see. Once images are viewed they can impact us for a long time. Each day the media presents the terror in our world through images and words that contribute to the terror within the human psyche. The trauma caused by terror may begin to heal if our films are intended to serve as medicine. With the correct images, use of current mythology, color, light and focus, people like George Lucas could technically make films as medicine to heal our nation. What we see, think and feel contributes to the reality we consciously and unconsciously create. By consciously feeding the media and film industry wise programming, shifts could be made toward health and away from base programming. Lynne Cheney has wanted to do something about the horrific images that Americans see in film and may be a project ally.

The concepts, tools and nurturing within the trauma work that was done in Bosnia could be offered to the American people at this time, and produced to reach the people of the world. Our government could give the health information to the people, which in itself would create much healing and be appreciated nationally and globally. Constructive and effective images can facilitate health in the physical, emotional and bio-electric energy systems, help people release stress, fear, loss and anger from their bodies and incorporate pain management skills into their lives. People need help with their lives and it would not be difficult to offer profound and positive health options for many. People need to know the wisdom of how to manage stress and fear with health; not stress, sugar and alcohol. People can learn how to strengthen their immune systems, de-stress, find and make peace in daily life, learn the importance of rest, inner peace, how to balance one's inner life in this time and avoid adrenal burnout, dehydration, etc. If the tools for inner work are shared globally (internationally people want the health wisdom that American practitioners utilize), the negative effects of the shadow will be lessened. Through organized wisdom we can take care of future problems now. People would look forward to having a positive health anchor, perhaps one simple health step for each morning (example: support life through nurturing concepts), accompanied with educational back-up theory. Visually, each day, healing exercises and practical guidelines can be taught for everyday peaceful living.

With respect to energy medicine, it is present within the organization of work. Production schedules for multimedia formats and health interventions should be based on seasonal light cycles. There are many openings in the media where producers want to bring higher-consciousness programming to the people, but they do not know the wisdom to produce. Many believe that wisdom needs to get to the people to facilitate health within society. Media outlets repeat mindless programming because they do not have better programming to run. Programming can be designed to strengthen the heart, facilitate healing, create love inside of people and within our global society. Each word and image can work together to create healing and support conscious community. Shows could be organized according to wisdom that people need and can easily assimilate into daily life. Broadcast presentation would need to be created carefully to ensure safety and avoid negative backlash, such as what happened when John Bradshaw's work on television opened up more inner work than the audience knew how to process.

Oprah Winfrey has stated her intention to help as many people as possible. Through Civitas, her foundation to help stop child abuse, you may find support for television and Internet programming for children and teenagers. Health concepts are naturally embraced by young minds. Health intentions could be created into programming for people aged 1 through 150. Untapped and misled creativity reaps havoc, while wisely directed creativity is our genius. Programming can be designed to present a virtual reality, a mythology of health and introduce role models that young people may draw strength from and emulate. America's emotional-growth schools help young people learn about being a good friend, speaking honestly about feelings so that feelings are not acted out; they teach students how to love themselves and integrate conflict resolution principles into their lives. These concepts can be broadcasted on television for kids of all ages and taught in schools to encourage self awareness and loving actions. Age and developmentally appropriate programming may include a national chat with teenagers to provide mentors and guidance with good and loving communication. Mind medicine to treat the causes of violence within society may include classes on civility to be taught during after school programs in heart-to-heart talks, which support conscious community. If young people are sent good and consistent communication pulses, they will feel cared for and will receive this outreach material. Laura Bush could be a project ally.

Oprah has made a significant financial contribution to the New York City network called Oxygen Media (literature enclosed). While many health care practitioners across the nation had hoped that Oxygen would offer progressive health programming and bring the wisdom to the people, this has not yet been the case. Now in its second season, Oxygen is in the position to fulfill great promise and broadcast the wisdom that is sought by many in our nation. With the production technology that is already set up and the talent (health-minded producers) already hired, Oxygen could be a cost-effective and media-ready recipient for CAM's programming. Routinely, Oprah's senior producers organize ideas for shows and present them to her. Several years ago, Jeffrey Jacobs, a manager within Oprah's organization spoke about utilizing the successful business paradigm that works so well for the Oprah Show to create an additional show that would explore health in an interactive format. Through animation we can show what happens to the interior of the body when it is fed sugar versus what happens when the body receives healthy food. People can heal

when they know what to imagine is working in their bodies, what needs to start working in their bodies and what needs to stop happening inside of their bodies. People could be educated and learn nutritional guidance for treating stress and how to restore their physiology. Colin Powell and his foundation to help inner city kids and Oprah could benefit from knowing about Dr. Gant's nutritional formula that supports healthy brain chemistry. This formula enables people to be calm and concentrate, focus and read at length, which are prerequisites for well-being, learning and success. Children who have taken Dr. Grant's nutritional formula have been found to make less impulsive choices and develop healthy relationships with others.

When AOL took over CNN the environmental writing team lost their jobs at CNN. Considering that the CAM market is an environmentally conscious market and that Ted Turner wants to significantly help the environment, he may be a funding support for CAM-environmental programming. I would pitch quick, fast and creative ideas, include programming that organizes environmental ideas that support the environment, and medical approaches other than traditional allopathic medicine. He could start another CNN that would accomplish the following goals:

1. Create a communication bridge that would guide the world to shift into the technology of peace, which supports health, nature, and life (support the outline for a Department of Peace-Library of Congress H.R.2459).
2. Create an environmental economy by organizing environmental energy solutions within business systems of integrity. This could be organized through the international community at Harvard's JFK School of Government.
3. Nationally and globally help people participate (connect globally with The Hunger Project) in these business paradigms of integrity that are designed as global environment and societal health solutions.
4. Help the people of the world know which businesses are part of this environmentally conscious team (people who respect the wisdom and health within nature) and whom to work for within their area of the world so that people globally are economically empowered with practical and healthy choices that will protect their local environments and the health of their families. Ted Turner, Bill Gates and George Soros lead the way in global philanthropy.

Programming ideas: 1. The medical elegance and/or poetry and nutritional intelligence expressed by MDs at the March CAM meetings could be produced. Experts could speak in health salons to address current health issues and highlight points of wisdom (i.e. the negative affects of sugar).

2. Hospital models that are utilizing CAM practices could be put on the Internet within broadcast environments/do a show on progressive hospitals and medical communities that have already created modality models, such as North Hawaii Community Hospital and St. Rose Dominican in Las Vegas. Established progressive hospitals could share the wisdom (including funding structures) with other hospital communities that are trying to figure out modality integration. Change could hasten if the organized successes were communicated within hospital communities. This approach could create an economic pull for CAM modalities.

CAM could be a physiological support for democracy by bringing healing to hearts and systematically creating more love in the world. Democracy, the science of the heart, can become the global centerpiece. If the heart is supported, love can permeate society nationally and internationally. According to his face morphology (French diagnosis), George W. Bush has an

innate need to feel loved. If he wanted to create more international unity for America, on-going harmony, less stress for all, and make his job easier, he could give a gift to the people of the world by supporting sustainable environmental technology as an additional global economy. There is grace and protection built into the first paragraph of the Declaration of Independence; specifically, “the Powers of the Earth..., the laws of Nature and of Nature’s God”. We need to utilize complete strength (yin and yang, masculine and feminine energy) to be victorious over evil. With the American people as the all-star team, CAM programming could be presented as an eternal grand slam, world series champion or have any cover story that you think might be effective. All of this work can be organized as energy medicine/creative focus and be worded appropriately to start to be integrated into government institutions.

During a Hunter College conference on bioterrorism last Friday, public health officials in New York City identified several areas that need immediate attention in light of new and critical public health threats. The officials emphasized the need for a preventive focus throughout the conference. It was clear from the meeting that the local and state levels are desperately looking for direction from the federal level. It was highlighted that the root cause of terrorism is mental illness and that these acts have and continue to perpetuate imbalances within our community. To the extent that it is neglected these problems increase and lead to more violent acting out. People are so traumatized that they are unable to function which threatens economic recovery. These identified areas include: 1. Create an infrastructure for the dissemination of information to insure a coordinated and effective public health response. Utilize existing community structures, public institutions and media outlets to build information and action networks that inform the public. All of this needs to work together as a coordinated whole with federal, state and local communication. 2. Create a health television network that includes a coordinated media outreach in which the public can develop confidence. It will include daily briefings, daily health guidance, and be an anchor of health in a responsible, reliable and credible way. Educate the media networks to better understand health information. Encourage them to present more complete and understandable information that reduces fear, panic and confusion which is detrimental to the strength of our country. Help them to create a legacy of learning and thought by drawing attention to important issues. 3. Develop a rapid response system to provide emergency information, practical local guidance and provide immediate disaster relief. 4. Develop a communication system to keep federal, state, and local officials informed about legislation, policy and public health information. Create a structure for essential dialogue between the above and the public so that we all can work together as a whole. 5. Create a strong unified public health system that will guide us to grow into the future as a vibrant community.

Thank you very much for your time and consideration.

Respectfully,



Kathleen Quain, globalpeace4u@aol.com (Tel. 516.656.0256 / 212.946.2172)

UNITED NATIONS INTERVENTION DESIGN

(This preliminary proposal is open for discussion.)

By Kathleen Quain, C.S.W., Certified Gestalt Psychotherapist
TEL: 212.946.2172 EMAIL: globalpeace4u@aol.com

MISSION:

To create on-going global peace through international solidarity. Implement global UN communication outreach programs that will publicize UN wisdom that is already part of the UN community to strengthen peaceful action and provide treatment to promptly stop the terrorism that thrives in our world today. Through the wise leaders and role-models within each country, progressively communicate the essence of indigenous wisdom and precise healing to empower people internationally. Create a collective global focus of loving action to raise planetary consciousness into an expansion of peaceful consciousness. Utilize multimedia formats (television, radio, Internet sites with chat rooms, news stand newsletters, music) to provide wisdom-centered guidance to our troubled world. Enlist people around the world to work in alignment with a UN team to promote peace, love, lawful living and to fulfill the ideals within this proposal.

During this unprecedented time, the global heart has opened and is the greatest strength to support UN purposes. Now more than ever people are longing to align with the presence of goodness and join with a loving force bigger than themselves. With the leadership of the UN, a UN team can be created by reaching out to all souls to be one with UN principles. As a result of this outreach the unlimited resource of people's hearts would be ignited to co-create a life sustaining world of peaceful co-existence.

People will be invited to join with the UN to reduce violence in our global culture. The combined efforts of the many nations who are united with a peace-active world population is a successful design to create global peace. Within this partnership we will inspire all into a family of loving kindness. By uniting people and nations, feelings of hope that nurture goodness in the world will manifest.

Within humankind, inner consciousness is awakening as people are seeking ways to make positive change that can be anchored into their daily lives. Through an educational multimedia outreach, they can be carefully guided to be empathic in daily interactions and process inner emotional work so that less destruction will be acted out in the world. This program will serve as an inner work guide for the people of the world to manifest peace and take action to heal the world. We can unite in peace and connect with love to support what is good and right for all people on Earth. With the leadership of the UN and the tools provided by this program, global peace consciousness will be supported from every direction.

As President Bush said at the UN on November 10, 2001, the time for action is now. Because people's hearts have opened collectively, we can energetically make changes together through

creative focus to reduce global losses. If we wait, we will lose this crucial opportunity. This is the time for the UN to take its place of peaceful leadership across the globe and send an invitation for all people to join an interdependent and interconnected UN team. The international address for peace lies within the hearts of all souls. With the UN team's leadership, this address can be activated to deepen awareness, focus personal and international efforts, and give voice to the honorable wisdom that perpetuates global peace.

TEACHING UN PRINCIPLES:

This outreach program will publicize the UN human rights principles and the appropriate wisdom that is already part of the UN community (i.e.: "may peace prevail on Earth" prayer, the totem tradition whereby peace totems are made for homes and offices to hold the light of global peace and connect with totems around the world to serve as energy medicine for peace). Through education we can create a shift into peace by helping people take respectful action individually and collectively.

We are affected by what we read and hear. When we hear wisdom we feel calm, clear and full of hope; wonderful parts of us that have been asleep begin to awaken. We begin to feel that we are a resource that can make a difference in our lives and in the lives of others. The people to whom I have forwarded wise UN e mails, have felt a sense of peace knowing of the good that is embraced within the UN. On a daily basis, the truth in people's souls can be nourished with UN wisdom rather than destroyed by the horrific news they receive which continues to deepen the traumatic effects of terrorism.

Multimedia programs will function as energy medicine to support soul and get the wisdom to the people rather than adding to the shadow side of the media. People need and want to receive coping tools and wisdom that support the ideals of the UN within their news for the day. People want to be part of something good and meaningful. Many feel a sense of helplessness without a way to contribute, learn and grow. Programming that engages the human spirit in a loving way can turn helplessness into hopefulness, support and strengthen the spiritual principles and purposes of the UN, and raise awareness of spirit at work within our lives. Programs will promote a direction for activities that enhance health, conscious living and work as preventive medicine. Wisdom-centered leaders (such as Nelson Mandella) will speak about the importance of peaceful co-existence.

Global peace can only come from divine law and truth. Knowledge of the laws of balance, harmony, proportion and measure offers the possibility for well-being in our lives and in the world. These laws are part of the foundation for civility, living with integrity and creating health and global peace. With awareness and knowledge of the divine truth that honors each one of us, we can increase the possibility for the presence of divine law and order in this world. People long to be led and lead with dignity; the UN can facilitate and perpetuate dignified leadership within humankind.

Lack of knowledge, awareness and integration supports the lawlessness that continues throughout our world supporting the over 75 wars that are now being waged. Law that is based on divine wisdom and integrity is fertile ground for love to flourish. Wisdom, awareness, law and love create peace; truth creates integrity. Awareness of self, others and environment promote the understanding that our actions have consequences. The light that is generated through this awareness and action reflects itself into the world. We can guide the world to work with love and light. Within a global outreach of wisdom the UN human rights can be taught to support the creation of civility.

To achieve peace we must be aware of ourselves and each other. The global population needs to understand that there is a connection between our thoughts and actions and that there are consequences to these that may either perpetuate peace or conflict in ourselves and others. With this awareness there is the possibility for people to take responsibility and realize that in each moment we are making a choice that will be reflected in the bodies of individuals and in the body of the Earth. The actions we take now are with us through time. This can be seen clearly within the Earth's land as we begin to realize that the chemicals we have developed and used on nature now live within our own bodies. We have not yet made the connection between these actions and consequences even when so many people fall ill each year because of their exposure to these chemicals. We dishonor the land and ourselves when we use chemical poisons, especially when we do not consider their effects.

As we become aware of our own destructive behaviors and learn how to direct that energy toward peaceful living we realize that we can choose to promote peace within ourselves and others. We begin to understand that wars are the manifestation of lawlessness, recklessness and hate. The psychology and chaos of evil and the dynamics of the shadow need to be taught and understood. Ideas of karma, that what we reap is what we sow, teach that we are accountable for what we have done in the past and that the results of these choices may continue to visit us until we understand and make positive changes. We have an obligation and opportunity to teach people to realize that each act we take has significance and that divine law is the antidote to lawlessness.

The UN team is a global family united to perpetuate global peace. People on the team voice their suggestions and solutions and what their needs are within their country so that they can feel heard. The needs of the world will be prayed for within the team. This approach gives people a place of empowerment that will open their hearts to feel the love that comes from knowing that we are each an important part of the whole and that only together can we solve the problems in the world. The organized wisdom within the team teaches how to become a peace maker for your life and the world (includes Peacejam principles). The team will promote awareness for the interdependence between individuals, countries and the Earth, educating the world and encouraging all to align with the spiritual work of the UN. The team is a place for the people of the world to be part of a loving movement and force in the world. These programs utilize the educational material in the hope research (that is enclosed) to support societal hope and joy, thus reducing social rage. The programs will provide tools to eliminate terrorism in the world.

The human rights values of the UN need to become the conscious and popular human rights values of the world. Global communication programming through television, radio, newsletter and Internet can transmit this wisdom, creating a global peace machine. This media-ready wisdom will promote healing and act as preventive medicine to discourage world violence. All communication programs will work with collective focus. Our global outreach of wisdom will put appropriate wisdom into communication vehicles that will reach the heart of the world and keep us safe. By putting our societal sages on UN TV, we can talk and teach wisdom to the world and get the essential wisdom to the people. I have programming in mind and an eager staff of people waiting and ready to enact this plan. All programs will utilize the universal languages of art and imagery.

MULTIMEDIA PROGRAMMING:

Will promote awareness of the spiritual purposes of the UN and facilitate personal, physical, emotional and global healing. Healing and mental health wisdom is achieved through a combination of art, imagery, teaching, and community activities. This multimedia design includes an open enrollment program (similar to the Tich Naht Hanh e mail open enrollment design within the UN) to encourage alignment with UN human rights principles and invite participation in a world group that supports well-being, integrity and the awareness that we are all one.

The programs will teach how to minimize and neutralize imbalance and distress in the body, mind, spirit and soul and will demonstrate how to transform feelings of helplessness, anger and pain into hope, action and balance. Through the work, participants will examine the present state of their emotions and understand the broad range of emotions that are available. Information about clearing unwanted emotions will be presented. Participants will learn how to recognize patterns of destructive thinking and how to process hate and fear.

Programs will explore the meaning of healing and describe how love is an important part of healing, they will provide nurturing and practical techniques necessary to heal trauma including post traumatic stress disorder, and will incorporate how to safely open one's healing gifts and apply them to personal and global peace. The application of prayer and energy medicine to heal the problems in the world will be taught. Tools will be given to help people know what to do when their souls and bodies ache. Part of this outreach will be to address the international mafia (unethical and exploitive business practices) and bring light to those left in oppression.

The multimedia programs will teach people how to tap the energetic truth that lies dormant within and guide souls to find their inner sanctuary and light. Participants will learn how to open their hearts so that love fills their bodies and our world. The work will teach them to connect with the many levels of heaven helping us here on Earth.

All of these programs will be taught with the intention of removing evil from the planet. Global atrocities will be listed and work will done on a large scale to administer appropriate healing. Prayer will be organized and creative process exercises will address personal and global atrocities. Through media communication, peace principles for healing can be brought to help heal

the troubled areas of the world.

UN TELEVISION+:

Produce and disseminate media-ready wisdom and healing programs designed for UN TV and other media formats. The following pre-production ideas present needed areas and methods of intervention. The actual production presentations may have titles other than those listed below. The titles listed here depict the concepts that must be addressed to ensure global peace. The premise approach for production is that suffering has grace when you face it. This work serves to guide humankind out of suffering by helping humankind effectively face its atrocities.

Therapy for terrorists: Considering that the September 11 attacks were made on the UN International Day of Peace opening a decade for a culture of peace, the terrorists may be keen to e-mail communications within the UN. Therapy for terrorists should be included subliminally and strategically within all communication programs. Suicide terrorists have no hope within their psyche; their only hope is to become a terrorist. Publically reach out to the terrorists, offer them new jobs and lives based on the integrity of service. Describe the old manipulative war tactic trick of historically getting men to sacrifice their lives with the false promise of women on the other side. Explain how women are physically here on Earth, not in the after life.

Distribute a terrorist prayer focus to people who already pray (i.e. nunneries, religious organizations). Prayer example: See the center of the front of their hearts, imagine a rose light inside of their hearts, and feel the heat of the light melt away the walls around their hearts.] Put positive teaching about hope into a healing format for the terrorists. We can hook their complex into remission and psychologically outrun, outsmart and think ahead of their plans. Most of the suicide warriors are men in their 20s and 30s. They have not had and do not have wise male leadership and guidance. In their hearts they are vulnerable. Terrorists have so much fear; they cannot feel anymore. Love is the opposite of fear. Terrorists whose hearts have opened through their individual friendships with Americans have not been able to go through with their missions. Lovingly engage them as we energetically open their hearts. Have popular wisdom-centered world leaders speak to the terrorists.

Get to the root of the problem, direct healing toward them, strategically confront their psyches so that their old ways break down and they can not go through with their missions. Have citizens of the world talk about their experiences with terrorists, former terrorists talk to current terrorists, and have international children speak and tell terrorists how to behave. Exercise Example: As wisdom-centered leaders (wise people who are connected to the people of their country) look deeply into the viewers' eyes the leader connects with the light in his being and reaches out to kindle the light in the eyes of the terrorists. The world leader may ask questions of the viewer including: Do you feel desperate? Does it make you sad when your friends or brothers die? Is anything precious to you? Do you feel love? Do you have children? If life could be different, how would you like it to be? Can you imagine being something other than a terrorist?

May we offer you a different job?

Healing evil: Teach how to push back the evil force. Explain the importance of confronting evil collectively (set boundaries, grab the reins). With a psychological understanding of the dynamics and power of the shadow, apply intervention techniques used to reverse cancer, to reverse and nullify evil. Bring archaic evil into the new paradigm as light. Human nature is explored where the high ideals of each culture are acknowledged and the awareness that we are free to choose to act in accordance with these ideals or the ever present aspects of the lower and false self. The lower and false self motivations and actions need to be understood as well as the consequences of our actions that often affect those we love the most; our children. This program explores the 'us' vs 'them' mentality and presents alternatives to encourage solutions that promote understanding of self and others in local and global community to achieve a win/win result.

Exercise Example: Think of all the other people on the Earth whose hearts are open, see if you can feel if that the Earth's heart is open too, help people know how to process hate and fear, remember that there are many levels of heaven that are helping us here on Earth, do not allow your energy and thoughts to move into a low vibration that can feel the darkness, instead, imagine your sweet love and light overcoming the darkness. Recognize the importance of that energy as transformational material. Feel struggle or the darkness as a potential growth area for transformation. Offer education for parents to help children who have witnessed trauma.

Healing anger: How to recognize it in self and others and to use coping skills to transform these energies into the power of peace. Daily imagery work and inventories help in this process. Power teams may be created for people to stand up to this in unison thereby shifting personal and global consciousness toward peace. Explore the opposite of anger. Exercise Example: Do you know what your anger feels like? Where is it in your body? Imagine it moving down your arms and into a piece of clay or onto a piece of paper as color. Feel your anger as energy - let that energy leave your body as a color.

Healing sadness: How to recognize and cope with these feelings so that wisdom is gleaned and self nurturing is undertaken. In learning to heal our broken hearts we may become peace makers in our lives and in the world. The meaning of the Dark Night of the Soul will be defined; healing exercises and insights will be offered for its safe and productive passage.

Religious community outreach: Promote connection with community members to minimize alienation and isolation. Ask community leaders to discuss teaching peaceful co-existence as a part of religious expression and encourage leaders to speak to the media about the importance of this for the world. Through the use of imagery, help people develop hope for their own lives and loved ones. The World Peace Prayers can be seen and heard around the world on television and radio with coverage akin to that of the Olympics. World Peace Prayers may be said in places of worship and in group settings.

Work will include teaching how to feel God's spirit within, how to let this spirit be alive within

each of us and how to work with this energy. Understanding the value of finding the quiet and still place inside ourselves and feeling this inner tranquility supports global peace and encourages the awareness that we are all connected and part of a whole.

Instruction may include: meditation, being prayerful, focusing and praying with every notion of your being, focusing energy for the day, and clearing distressing energy within self and between others. Actions may include: develop a UN team that participates in prayer focus and meditation for UN causes, invite the whole world to start their day with prayer to bring well-being to all, create a focused prayer against terrorism to recite on a regular basis, and guide the world to move into a peaceful and prayerful state. Exercise examples: Feel the energy of love in your hands, let the warmth from your hands touch your body, see the love from your heart streaming through your hands and into your body. Imagine your body filling with love and radiating the light of your love like the sun. What would the world look like if everyone did this at the same time?

Teach civility: Without law there can not be peace. Law that is based on divine principles unites human beings with our creator, promotes life and encourages people to be considerate of one another. This law supports each of our efforts to make a contribution to this world without causing harm to ourselves, one another or the Earth. Law that is based on divine principle supports harmony, balance, rhythm and measure so that all may thrive and fulfill the possibilities that life on Earth offers.

Friends first: Friendship supports the possibility for peaceful co-existence in the world. From a place of friendship, conflicts become reconcilable. It serves as a foundation to hold the peace and minimize the escalation of violence. People do not want to destroy their friends. People naturally want to be friends with others and enjoy the satisfaction that comes with feelings of friendship. Many have not learned how to behave toward one another in a way that is fulfilling. This program will draw from the knowledge base within America's emotional-growth schools. These schools implement programs that help young people learn how to be a good friend, speak honestly about feelings so that feelings do not get acted out, teach students how to love themselves and integrate conflict resolution principles into their lives. By incorporating respectful qualities of friendship, people begin to recognize and support the goodness in self, each other and within humankind. Through awareness and alignment with these shared human qualities, harmony is perpetuated between people of all backgrounds and throughout the world. These concepts can be broadcasted on television globally to reach all age groups and encourage self awareness and loving actions.

International tea for peace: Internationally, tea is a custom that supports civility, neutral ground and a sense of reverence for self and others. In many cultures, the time for tea is an honored tradition whereby nourishment is received both physically and emotionally. The warmth of tea encourages people to go into their hearts and take a break from their daily mind-set. It is an opportunity for shared introspection and community building. This program will depict different tea ceremonies, explain the benefits of having tea and perpetuate the simple tradition of tea.

Holding women: Help the women of the world create a common vision for all women to hold for peace. This program will unite mothers for global peace and support the expression of their wisdom and hope for themselves and for their children. This program supports the presence of the powerful, loving feminine principal in the world thus avoiding the deprivation vacuum that precipitates male dominated violence. The lack of feminine input into world events leads to an imbalance between the feminine and masculine aspects which has perpetuated individual, familial and societal deterioration. In honoring the feminine we may tap the world's most unrecognized resource of leadership that supports UN human rights principles. Through this program, the Hunger Project principles will connect globally and Uner Kirdar's research on women (being the world's most unrecognized resource of leadership) will be incorporated into production.

Define and teach sovereignty and democracy: The constitution of the U.S. and the Declaration of Independence create a foundation for sovereignty. The wisdom supporting these ideals within Harvard's JFK School of Government will be shared and taught. Create practical organizational models and global healing exercises that support these principles. List and share the success of the countries that practice these societal ideals.

Art to heal emotions: While many people feel that they do not know how to participate in moving the world toward global peace, this program provides tools to enable each one of us to process emotions that when left unprocessed contribute to the societal rage and violence that exists in our world today. Art is a universal non-threatening way to process emotions. This program is designed to energetically create peace and global love. Success is a result of a good design. This work can be designed to heal the world of its atrocities. Please reference the attached paper: The Healing Power of the Present Moment. Our intention with this program is to individually and collectively create art to change the world.

PROGRAMS FOR CHILDREN: Little Earth School (for children aged 1-150)

Designed to reach and heal the hearts of the child within all people. A creative arts educational program for children that teaches how to create conscious community. The school teaches that the Earth is a healing circle, utilizing the imagination as divinity, teaching civility and dignity, and offering a 'canvas' for the expression of insight to build awareness and wisdom. It gives participants a 'how to' manual for understanding and integrating principles of peace and healing in their daily lives. Principles of peace that the ancients in each country practiced will be incorporated into the school philosophy.

Get this wisdom to all schools globally. Turn this into a global campaign by opening and organizing all communication channels. Outreach to all communities with wisdom on how to help children process their feelings and visualize a vision of peace. Programs will be based on the UN principles for peace. Support and develop the healing gifts of children and help them to speak their truth to the terrorists and the world.

The programs teach that emotional, physical and mental health can be achieved individually and

globally through increasing our awareness of ourselves and others. The aspect of choice in our daily lives, from moment to moment and the consequences that may come as a result of these choices is explored. Teachings of civility and how to treat ourselves and each other with respect are explored.

Children naturally express through art and imagination. The exercises below use both to promote awareness and expression. Provide an Internet space for children to participate in healings. Organize creative Internet healings that children can do to bring peace to all children including those living in conflict, trauma or grief.

Exercises using art, imagery and wise conversation:

- Draw huge flowers of peace that can grow all over the Earth to watch over all of the people, buildings, planes and keep the Earth safe. With respect to their cultural perspectives, help children create imaginary protectors.
- What does peace look like? What color is peace? Can you fill the world with this peaceful color? If people who do not want peace were suddenly filled with peace, what would they look like?
- If you could create the world with love, what would it be like? How would your world be different. If you had a special friend to help you bring more love to your world, what would that person be like? Would they go through your day with you? We are all connected by love; imagine an abundance of love weaving through your life and the life of your mother, father, sisters and brothers. Wrap the world with love. What does the world look like wrapped in love?
- Breathe into your heart. What is it like in your heart? Imagine the love in your heart shimmering like a light for the rest of your life. When you hug someone would the light from your heart connect with the light from their heart? Does your heart light have a message for people?
- Each day look into your own eyes and see the light in your eyes. How do you feel in your body as you see the light in your eyes? Can you remember this feeling during your day today? Do you see the light in other peoples eyes?
- How do you want your world to be? What do the bad guys need to know? Provide a place where the wisdom of children may be communicated to the terrorists.
- Imagine all of the people on Earth having protection, healthy food, clean water and clean air. Teach how to create comfort and good nutrition.
- Imagine how to send love and how to feel your heart energy all of the time.

- Address heavy hearts and what to do with the burdens on your hearts.
- Teach how to process pain and the stuff that feels bad in your body.
- Teach children how to identify truthful feelings in their bodies and what it feels like to lie.
- Show role models speaking about how good and free people think and act.
- Teach dignity and how to treat each other with respect (include Montessori wisdom).
- Invite children to become leaders in creating a culture of peace within themselves and in their community. List the qualities of a good leader, give them direction on how to create peace within. Offer them teachings on peace (i.e. Peacejam) and examples of how other young people are peacemakers. Bring Peacejam to all schools.
- Communicate ways that youth can actively work with their leaders to build a more peaceful community. Let children around the globe know that they are cared for and that they are important partners in the Culture of Peace to end violence for the children of the world.
- Send the Interfaith Service for the Work of the United Nations Blessing for the children of the World, to all churches and religious communities. Explain how to create local blessings and distribute information using all media resources.
- Teach how to wake up to be good, how to see each day, how to be part of a unified divinity on a daily basis, how to know love and give it to those who need it.
- Teach how to regain strength, include education and exercises that lovingly strengthen the integrity of the human spirit (to dissuade strength as might, and the us vs them attitude, re-build strength from within our hearts, communities, countries and world) - unify consciousness for peace and well-being.
- Teach environmental education to inspire awareness of our interdependent connection with the air, water, plants, animals, and animal medicine. Teach children the wisdom of working with the moon, stars, planets and the Earth to give them strength wherever they are in their lives and in the world. Offer instructions to make community gardens that grow indigenous essential foods.
- Teach how world religions speak the same message.
- Learn how to have heart-to-heart talks and put thoughts and feelings into words rather than acted out violence.

Other formats will serve as interconnected tools within multimedia applications:

Radio: will announce local and global support information that will guide people to create inner peace, well-being and resolution in their lives and communities.

Newsletters: will invite all souls to join the collective efforts and shift feelings of helplessness and alienation into hope, action and loving community. This communication tool reaches minds and hearts as a healing prayer for all including terrorists. As all souls are invited to this place within themselves and the world, the collective shifts us into a peace-filled paradigm. For those who are seeking a place in the world to create heaven on earth and for those who are suffering alone and feel lost, the newsletter may invite participation on an individual and group basis to make space in the world for a shift to occur.

Internet web site and chat rooms: will also be developed to create an environment in which people can interact and discuss how to integrate hope and meaning into daily life. Discussions will include ways to understand how universal principles and laws apply to daily life. People will be able to explore questions together and receive wise input and direction. Example of Internet copy: Please join us as we come together in loving community, in support and deep reflection at this time of change in our lives and the world. Think of your family and friends. We invite you to share your thoughts and what is on your hearts with us here. We join together in love and support as together we make our way during this time and the time ahead.

The education within these programs can be combined into a comprehensive certificate training program so that people from all countries can learn and practice peaceful healing approaches.

Hope Research -- for more information go to the C.R. Snyder Hope Research Web Page

The primary reference for my presentation on Joy is C.R. Snyder.

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My research concerns the development and refinement of a theory of hope. In particular, I define hope as a thinking process in which the person clearly conceptualizes goals, but also perceives that s/he can produce the pathways to these goals and can initiate and sustain movement along those selected pathways. In the past 12 years, my students and colleagues here at Kansas and other places have pursued issues related to how hope can be measured in adults and children, the role it plays in coping and health more generally, its relation to self-concept, and how it can be increased to the benefit of specific persons and society more generally, to name a few topics. The recent writings emerging from this work are grouped below. Please feel free to write for copies of papers or correspond about our ongoing and future projects. Going the other direction, I would be delighted to hear from people who are using hope theory or measures in their research or applications

Here's my outline for the presentation:

Hope

What is Hope?

1. The research describes three components to hope
 - Goals
 - Willpower
 - Waypower

Goals

1. How Many?
2. How Difficult?
3. Your ability to establish goals draws upon your family of origin, friendships, marriage or intimate relationships, health, employment, and spiritual factors

Willpower thinking

1. The driving force in hopeful thinking
2. Mental energy, determination and commitment
3. Self-talk – I can, I'll try, I'm getting psyched up
4. Propels the person toward the goal
5. The perception that we can initiate and sustain action

Waypower Thinking

1. Have a sense about how to reach goals
2. Look for alternative pathways to reach goals
3. Flexibility
4. Planning Ability

Coping

1. Minimize Negative
2. Look Outward and Problem Solve
3. Call on Friends
4. Laugh
5. Exercise
6. Watch Health
7. Aging Gracefully
8. Prayer

Psychological Characteristics That Go Along With Higher Levels of Hope

Optimism

Perceptions of control

Perceived Problem Solving Ability

Preference for Competition (not winning itself)

High Self Esteem

Positive Affect

Death of Hope

1. Goal Blockages
2. From Hope to Rage
3. From Rage to Despair
4. From Despair to Apathy

Depression

1. Diminished interest in activities most of the day and over many days
2. Psychomotor restlessness or feeling slowed down
3. Loss of energy and fatigue
4. Inability to concentrate and focus
5. Depressed mood most of the day, and over many days
6. Feelings of Worthlessness
7. Thoughts of, or attempts at suicide
8. Weight loss or gain
9. Insomnia or hypersomnia

Hope Scale

1. 24=average amount of hope
2. 24 Usually think in ways that are very hopeful
3. <24 Not a hopeful mindset
4. WillPower: Total odd numbered items, 12=average willpower
5. Waypower: Total even numbered items, 12= average waypower

Storymaking

1. Introduce the Main characters
2. Tell about the problem
3. Talk to a wise person
4. Try out a new approach
5. Summarize the lesson

The Psychology of Joy

Barbara L. Fredrickson, Ph.D.

Assistant Professor of Psychology, University of Michigan, Ann Arbor, Michigan
[curriculum vita]

RESEARCH PROGRAM

My research centers on emotions. Within this specialization, I have several ongoing lines of research, each of which involves graduate student collaborators. Emotions are complex and multifaceted; studying them demands an equally multifaceted empirical approach. My approach is to balance laboratory-based experimentation, often with psychophysiological assessment, with more naturalistic descriptive studies.

Positive Emotions & Emotion Regulation

In one line of research, I study the functions of positive emotions at both psychophysiological and cognitive levels. Negative emotions are generally seen as preparing individuals for specific actions by recruiting heightened physiological activation. This link between emotions and specific action tendencies is often taken as definitional for all emotions, even though supportive data from positive emotions is lacking. I propose an alternative model to describe the form and function of a subset of positive emotions, including joy, interest, contentment and love. This model posits that these positive emotions serve to broaden an individual's momentary thought/action repertoire, which in turn, has the effect of building that individual's physical, intellectual and social resources. This model has implications for the regulation of negative emotions: Certain positive emotions may quell or undo the action tendencies and physiological activation generated by certain negative emotions. I test this undoing hypothesis by examining the effects of positive emotions (including smiles) on the longevity of the cardiovascular reactivity sparked by negative emotions.

References:

Fredrickson, B.L., & Levenson, R.W. (in press). Positive emotions speed recovery from the cardiovascular sequelae of negative emotions. *Cognition and Emotion*. [Abstract]

Fredrickson, B.L. (in press). What good are positive emotions? *Review of General Psychology*. [Abstract]

Fredrickson, B.L. (1997). *The undoing effect of positive emotions: Internal and external pathways*.

Manuscript under review. [Abstract]

In closely related research projects, my colleagues and I have examined individual differences in emotion regulation as manifest in variations in the magnitude and duration of negative emotional arousal.

References:

Gross, J.J., Fredrickson, B.L., & Levenson, R.W. (1994). The psychophysiology of crying. *Psychophysiology*, 31, 460-468. [Abstract]

Nolen-Hoeksema, S., Morrow, J., & Fredrickson, B.L. (1993). Response styles and the duration of episodes of depressed mood. *Journal of Abnormal Psychology*, 102, 20-28. [Abstract]

Fredrickson, B.L., Maynard, K.E., Helms, M.J., Hancy, T.L., Siegler, I.C., & Barefoot, J.C. (1997). *Hostility predicts duration of blood pressure response to anger*. Manuscript under review. [Abstract]

Mancuso, R.A., & Fredrickson, B.L. (1997). *When emotions beget emotions: Cardiovascular correlates of anger ideals*. Manuscript under review. [Abstract]

Wolfe, R., Fredrickson, B.L., & Levenson, R.W. (1997). *Autonomic effects of smiling in positive and negative emotional contexts*. Manuscript under review. [Abstract]

Here's the outline for my presentation:

The Psychology of Joy

What is a positive emotion? Is this a new concept?

Why study positive emotions?

1. Is there a difference between positive and negative emotions?
2. What is the impact on us as individuals?
3. What is the impact on the persons we serve?

What is joy?

Chinese medicine includes joy as an element

➤ How do we measure joy?

1. Price and Swanson (1990) investigated effects of a music appreciation course on musical knowledge, opinion, attitude, and how they interrelate.
2. The variables tested were recordings purchased following the course, grades earned and changes in opinions, attitudes, and knowledge

How we measure joy -- One study as an example

1. Method
2. 135 undergrad non-music majors in 10 week course
3. At the beginning and end of the course students responded to a free-recall surveys of musical attitudes about composers, tests of cognitive knowledge regarding musical excerpts, and surveys of musical opinions.

How we measure joy

1. Results
2. Significant positive change in students attitudes toward composers of the formal tradition
3. Correlation between positive change in attitude toward the formal tradition and the number of recordings purchased
4. Students showed significant increase in the knowledge of composer, title, and era of the 20 excerpts from the pretest to the post test
5. This occurred despite the students' knowledge that the pre and post tests would not affect their grade in the course.

Components of positive emotions

- Joy
- Interest
- Contentment

Joy

1. Joy creates the urge to play and be playful
2. physical, social, intellectual and artistic
3. play, especially imaginative play, is largely unscripted--
4. exploration
5. invention and just plain fooling around

Joy

1. Joy has reliable outcomes
2. social play builds and strengthens friendships and attachments
3. promotes skill acquisition
4. physical skills are developed and practiced in rough and tumble play
5. manipulative-cognitive skills are developed and practiced in social play

Interest

1. Most frequently experienced positive emotion
2. curiosity, wonder, excitement, intrinsic motivation, flow
3. Generates a feeling of wanting to investigate

Contentment

1. Serenity, tranquility, relief

2. Arises in situations appraised as safe and as having a high degree of certainty and a low degree of effort

Contentment

1. Prompts us to savor the moment, feel "oneness" with others or the world around them, and integrate current and recent experiences into their overall self-concept and world view.
2. Reflective broadening of a person's self-views and world views.

Positive emotions broaden and build

1. Broaden thought action repertoire
2. Build individual's personal resources
3. These are more durable than the transient emotional states that led to their acquisition

Strategies to increase positive affect

1. Relaxation Therapies
2. Imagery
3. Muscle exercises
4. Meditation and yoga

Strategies to increase positive affect

1. Finding positive meaning
2. Emphasis on pleasant activities
3. Emphasis on explanatory style
4. Positive meaning elicits positive emotions

Research on Connectedness

For this, I drew on my Sociology background drawing on the writings of Robert K. Merton, and Emile Durkheim.

Here's the outline:

Are You Connected?

Jan Bending, Ph.D.

ANOMIE THEORY

Emile Durkheim

- The inability of society to regulate individual comfort effectively
- The pursuit of unlimited or unattainable goals is a source of "constantly renewed torture"
- Anomie may result in violence if individuals blame others for their problems

ANOMIE THEORY, continued

Robert K. Merton

- Strain at the individual level, involving failure to achieve monetary success is the major cause of anomie at the societal level
 - strong emphasis on monetary success by cultural system
 - systematic denial of opportunity for success by stratification system
 - pressure to adopt higher status reference groups
- Individual strain leads individuals to withdraw support from legitimate norms

Expendability

- In democracies there is enough free life space for the population so that one can find people varying in the degree of felt personal expendability
- This means that as long as there are significant portions of the population that are seen and treated as insignificant, not needed and therefore, expendable, the remaining portions define their lives as if they were expendable

Social Rage

Social Rage : Emotion and Cultural Conflict (Sociology/Psychology/Reference)
by Bonnie Berry

- Social rage means a disruption of stability, a change in "the way things have always been"
- It can be an emotion, a cognition, or behavior; the source or manifestation of which is social. What makes social rage "social" is its genesis (it is caused by social forces) and its expression (it is expressed through social action)

Social Rage

- Social rage is learned -- through socialization, interaction, observation and the media
- Social rage is rooted socially, in social conditions that are unsatisfactory to the rage
- Social rage can be experienced socially and personally. Social rage may be expressed verbally or behaviorally; or it may be unexpressed, suppressed and unmeasurable
- Some social groups may be unwilling to accept change if it means a leveling of social power, and particularly if it means a decline in social power for them. Their resistance may coincide with a reassertion of their traditionally held privileges
- Economic forces, when they are manifested as differential opportunities and relative deprivation, encourage social rage

Viktor Frankl, Man's Search for Meaning

- Acceptance
- We have control over what we think
- Focus on the meanings to be fulfilled by the person in his/her future
- This is the primary motivation in life
- This meaning is unique and specific and can be fulfilled by him/her alone
- By doing this the individual achieves significance which will satisfy the will to meaning

Social Affluence

- The ability of an individual to stay connected to society in spite of negative experiences or losses
- It is manifested in the following ways:
 - Sees self as part of the whole
 - sees self as having an impact on those around him/her
 - does not assume his/her experiences are the same as those of anyone else
 - does not expect others to attach the same meaning to experiences as he/she does

**Global Peace Project
Introduction to Sociology
University of Cincinnati
Jan Bending, Ph.D.
10/2001**

The Project

As part of the curriculum, I introduced the concepts of ethnocentrism and cultural relativism to my Introduction to Sociology class. Ethnocentrism is the tendency to use one's own culture as the standard against which to judge other people's cultures. Cultural relativism is the belief that other people and their ways of doing things can be understood only in terms of the cultural context of those other people. I challenged the students to examine their "taken for granted" assumptions about the way the world operates. There are 180 students in the class. I suggested that with such a large group, our collective ideas could contribute to the process of creating peace.

To begin, I asked them to answer the following question: "Imagine that while you were asleep a miracle happened and there was peace in the world, but no one told you. When you woke up in the morning, what would be the first three things you would notice that would tell you that peace had occurred?"

I then compiled their verbatim responses and gave each student about 100 responses to evaluate. (Each student had a different set of responses). I asked them to synthesize and categorize these responses. In class, they will now break into groups of 5 to identify the main ideas resulting from the responses to the "Miracle Question."

From there, we will create our plan for peace. I plan to have them use the results of their grouped responses to explore their potential solutions on the Internet. For instance, they might examine the changes that might need to be made in media coverage if we had peace, or establish some ideas on how would we treat persons from other cultures differently, or explore what new symbols for peace would be created if peace were a priority. Once we establish a base line of information and our plan, I will ask the students to talk to friends and family about our plan and get their input and feedback. By the end of the quarter, we will have a compilation of student responses, incorporating some research from the Internet, and some feedback.

Through this process the students learned about sociology and had the opportunity to apply sociological concepts to the most critical issue of our time.

In devising a plan for peace. I wanted to be able to use my talents in portraying what could be done. As a graphic design major, I am to communicate visually with the world. I asked myself what is something that will always get attention from the public. What is more obvious than billboards? You see them daily as a part of everyday life, why not ponder questions about yourself and others while you are driving?

My attempt is grab the public and to affect their emotional states. Make them think about what they are doing, how they are affecting others lives, and create a calm, happy, excited or tranquil mood – a mood that is peace. Using my own photography and art I created 3 different campaign directions.

Campaign One uses hands in different positions. I wanted the viewer to reflect upon himself and to think about what he is doing to bring us closer to peace. I wanted to create a tranquil and calming state for the viewer.

Campaign Two uses photography of children this could also include photography of adults, to portray a happy state – a state that is required for peace. Studies show that seeing a smile will bring someone else to smile, why not remind ourselves everyday what there is to smile for?

Campaign Three takes various icons of a person in different position and describes peace or poses questions to the viewer about peace. Vibrant colors are used to attract attention but also bright colors mentally create an excitement within the viewer.





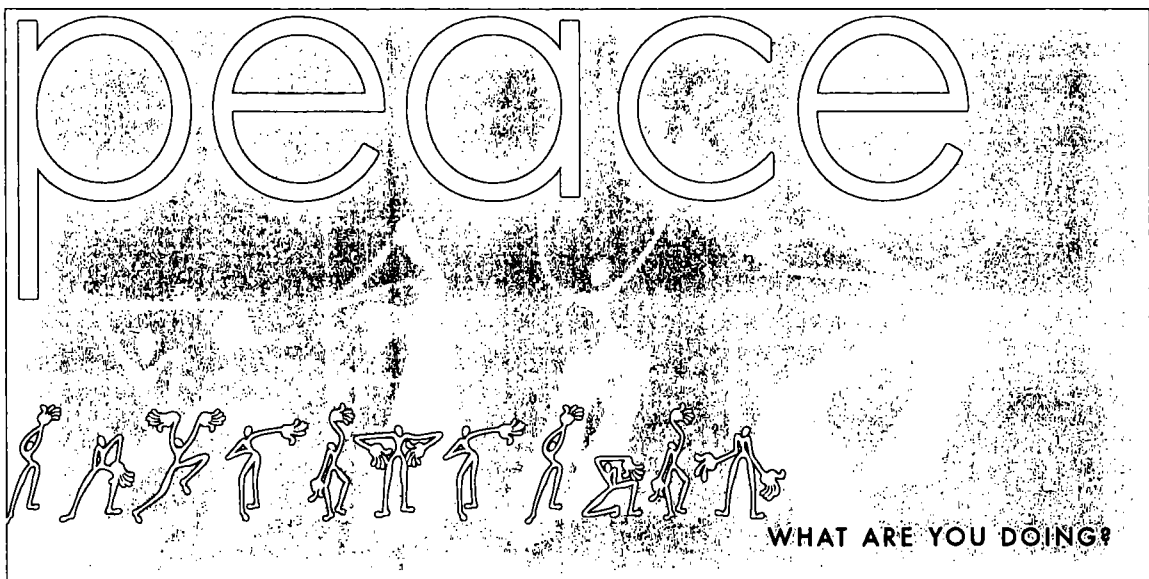
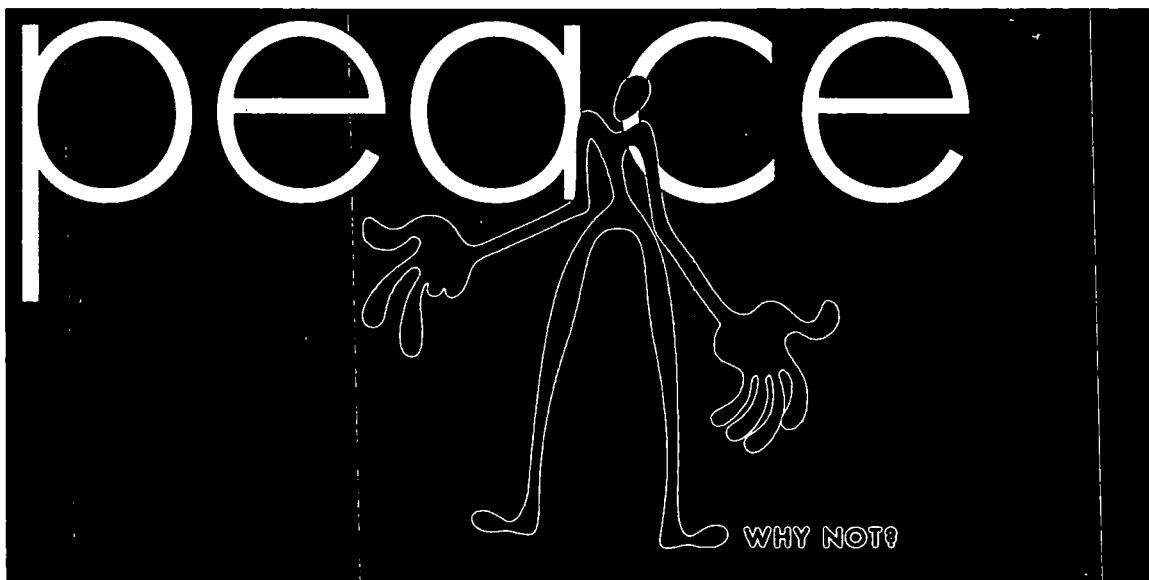
All it takes.

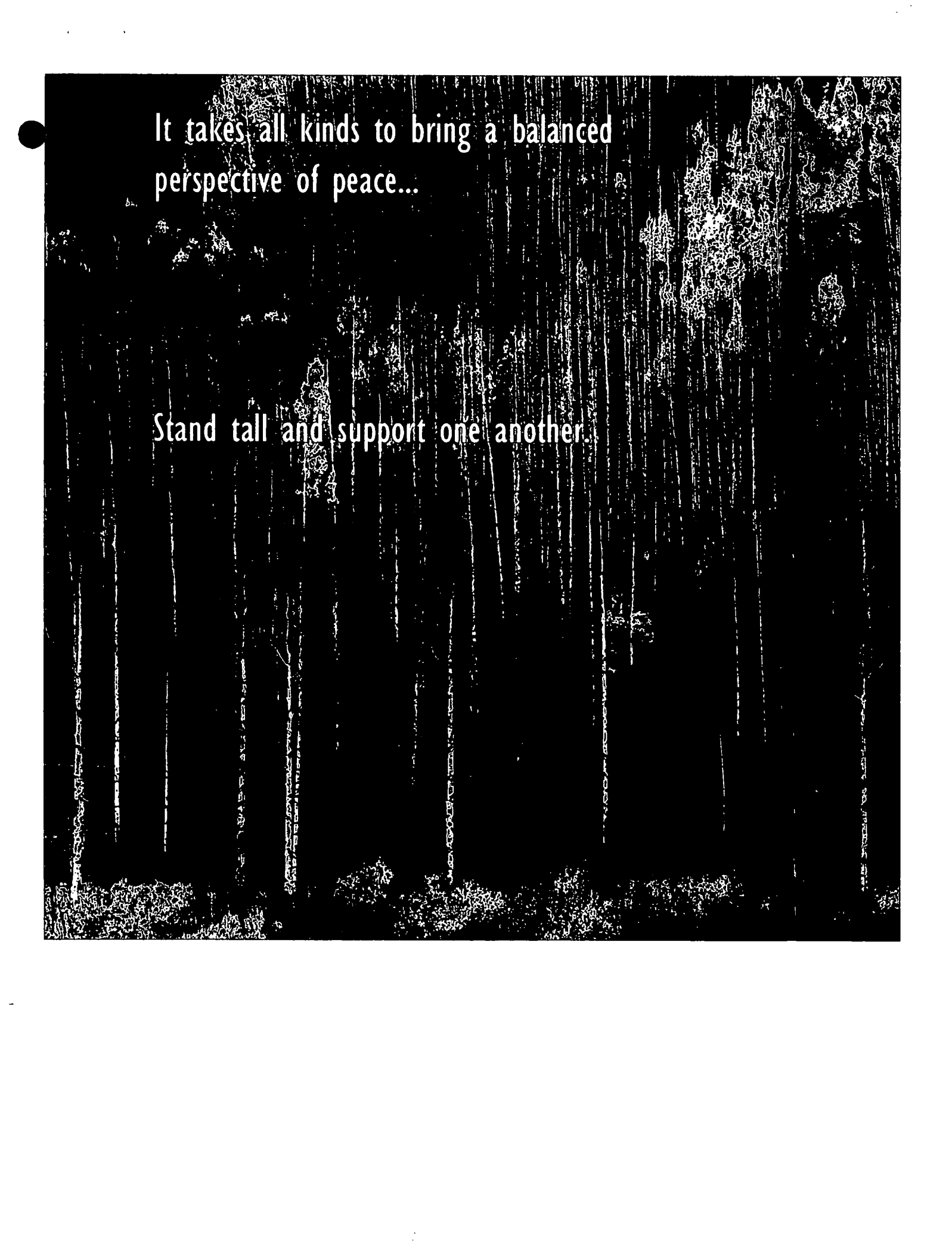


Together.



Share a moment.





It takes all kinds to bring a balanced
perspective of peace...

Stand tall and support one another.

Withdrawal/Redaction Marker

Clinton Library

DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001a. school paper	Plan for Peace project, Stacey Gilardi (partial) (1 page)	nd	b(6)

COLLECTION:

Federal Records

White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

FOLDER TITLE:

Additional Testimony 2000-2002 [2]

2011-0568-S

kc821

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
- P3 Release would violate a Federal statute [(a)(3) of the PRA]
- P4 Release would disclose trade secrets or confidential commercial or financial information [(a)(4) of the PRA]
- P5 Release would disclose confidential advice between the President and his advisors, or between such advisors [(a)(5) of the PRA]
- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

C. Closed in accordance with restrictions contained in donor's deed of gift.

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

RR. Document will be reviewed upon request.

Freedom of Information Act - [5 U.S.C. 552(b)]

- b(1) National security classified information [(b)(1) of the FOIA]
- b(2) Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]
- b(3) Release would violate a Federal statute [(b)(3) of the FOIA]
- b(4) Release would disclose trade secrets or confidential or financial information [(b)(4) of the FOIA]
- b(6) Release would constitute a clearly unwarranted invasion of personal privacy [(b)(6) of the FOIA]
- b(7) Release would disclose information compiled for law enforcement purposes [(b)(7) of the FOIA]
- b(8) Release would disclose information concerning the regulation of financial institutions [(b)(8) of the FOIA]
- b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

What do you think of when you read this poem? The candle in this poem represents so much of our world today. "Let this candle be a reminder that we are all ONE." The world is made up of so many diverse people, but in essence we are all the same. Everyone experiences love, happiness, joy, fear, laughter, and tears. We all understand one universal language, a smile. That is why the key to peace on earth is through random acts of kindness.

Think about it. If each person were to do one simple act of kindness for a complete stranger everyday our world would be a happier place. Kindness is contagious! Therefore just by being nice to one person, that person will return the favor by being nice to another. The chain never ends. One act of kindness could truly make a difference in someone's life as well as in our world. Making the world a more peaceful place truly lies in the hands of those who follow this simple task. We need to forget about our stress, and how we are always in a hurry. Slow down and take the time to show someone you really care. It could be your one simple act of kindness that stops someone from being lonely, terrorism across the globe, or even world hunger. Don't just wait for the holidays to spread cheer, do it every day, year around, and the result will be peace on earth.

Random Acts
of Kindness...



...Can make the
world a better place

ONE CANDLE BURNING

I invite you to...
HOLD A VISION
of one candle burning...
at the top of the highest mountain.

One beautiful, pure, white candle,
touching the heavens.

See it in your mind,
feel it in your heart, burning...
burning for you, burning for me,
burning for all of us.

Let this candle be a reminder that we are all ONE.
That we are not separate from each other,
that we are not different at all, on the inside,
where it really matters.

Come with me...
and let us meet there on top of this mountain,
with this one little candle burning,
when your soul is wounded and your body weary.
Let us find strength there in each others light,
comfort in each others love.
Let us join there together and shine that light
and love into the night, into the hearts of all men,
women and children on this planet.

And when you are separated from a loved one,
visit with them at this place,
with this little candle burning,
and tell them of your love.

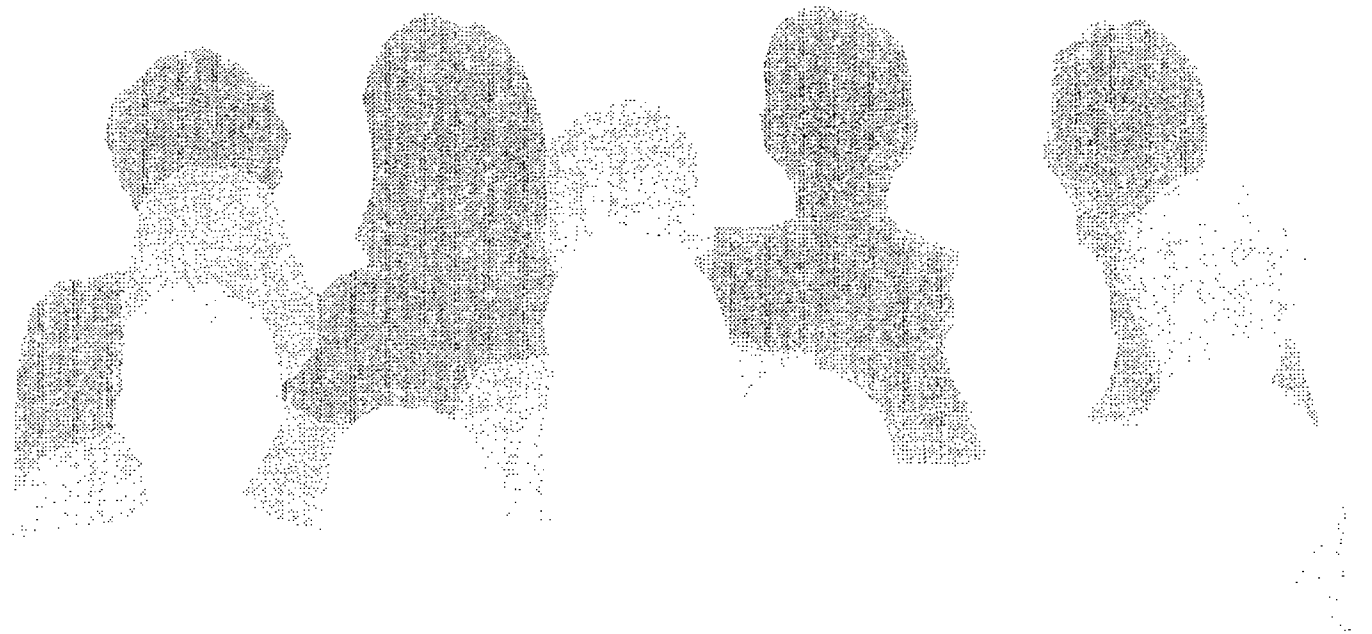
And when you close your eyes to sleep at night,
remember the little candle waits for you
in your dreams, your dreams for yourself,
your dreams for the world,
your dreams for humanity.

And when your children come to you,
confused and afraid,
tell them of this sacred place,
on top of this mountain and of the little candle
waiting, yearning, burning for them.
Come...come with me now.

-Veronica M. Hay

By
Lee Miles

How can you be prejudice, if all you see is people?



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001b. school paper	Plan for Peace project, Carey Strazzulla (partial) (1 page)	nd	b(6)
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COLLECTION:

Federal Records

White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

FOLDER TITLE:

Additional Testimony 2000-2002 [2]

2011-0568-S

kc821

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

P1 National Security Classified Information [(a)(1) of the PRA]
P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
P3 Release would violate a Federal statute [(a)(3) of the PRA]
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P5 Release would disclose confidential advice between the President and his advisors, or between such advisors [(a)(5) of the PRA]
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C. Closed in accordance with restrictions contained in donor's deed of gift.

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

RR. Document will be reviewed upon request.

Freedom of Information Act - [5 U.S.C. 552(b)]

b(1) National security classified information [(b)(1) of the FOIA]
b(2) Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]
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b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

The fastest and best way of promoting peace would be through different forms of advertising. Let's look at peace as a product, and like any other product, it must sold. Billboards, magazine ads, and commercials are just a few of the ways to advertise. Many advertisements are geared to people through the use of beautiful men & women having fun. Well, peace can be looked at as fun. If you promote peace, good things will happen to you. Another way to promote peace would be to stop violent television shows, movies, and violent songs from being played. Take a look at the rapper Eminem. So much controversy rose when he came out with songs about killing his wife and bad mouthing homosexuals. If his songs were never produced they nobody would have bad things to say about him & his music. In the world today, I think people are more concerned with terrorism than Eminem's lyrics, but peace has got to start somewhere.

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DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001c. school paper	Plan for Peace project, Jonathan Cremons (partial) (1 page)	nd	b(6)

COLLECTION:

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White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

FOLDER TITLE:

Additional Testimony 2000-2002 [2]

2011-0568-S

kc821

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Don't fight for peace



Show love for peace.

This would be my plan for peace. It is a billboard that shows the effects of war, with pictures of children and others who have been wounded in battle. The other picture is of a man and his grandchild. They are obviously showing love to each other. I think that this would appeal to the emotional side of some people and would make them think about what is going on. It is an just an idea, but it might work.

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DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001d. school paper	Plan for Peace project. Nathan Wiesner (partial) (1 page)	nd	b(6)

COLLECTION:

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White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

FOLDER TITLE:

Additional Testimony 2000-2002 [2]

2011-0568-S

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[Gold]

Plan for Peace

(b)(6)

by Nathan Wiesner

What a task it would be to bring our whole world to peace. By now, all of us know that it is tough enough to bring our nation to peace. My plan for peace is very simple; however, I believe it would be very effective. My plan of action would be that each person in the entire world be ordered to do at least one thing each day to help another. It could be as simple as telling someone you love them or taking care of them when they are sick. I believe if we all just did simple things for one another, the world would become a better place.

In order for peace to happen,

In order for peace to happen,
the media must change its view.
Reporters must be unbiased,
the whole truth must be told.

In order for peace to happen,
all stories must show both sides.
Americans are not always correct,
the "enemy" is not always wrong.

In order for peace to happen,
our differences must be praised.
Similarities do not make a country,
the melding of ideas does.

In order for peace to happen,
we must all act in change.
The voices of all are needed,
the interests of many are granted.

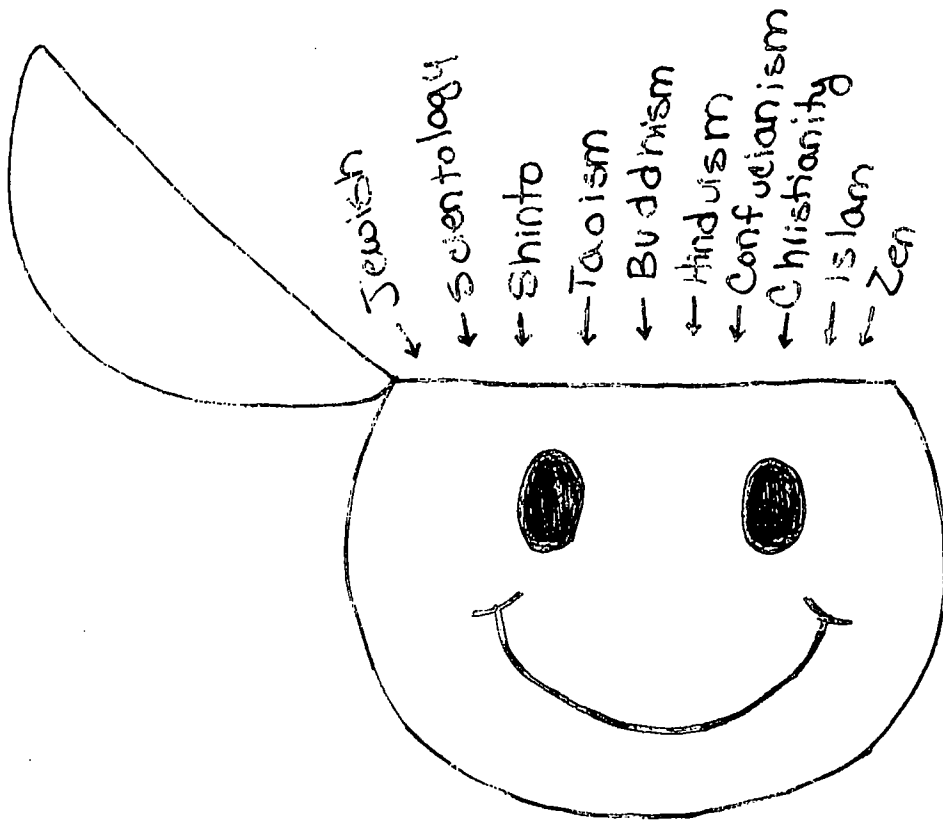
In order for peace to happen,
I must make my requests known.
Your voice must, and mine is small,
but your voice must be the scale.
In order for peace to happen,

Kathleen M. Lindner
June 30, 2001

Got Peace?

The Key to World Peace:

OPEN-MINDEDNESS



We all share the same goals in all hoping to satisfy certain aspects of our religion.

This includes our custom, culture, nationality, and spiritual beliefs.

When we disrespect, discriminate and show violence against another human, our interpretation of religion has gone sour.

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DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001e. school paper	Plan for Peace project, Leigh Ann Childs (partial) (1 page)	nd	b(6)

COLLECTION:

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White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

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Freedom of Information Act - [5 U.S.C. 552(b)]

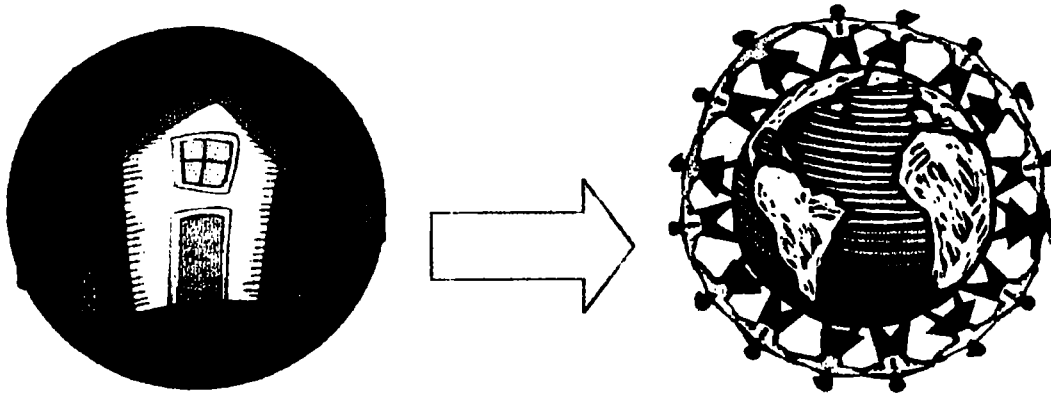
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Leigh Ann Childs

(b)(6)

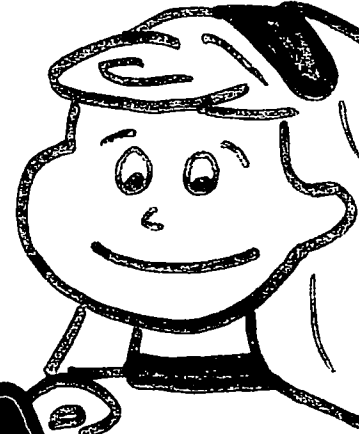
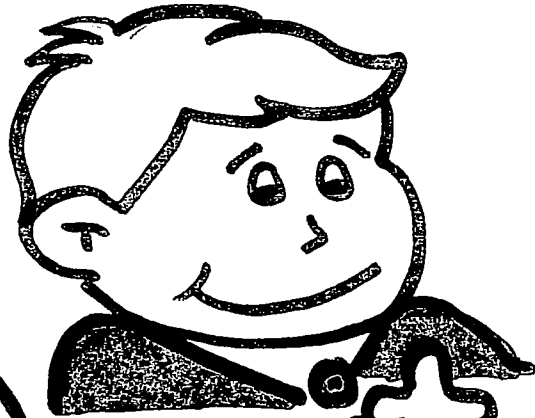
Plan for Peace – Billboard Display

Global Peace Starts At Home



**First achieve peace within the home
and then share it with the world.**

Think Peace...



Do

it for

her



Children

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001f. school paper	Plan for Peace project, Chad Espelage (partial) (1 page)	nd	b(6)

COLLECTION:

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White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

FOLDER TITLE:

Additional Testimony 2000-2002 [2]

2011-0568-S

kc821

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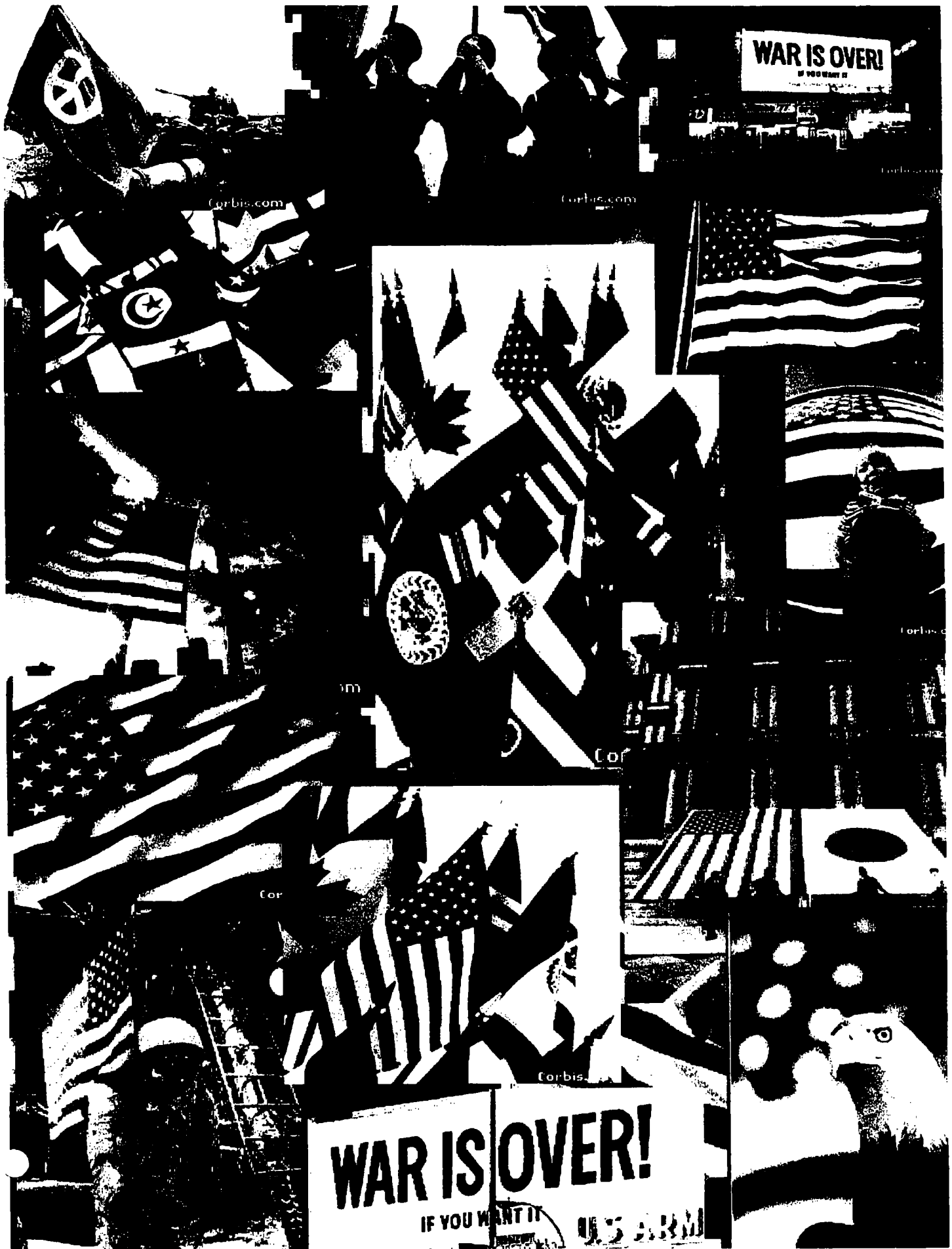
PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

RR. Document will be reviewed upon request.

Freedom of Information Act - [5 U.S.C. 552(b)]

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[001F]



CHAD ESPELASH

(b)(6)

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DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001g. school paper	Plan for Peace project, Nasrien Ibrahim (partial) (1 page)	nd	b(6)

COLLECTION:

Federal Records

White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

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Additional Testimony 2000-2002 [2]

2011-0568-S

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Nasrien Ibrahim (b)(6)
Media Campaign For Peace

- Commercials on TV should show people of all races and creeds “hanging out” together”
- Commercials can show people of all kinds at one dinner table, for example, having a good time together.
- Instead of always emphasizing great gifts and ideas solely for Christmas, holidays and celebrations from other cultures should also be incorporated into daily TV. (This will allow people to maybe understand, respect and tolerate other people’s cultural differences).
- On the news they should talk about special cultural days and events of other countries and different religions. This will help people understand different people’s ways of living.
- Show integrated neighborhoods on TV. Mixed neighborhoods with all races.
- Show schools that have students from various backgrounds and let people know that they are having a good time and are at the same time learning.
- Make commercials showing people inviting others, not of their ‘like’, to their homes. A Hispanic family, for example, having a Caucasian family over for dinner.
- Show sheikhs, priests, pastors, temple leaders and leader of different religions working towards one cause; collecting money for a third world country, promoting peace, speaking against violence etc...
- Announce visiting/ “open-house” hours for people to go to different places of worship and learn a little about the different religions.
- Show commercials where Arabs and Jews and enjoying their time together and are overcoming their differences.

- Show neighborhoods that are “international” and are flourishing.
- Have people from different backgrounds appear on TV and speak about their personal life experiences and how we should seek peace and understanding.
- Speak out against hatred and promote love, understanding and tolerance.
- Open discussions and debates on TV including people from all areas of the city, people wanting and willing to overcome differences.
- Have famous artists sing songs about ridding ourselves of violence and hatred and promoting peace and love.
- Make movies and TV shows that promote ACCURATE views about other cultures, and that promote peace.
- Decrease the amount of violence in cartoons. We need to teach kids from the start about tolerance and living peacefully in a diverse environment.
- Expose viewers to a variety of other cultures to increase understanding. Put TV shows from other countries on public TV for a change.
- Show people from different cultures married to each other with children, leading a happy and normal life.
- Encourage people to learn a different language.
- Encourage people to step out of their world and view things through the eyes of others.
- Encourage people to travel to different countries and encourage people from other countries to come visit here.
- The main point is to open up people’s minds and have them understand cultural differences and this will minimize conflict and hence bring about PEACE.

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001h. school paper	Plan for Peace project, Shannon Chaney (partial) (1 page)	nd	b(6)
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COLLECTION:

Federal Records

White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

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Shannon Chaney

(b)(6)

Sociology

15SOC141-003

Plan for Peace

It would be very difficult for peace to occur throughout the United States and the world. The public would have to be convinced to look past their ideas and realize things from a different viewpoint. They would constantly need to be reminded of how to form peace. If this issue is something that is constantly in their faces they will be forced to give it some thought.

Several groups should join together to try to make peace happen. The media should be responsible for presenting more positive than bad movements towards peace. They should only be allowed to present the facts of a situation and nothing else. They should not be allowed to present things that have happened in the past; the focus should be on the future. There should be numerous commercials and adds about establishing peace on the television. If every other commercial and add had something to do with establishing peace, then the public would be forced to think about it.

The president and famous people should be responsible for giving interviews and news talks about promoting peace. Hopefully their admirers would follow what they say, since they look up to them so much. There should be more bumper stickers and billboards produced that promote peace. They should be everywhere people look. I printed some things off the Internet and created a peace billboard on the next page.

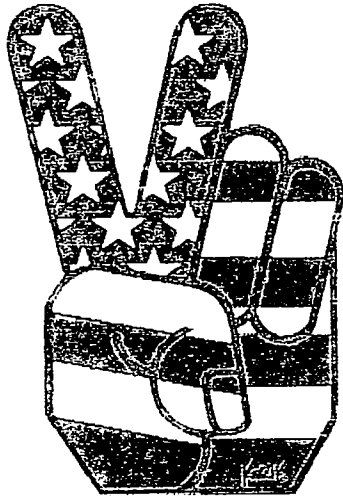


Love
One
Another



H A T E
F R E E
Z O N E

UNITE AGAINST
RACISM



Love is the only
thing that can be
divided without
being diminished.

WORLD PEACE

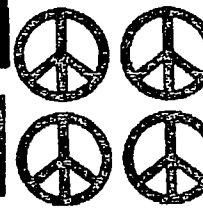
PEACE



NO JUSTICE
Know Justice

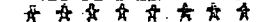
NO PEACE
Know Peace

FIGHT RACISM



Peace Be With You

UNITE AGAINST
RACISM



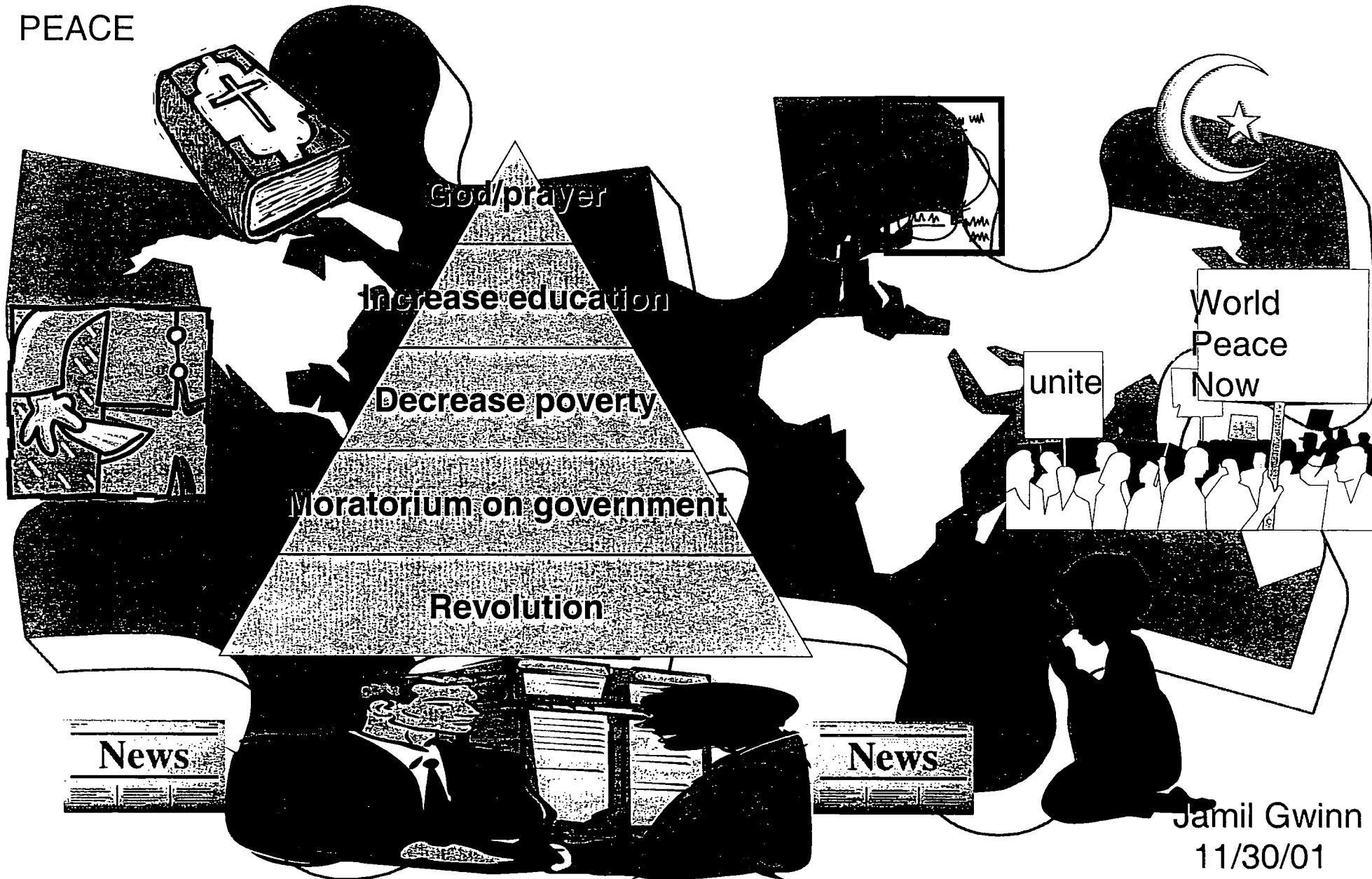
WORLD PEACE

FIGHT RACISM

Peace Be

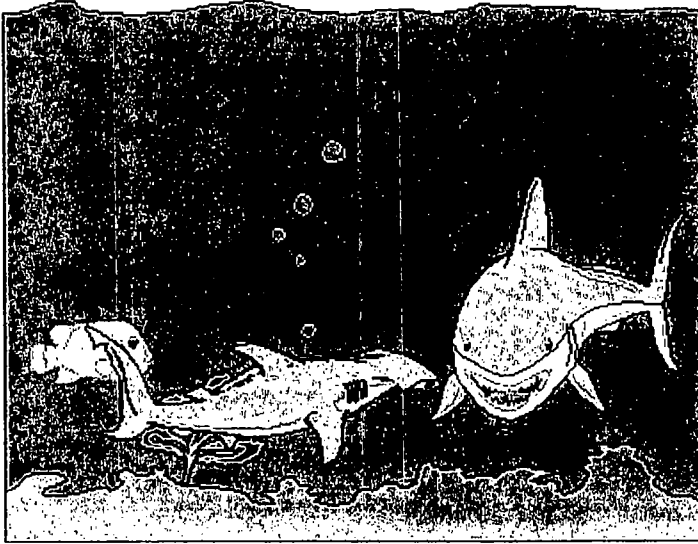
UNITED FOR PEACE

WORLD
PEACE



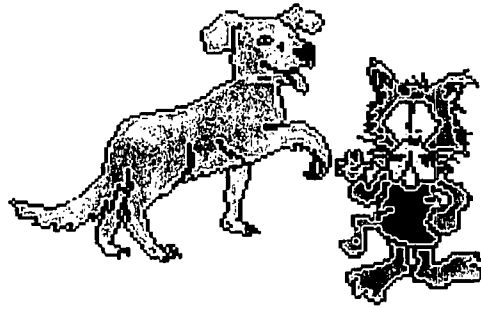
Jamil Gwinn
11/30/01

A PLAN FOR PEACE



Don't fight, talk it out.

Erich, Age 6, Belle Mead, NJ USA



Be fair, be friends.

Ahmad, Age 7, Princeton, NJ USA

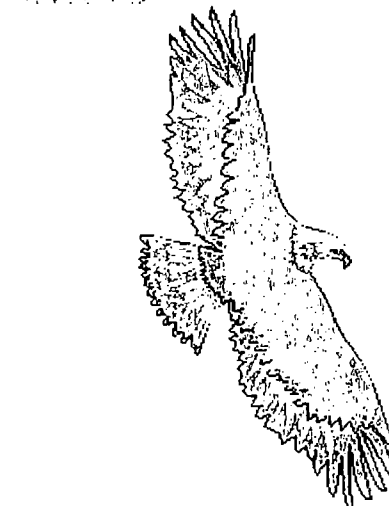


*Be nice to all of your friends,
even if they are different.*

Colin, Age 5, Belle Mead, NJ
USA



There is something good in every creature.



*The Eagle is a symbol of freedom. I
like being free.*

Wilson, Age 6, Princeton, NJ USA

My Plan For Peace? It's obvious. People already know how to live and treat others "Peacefully." The problem is that people are not doing this. The affect of not demonstrating Peace is present everywhere. Example: The Riots in Cincinnati this past year and the September 11th tragedy. Our future is dependant upon our children. Ask our children of the world their plan for peace and you'll find out they know more than the average adult. My plan for peace: Open your eyes and your hearts and accept others into your life. You don't have to agree with the practices of others, but you do have to respect them.

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002. testimony	Lydia Craigmyle (partial) (1 page)	nd	b(6)

COLLECTION:

Federal Records

White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

OA/Box Number: 43232

FOLDER TITLE:

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- b(1) National security classified information [(b)(1) of the FOIA]
- b(2) Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]
- b(3) Release would violate a Federal statute [(b)(3) of the FOIA]
- b(4) Release would disclose trade secrets or confidential or financial information [(b)(4) of the FOIA]
- b(6) Release would constitute a clearly unwarranted invasion of personal privacy [(b)(6) of the FOIA]
- b(7) Release would disclose information compiled for law enforcement purposes [(b)(7) of the FOIA]
- b(8) Release would disclose information concerning the regulation of financial institutions [(b)(8) of the FOIA]
- b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

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The Healing Power of the Present Moment

A fundamental dynamic in the healing process is to shift one's attention to the present moment. Thoughts or mental images about the past or the future can distort one's awareness of the current reality. This distortion can have deleterious effects on one's social interactions, emotional well being and physical health^{1, 2, 3, 4, 5}.

In contrast, attention to the current reality empowers one to be able to find new responses to one's present situation. This brings about a state of physiological balance in the body and mind that is experienced as a state of calmness, openness and clarity. This peaceful relaxed state enables the body to heal and maintain optimal health^{6, 7, 8}.

Mind-body health practitioners teach a variety of techniques to children and adults to enable them to shift their attention to the present moment and derive healing benefits. Techniques that use the mind to shift to the present moment include mental imagery^{9, 10, 11}, meditation¹², the relaxation response¹³, hypnosis¹⁴ and prayer^{15, 16, 17}. Techniques that use the body to become present include physical exercise, yoga, martial arts, and dance.

Over the last four decades neuroscience researchers have discovered that there are reciprocal interactions between the images and thoughts in the mind and the body^{18, 19, 20}. The language of the mind is images or pictures²¹. Mind-body practitioners have found that when mental images are transformed, the body transforms and heals^{22, 23, 24, 25, 26}. The practice of mental imagery utilizes the person's intentional will to choose to shift from one's customary, habitual ways of thinking, feeling and behaving to creating new responses^{27, 28, 29, 30}.

The focus of this paper is upon the techniques of the mind. To explain how this mind-body healing may occur, a simplified summary of some of the latest brain research will be discussed³¹.

As we go about our day, our brain is constantly attending to both familiar and unfamiliar situations. Our ability to flexibly respond to the differing demands of our social, emotional and physical needs determines the perception of stress and our ultimate well being.

The different demands for attention placed upon our brain can broadly be thought of as two disparate systems or states of functioning within the brain^{32, 33}.

One can be thought of as the habitual, autoassociative state which deals with the familiar, well-learned parts of our lives and stimulates rapid, habitual coping responses^{34, 35}. This system enables us to respond quickly, with selective attention to danger and to do well known tasks. This system uses primarily older parts of the brain, including the amygdala, the hippocampus and the cerebellum.

The other state, the orienting state, responds to the new or the unknown in our lives and enables us to learn new information about the current moment³⁶. This system involves the locus coeruleus and a highly interconnected cortical orienting system (which includes the prefrontal, cingulate and parietal cortex). When we are in the orienting state the entire brain is stimulated to receive new information with less selective attention, allowing us to function optimally in novel changing environments^{37, 38, 39}.

Both of these brain states have systematic responses that are integrated with simultaneous physiological changes in the body. A primary messenger that modulates these activities in the brain and the body is norepinephrine⁴⁰. Depending on the needs of the person, one of these two systems may dominate and in so doing, turns off the other system^{41, 42}.

To illustrate, if a classmate bullies a child every day at school, this child at school will be in a state of familiar, habitual stress. This familiar emotional stress activates the habitual emotional part of the brain (the amygdala) which stimulates the body's stress system, the sympathetic nervous system^{43, 44}. Activation of the body's stress system simultaneously produces an increase in the stress hormone

norepinephrine and increases in heart rate and blood pressure^{45, 46, 47}.

Both the activation of the habitual emotional part of the brain (the amygdala), and the increase of norepinephrine in the body decrease activity in the orienting system of the brain (in the locus coeruleus and the cortical orienting areas) so that the child is incapable of finding a new way to cope with the bully⁴⁸. Hence, the child may respond to the bully with a rapid well-learned response such as yelling or violence.

The familiar stress causes a cascade of physiological changes that over time increases the risk of heart disease, strokes, suppression of the immune system as well as curtailing learning and enhancing conditioned responses that may be inappropriate to the current reality^{49, 50, 51, 52}. Thus, the person feels stuck, stressed and powerless to change their thoughts, or behaviors.

In contrast, the child might have an intention to change his/her behavior and feelings with a mind technique. For example, a quick mental imagery exercise in which the child sees an image of the bully's behavior and changes this image, finding a new way to feel and behave with the bully. The technique will activate the orienting system of the brain, including activating the anterior cingulate cortex, which inhibits the body's stress system (the sympathetic nervous system) lowering the heart rate, blood pressure and norepinephrine in the body^{53, 54, 55}.

Simultaneously, the activated orienting system inhibits conditioned behavior, turns off the habitual, automatic system of the brain and shifts attention to the reality of the present moment to receive the new information⁵⁶. The child will feel alert, fully aware and calm. The child is no longer at the mercy of his or her automatic, habitual reactions. Instead of reacting to past insults, the child is freed up to respond appropriately to the present moment.

In conclusion, intentional practices of the mind activate the orienting part of the brain, which turns off the habitual parts of the brain, allowing us to be available to the present moment. The orienting state also stimulates a state of calm within the nervous and cardiovascular system that allows the body to heal. If the technique used is mental imagery, old painful images of feelings or

behaviors can be changed as new images are made visible as they are received in the timeless present moment. Thus, the individual can be empowered to take part in their healing journey and create whatever physical, emotional, spiritual or social reality they choose.

Lydia Craigmyle Ph.D. Bio

Lydia Craigmyle Ph.D. is a licensed psychologist with a private practice in integrative psychotherapy, specializing in the use of mental imagery, dream reading and spiritual growth in New York City. She received her B.A. in Psychology from Johns Hopkins University in Baltimore and her Ph.D. in Clinical Psychology from Long Island University in New York. Her post-doctoral certificate is from the American Institute for Mental Imagery in New York.

She has had a wide variety of affiliations in both clinical and research hospitals and universities, in the areas of psychology, immunology, neurology and cell biology and has published several research articles in scientific journals in these fields. She conducts workshops internationally in mental imagery. She is committed to empowering individual's emotional well being and spiritual growth.

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KQ

On the next three pages, I have included an excerpt from The Foundation For Health And The Environment (FHE) environmental design to elucidate a communications approach that can be applied to peace.

FHE Goals

Immediate project:

Phase one

Website:

FHE will create a website that will be an important communication and coordination tool for this cause and will be a resource for other environmental communities that are also confronted with pesticide misuse so that they do not have to reinvent the environmental research and advocacy wheel. FHE will link local environmental coalitions so that they can be a stronger force by working together. FHE will link this work with local and national breast cancer coalitions, the growing population of concerned mothers, the growing population of concerned fathers and grandfathers in America's legislative body, the Sierra Club and all environmental groups. It will unify the efforts of concerned citizens such as outstanding doctors and scientists, public officials, and environmental experts into one pro-active force. The website will include the detoxification, preventive and restorative medical knowledge known for citizens who have been exposed to toxic pesticides. The foundation will coordinate with the media and the international environmental community, in an effort to unify as one effective and benevolent force.

Public Relations Campaign:

A public relations campaign will facilitate a local and national pro-active conversation and create majority support to stop the misuse of pesticides that affect the delicate balance of the ecosystem. The misuse of pesticides causes serious harm to wildlife, and is already known to be responsible for creating the largest lobster die-off ever recorded in the history of the Long Island Sound. The campaign will advertise natural biological pesticides and technology that supports nature, so that people become aware of environmentally conscious options.

The public relations campaign will aim to fulfill the following tasks:

- Educate and inform the public of the harmful and toxic effects of pesticides on the environment and individuals especially the unborn, children and the elderly. An educated, informed, and empowered public is the most powerful tool that a democratic society has to protect our environment and our health.

- Present environmental solutions to the public and lawmakers, highlighting what it takes to enact laws that protect the environment. The foundation will present lawmakers with the best technological solutions that address environmental problems.
- Educate people as to how to take a stand and be effective with their local and federal officials. Laws have been enacted to protect us from DDT and asbestos. Laws must now be created to safeguard the public and our environment against the dozens of other toxic pesticides that are currently misused by chemical companies.
- Explain how pesticides, which are persistent organic pollutants (POPs) affect the unborn, children and adults, physically, psychologically and mentally; how the body responds to the chemicals and how to clear the toxins from our bodies. Help people understand the significance of the environment and how it affects our health.
- Saturate all of our environmental allies in the media that want our research and information, and do a multi-media flood of environmentally conscious programming. The foundation will provide media-ready, well-credentialed environmental solutions that need to become a strong force of public knowledge for us all.
- Prior to the 1999 spraying of malathion in Manhattan, 90% of environmental pollutants were within homes. Explain how to make homes as safe as possible with respect to natural biologicals versus chemicals.

The website, public relations campaign and documentaries function as interconnected tools.

Documentaries:

Channel 13 quality documentaries will produce the wisdom of our time that supports the environment, help people develop a better relationship to the Earth, help people understand the intrinsic value of nature and how to work with nature as a solution to public health challenges. The truth within this programming will ring like a bell within American consciousness. Produce documentary films to educate the public and publicize the research and wisdom of our nation's top toxicologists, scientists, epidemiologists such as Dr. Jay Gould, doctors such as Janette Sherman who wrote the book LIFE'S DELICATE BALANCE regarding breast cancer and its relationship to the environment, and environmental sages such as Thomas Berry. It is imperative to record the environmental knowledge that our environmental elders hold. Through working on this cause, I have offers of introduction to our nation's top environmental and scientific experts. Their knowledge can bridge the gap of environmental understanding in our society, give the American people the opportunity to hear the wisdom of our country's environmentally conscious intellectuals and help the populace awaken to make change.

B. Budget attached for three one-hour shows:

Multimedia: produce, promote and distribute, environmentally conscious documentary programming

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The following is a descriptive of my work:

We live on a planet of extraordinary wealth, beauty, and abundance. Unfortunately, many of us are so preoccupied by fear and anxiety that we do not fully enjoy its richness. We may allow limiting ideas to hold dominion over us, or we have denied our passions for so long that we have nearly forgotten what they are. Perhaps we may have chosen paths based on what we thought we should do and as a result have experienced a profound sense of isolation and emptiness. We feel fragmented, less than whole. Many of us in our doubt have swept our brightest hopes and visions into a corner, wishing they would disappear but knowing that they will not. We are not actualizing our highest potential and this is what causes so much of our pain. There is a way for it to be different.

Creativity in its purest sense can be harnessed to effect enormous transformation in our lives. Using the heart as the center of focus, I help people access and focus their creativity. As your heart begins to light up, your whole system starts to reorganize, on the more subtle energetic level as well as on cellular levels. Limiting attitudes and fears that have made it difficult for you to feel fully creative and joyful may illuminate. In this process of illumination your fears and blocks can transform, quite effortlessly, into an effective creative fuel which you can use as you step forward with your life and your work in the way you truly desire.

We all yearn for the peace and satisfaction that come from remembering deeply who we are and what our roles are in this Earth community. If you feel stuck personally or professionally, if you are feeling empty or dissatisfied, or if you are simply wanting a fuller expression of joy in your life, I invite you to experience my work: creativity. I will help you feel the support of the Earth beneath you, an important source of strength and grounding, and teach you how to align your own rhythm with the cycles of the Earth, which will greatly enhance the effectiveness of any work that you do. I will provide loving guidance and energetic support while you open and clear whatever is blocking the free flow of energy through your system. I will lead you on a path of discovering those talents that lie dormant within you and of finding ways to use these talents more effectively. Together, we will create a magnificent vision, a composite of your greatest talents and your deepest desires. As I help you become clear on what you really want to focus on in your life, we will hold that vision and as the energy builds and changes begin to happen, I will continue to hold the vision even as you go through passages of fear and confusion in order to clear out energetic blocks. You will start to feel immediate shifts in your creative work or your personal relationships.

Once you are on line with your true goal and running off of this new energy, your business, your creative projects, and your relationships will naturally undergo their own processes of transformation until they too are reaching their highest potential. There will be fluidity and prosperity where before there had been frustration and limitation. The pain and emptiness will subside because you are no longer stopping yourself from coming into your fullest potential and a deep joy emerges out of this creative expression. You experience the deep sense of inner peace you yearn for. You are happy in this highest, most complete experience of yourself and your projects are prospering in a way they never have before.

In order to come into our fullest potential, it is necessary not only to align ourselves with the Earth we live on, but to recognize the very important larger picture: that we are each an integral part of the Earth community. In a time when technology is making it more and more possible to be connected with our neighbors on the other side of the globe and all the places in between, our sense of community is shifting rapidly. We are wanting a sense of integration, longing for an understanding of the role we play in the larger picture. As human beings it is our nature to live in community and in order to feel fully joyful and peaceful we must know the role we have to play. The work I discussed will enable each of you to individually discover your purpose here and from that clarity, I will help you make the right connections and build community in ways that will strengthen your own talents and gifts as well as those of the people you are working with. When a group of people, each of whom have access to this powerful creative energy, comes together and focuses on one particular goal, extraordinary events such as world peace can happen.

This process is universal in that it can be applied to many different professions. Whether you work in a health profession, in business, politics, law, education or film, there is a way for you and your company or staff to benefit immensely from this work.



TO:

Stephen Groft

COMPANY:

WHCCAMP

DATE:

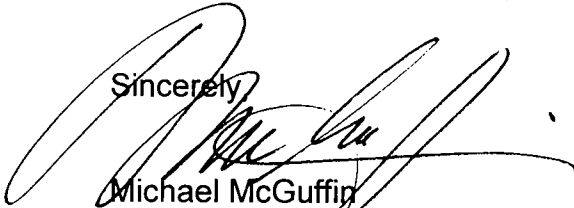
July 17, 2001

Dear Dr. Groft,

Enclosed here is a copy of the comments that I have submitted to Dr. Gordon on behalf of the American Herbal Products Association. I have mailed the original to Dr. Gordon at his Washington, DC office.

I will appreciate your assistance in providing copies to other members of the Commission. If there is anything else you need from me, please do not hesitate to contact me. I am in my west coast office for the rest of this week and will return to Silver Spring next Monday. I can be contacted there at (301) 588-1171 x201.

Sincerely,



Michael McGuffin
President, AHPA

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July 17, 2001

James Gordon

Chair, White House Commission on Complementary and Alternative Medicine Policy
c/o Center for Mind-Body Medicine
5225 Connecticut Ave., NW
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Washington, DC 20015

Hello Jim,

It was a pleasure spending a few minutes with you last week and discussing some of the issues that are of mutual interest to the White House Commission on Complementary and Alternative Medicine Policy and the community of manufacturers and marketers of herbal products represented by the American Herbal Products Association (AHPA¹). As I told you on Monday, I have been meaning to provide comments to the Commission for some time, and I appreciate your encouragement to do so at this time.

The three areas of most significant common interest that I will address in this letter are:

- concepts toward the use of regulatory categories other than that of the dietary supplement category for marketing some herbal products
- the need to incentivize contemporary research on herbs while simultaneously acknowledging the presence of “public knowledge” about many of the most broadly used and sold herbs
- the need for a management level position at FDA that serves as an “ombudsman” for dietary supplements

Regulatory categories

When the Dietary Supplement Health & Education Act (DSHEA) was passed in 1994, it created a Commission on Dietary Supplement Labels that was appointed by President Clinton. AHPA and others provided comments to that Commission which suggested that the over-the-counter (OTC) drug category be considered as an optional regulatory category for some herbal products.

That earlier Commission’s final report², issued in November 1997, provided several recommendations related to proper labeling of botanical goods, including support for reexamining the OTC category. The Commission’s conclusions specifically stated that

¹ AHPA was founded in 1983 by a group of companies active in the trade in botanicals. AHPA is now the national trade association and voice of the herbal products industry, comprised of domestic and foreign companies doing business as growers, processors, manufacturers, and marketers of herbs and herbal products. AHPA serves its members by promoting the responsible commerce of products that contain herbs and that are used to enhance health and quality of life.

² Please let me know if you need assistance in obtaining any of these documents.

“FDA needs to give special attention to the feasibility of approving botanical remedies for OTC uses in cases where sufficient evidence is available,” and suggested that a botanical products review panel be convened by FDA.

The Commission also commented on the amount of evidence that would be necessary to support an OTC claim, stating that “The type of evidence that was required for OTC drugs already approved for certain uses should be the benchmark for determining what is generally recognized as sufficient evidence for botanical products intended for the same uses now.” The Commission went on to add that any higher standard for proof of efficacy should be justified and that there should be “equity in the OTC review process” so that any review “would apply equally to currently approved OTC drugs and to any botanical product covered by a new review.”

AHPA agrees with these recommendations of the Commission on Dietary Supplements Labels and supports the examination of this regulatory category for botanical products. In our view, consumers would be better served if the market provided more options for labeling botanical products. Herbal dietary supplements that are manufactured in accordance with supplement (currently food) good manufacturing practices (GMP) and labeled in conformity with Federal regulations for dietary supplements should continue to be allowed to bear properly substantiated statements of nutritional support. In addition, products that contain herbal ingredients for which there is a long history of safe use sufficient to support an OTC-like claim should be able to be offered as either dietary supplements or as OTC drugs, manufactured in accordance with drug GMP and a specific OTC monograph and bearing the drug claim and appropriate label warnings specified in the relevant OTC monograph.

Unfortunately, the Food and Drug Administration has not expressed any meaningful support for this recommendation of the Commission. In their Comments on the Commission’s Report as published in the *Federal Register* on April 29, 1998², that agency dismissed the Commission’s ideas as “costly and resource-intensive.” They also described certain ongoing activities at FDA that were deemed to be relevant to the Commission’s recommendation, and so stated that a draft guidance for development of either OTC or prescription botanical drug products. When this guidance was actually published as a 43-page draft² in October 2000, however, it included only seven paragraphs that discussed an OTC option. This draft made no reference to any of the ideas proposed by the Commission three years earlier, and concluded with a recommendation to contact FDA’s Division of Over-the-Counter Drug Products for more information.

Of additional interest is the fact that the issue of an OTC review for botanicals has not been addressed or identified in FDA’s Dietary Supplement Strategy (Ten Year Plan)², released in January 2000, or in either of the subsequent annual CFSAN Program Priorities².

It has become apparent that FDA will not provide any leadership in examining this other relevant and useful regulatory option for marketing of herbal products unless they are specifically directed to do so by some higher authority. We therefore request that the current Commission either recommend that Congress, the Department of Health and Human Services, or other appropriate authority instruct FDA to initiate the recommendations of the earlier Commission in regard to examining the OTC option for botanicals. We also suggest that you seriously consider recommending that another Federal entity, for example the US Department of Agriculture or the Office of Dietary Supplements at NIH, be authorized, instructed, and funded to carry out the envisioned OTC review.

Incentivizing research

Much discussion has occurred in the past several years about the need to provide financial incentives for companies and other organizations that perform original research on the ingredients used in dietary supplements. It has been broadly reported that, in the area of botanicals in particular, it is difficult to provide patent protection that is sufficient to recoup expenses associated with research.

I can not report here that I or AHPA have developed a simple or even a complex solution to this knotty problem. Rather I will offer some specific perspectives that must be considered in any solution that both rewards research and protects the public's use of ingredients (particularly herbs) for which specific uses has been well established by a long tradition of use.

In *The British Herbal*, John Hill recorded in 1756 that valerian root is "...excellent against nervous complaints... [and] all that train of miserable disorders included under the name of *nervous*." The use of this herb was established in the *United States Pharmacopeia* from its 1st edition in 1820 through the 11th revision in 1942, and Edes described its official use in 1883 in his *Therapeutic Handbook of the United States Pharmacopeia*: "It is used to quiet nervous excitement as in hysteria or nervous headache, or to promote sleep in cases of hypochondriasis or nervous restlessness."

Valerian root products are currently available in the American market, primarily marketed for "stress support" and as an aid for occasional sleeplessness. Thus the contemporary use of this herb is quite consistent with a long and well documented historical use. Such continuity is not unique, and in fact, a similar historical accounting could be provided for almost all of the most commonly used herbs in today's market (with the notable exception of ginkgo leaf extract), including: black cohosh, chamomile, echinacea, ginger, ginseng, kava, St. John's wort, saw palmetto, etc.

Although I can not identify myself as experienced in the arcana of patent rights and protection, it is obvious that the long-standing use of a substance for a particular purpose must be recognized as "public domain" knowledge, such that the use takes on ownership by the public. Whatever mechanisms come into place to incentivize, protect and reward

those who initiate research on botanicals must not disrupt this public ownership and access.

In terms of incorporating this “public domain” concept into other discussions, I have devised a simple description that can clarify the points I’m making here. We can view the world of possible products as divided into four quadrants, as follows:

	<i>known</i> ingredients	<i>unknown</i> * ingredients
<i>known</i> uses	1. <i>known</i> ingredients for <i>known</i> uses – provide protection to PUBLIC	2. <i>unknown</i> ingredients for <i>known</i> uses – provide protection to PUBLIC
<i>unknown</i> uses	3. <i>known</i> ingredients for <i>unknown</i> uses – provide incentive to RESEARCHER	4. <i>unknown</i> ingredients for <i>unknown</i> uses – provide protection to RESEARCHER

* i.e., unknown in or novel to the US market

Products in quadrant #1 include, for example, valerian for stress and as an aid to sleeping, saw palmetto for prostate health, or St. John’s wort for mild to moderate depression. A product in quadrant #2 might consist of an obscure herb that is known in a local culture for a specific use – a non-supplement example is neem (*Azadirachta indica*), long used as an agricultural insecticide in Asia and India. An example for the 3rd quadrant would be any novel use for a well-known ingredient, such as the new discoveries of the usefulness of ginkgo leaf extract for issues related to aging. Though ginkgo (usually the seed) has a long history of cautious use for lung congestion, it was relatively recent research that established the broad contemporary use of ginkgo leaf. Finally, examples in quadrant #4 are unnecessary, as it is meant to represent truly novel discoveries of new uses for substances for which there is no history of use.

It is crucial that, whatever incentives are established for research, the public’s access to and ownership of the knowledge described in the 1st quadrant is maintained. We should guard against over-incentivizing anyone for performing the last 6 months of a research project that began centuries ago and has been based on empirical observations.

Nevertheless, it must be acknowledged that there would be value in better understanding, for example, the mechanisms of action of valerian root or St. John’s wort. In fact, it can be argued that such experimentation is exactly the area in which the National Center for Complementary and Alternative Medicine (NCCAM) should be focusing its efforts and resources, so that public financing is used to examine the known use of St. John’s wort for mild to moderate depression, rather than for an unrecorded use.

It is equally obvious that any truly novel research, as represented by quadrants #3 and #4, should be adequately rewarded. The most complex category with regard to appropriate incentives then is quadrant #2.

The example of neem's long history of use as an insecticide argues that traditional use outside of our specific culture must also be protected for the public (though the population of the specified "public" might differ). In a celebrated case that came before the European Patent Office last year, a patent that had been awarded jointly to the United States Department of Agriculture and WR Grace & Company in 1995 was revoked after arguments were successfully made that the use to which the patent application referred had been long established by Indian farmers. This same kind of protection of public ownership must be assured for herbs that have a long history of therapeutic use in other cultures and incorporated in any research incentive plan.

In summary, AHPA believes that the development of programs that will incentivize research on botanicals should simultaneously acknowledge and provide protection for the existing public ownership of long established common uses of common botanical ingredients. In addition, NCCAM should be encouraged to devote its primary resources to the scientific evaluation of non-novel uses.

FDA ombudsman

Dr. Janet Woodcock is the Director of FDA's Center for Drug Evaluation and Research. Dr. Kathryn Zoon heads up the agency's Center for Biologics Evaluation and Research, and Dr. Stephen Sundlof holds that position at the Center for Veterinary Medicine. While I have not had the opportunity to interview any of these or others of FDA's Center Directors, I do not believe that I go too far out on a limb in assuming that each of them is a responsible advocate for the products under their regulatory aegis. Dr. Woodcock almost certainly believes that timely approval and access to drugs is important to Americans. Dr. Zoon very likely holds that vaccines benefit the public health. Dr. Sundlof likely supports the use of veterinary drugs and medical feeds, both for our pets and our food-producing animals. I will go further in my speculation and presume that the products regulated by each of these and each of the other Centers at FDA are held in similar regard by most if not all of the senior and mid-level management, so that deputy and associate Directors and Directors of the various offices within each Center also consider the drugs, vaccines and other biologics, veterinary drugs, etc. to have value for Americans.

Dietary supplements are regulated primarily by FDA's Center for Food Safety and Applied Nutrition (CFSAN) and specifically by the Office of Nutritional Products, Labeling and Dietary Supplements at CFSAN. I mean no disrespect to either Mr. Joseph Levitt or Dr. Christine Lewis, the Center and Office Directors respectively, when I state that neither of these dedicated and qualified individuals has the same or even similar high regard for dietary supplements that the management of other Centers have for their regulated product categories. Neither is there anyone else at any level of management at

CFSAN that I have come in contact with who has ever expressed any indication that they believe that dietary supplements have even a potential contribution to make to the health of Americans. In fact, there is a general perception that CFSAN not only is absent any sense or expression of the value of supplements, but in fact believes that the primary impacts of supplement usage on Americans are negative. Accordingly, we have come to have the view that CFSAN has abdicated its responsibility to enforce the laws regarding dietary supplements and to establish important regulatory parameters such as current Good Manufacturing Practice regulations.

This situation needs to be corrected. One way to do so would be to create a position that I will tentatively identify as a “dietary supplement ombudsman” at CFSAN. This position should be filled by someone who has a background in training and experience that provides them with knowledge of the health benefits that supplements offer to our culture. In addition, from the perspective of AHPA and its members, this person should have specific knowledge and experience in the area of botanicals.

Beginning after the passage in 1938 of the Federal Food, Drug, and Cosmetic Act in 1938, the Food and Drug Administration, often with the support of “organized medicine” and with no objection from the pharmaceutical industry, devoted substantial enforcement resources against vitamin and mineral products. This effort culminated in a 14-year long regulatory proceeding that ended in the early 1970’s where FDA sought to impose substantial regulations on such products. Congress responded with the Proxmire Amendments which basically told FDA to cease their unwarranted scrutiny of vitamin and mineral supplements. And FDA’s continuing hostility to the industry led to the enactment of the Dietary Supplement Health and Education Act of 1994 – passed unanimously by both houses of Congress and signed into law without reservation. If we are to ever arrive at a peaceful coexistence with FDA we will need to know that someone at that agency has some basic respect for the goods that are marketed by our members.

Conclusions and Summary

AHPA and its members are interested in and supportive of the mandate of the White House Commission on Complementary and Alternative Medicine Policy. We have presented here specific suggestions in three areas of particular interest:

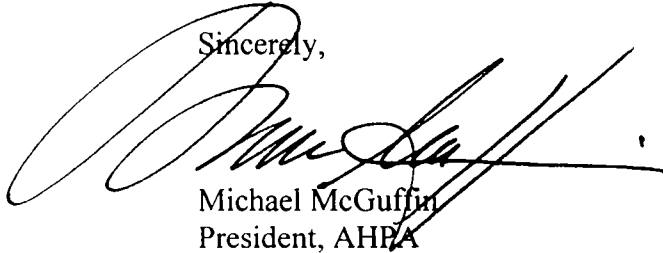
- that the Commission either recommend that Congress, the Department of Health and Human Services, or other appropriate authority instruct FDA to initiate the recommendations of the Commission on Dietary Supplement Labels in regard to examining the OTC option for botanicals; and that the Commission consider recommending that another Federal entity, for example the US Department of Agriculture or the Office of Dietary Supplements at NIH, be authorized, instructed, and funded to carry out the OTC review envisioned by the earlier Commission.
- the development of programs that will incentivize research on botanicals should simultaneously acknowledge and provide protection for the existing public ownership

of long established common uses of common botanical ingredients. In addition, NCCAM should be encouraged to devote its primary resources to the scientific evaluation of non-novel uses of long established and broadly used health disciplines, including traditional herbal remedies.

- a position should be created at FDA's Center for Food Safety and Applied Nutrition that can serve as a responsible advocate for dietary supplements at that Center. This position should be filled by someone who has a background in training and experience that provides them with knowledge of the health benefits of botanicals and other supplements.

I am available to discuss these and other ideas with you and other of the Commissioners. I regret that my time and resources have not allowed an earlier communication to you on these important issues and appreciate the opportunity to initiate a correspondence at this time.

Sincerely,

A handwritten signature in black ink, appearing to read "Michael McGuffin", with a large, sweeping flourish extending from the end of the signature.

Michael McGuffin
President, AHPA

cc: Stephen C. Groft
Peter Reinecke for Senator Tom Harkin

AMERICAN ASSOCIATION OF ORIENTAL MEDICINE

**433 Front Street
Catasauqua, PA 18032
Tel: 610-266-1433**

Presenter: 7

Date: December 7, 2001

White House Commission on Complementary and Alternative Medicine

Testimony

Good afternoon Commissioners. Thank you for allowing me to address the commission.

My name is Ian Cyrus. I am a professional practitioner of Acupuncture and Oriental Medicine, and newly elected president of the American Association of Oriental Medicine.

Oriental Medicine evolved into systematic approach of triage and treatment through thousands of years of practice in both urban and rural settings throughout Southeast Asia. Through this evolution, Oriental Medicine developed into an ideal entry point for the provision of general health care services. AOM practitioners can provide basic assessment and diagnostic services, acupuncture, Chinese herbal medicine, and manual therapy treatments, as well as make appropriate referrals and promote the continuity of care for each patient.

Our profession is recommending that the Commission's encourage policies that will promote the continued growth and development of OM in this country. Specifically, we support high entry-level standards of training, such as the four year, full-time professional doctorate programs under development, with strong core components in the biomedical clinical sciences. We support healthcare policies that will allow direct access to AOM professionals in private clinics, hospitals and integrated settings. In particular, we strongly support a change in federal policies to allow Medicare and Federal Employees insurance to provide reimbursement for AOM services provided by AOM practitioners. We support the adoption of new treatment codes that will allow for proper tracking and reimbursement for AOM services that are currently lumped under two codes. Furthermore, we support the use of AOM professionals to oversee and conduct research into the best AOM practices.

On a personal note, I find myself in a unique practice setting which I believe the Commission would find interesting. I practice along side four very fine physicians at Thomas Jefferson University Hospital (TJUH), Center for Integrative Medicine (CIM) in Philadelphia, Pennsylvania. CIM epitomizes an emerging model of medical practice in which allopathic, homeopathic, and holistic medicine seamlessly compliment one another to fulfill the changing needs and expectations of the health-conscious American public. In this setting, I am allowed to practice the full scope of AOM without fear of criticism or of being relegated to inferior position in the clinical setting. Currently, I participate as an equal partner in the clinical practice setting, research projects, and

peer-related education of other healthcare professionals in the hospital community. Our hospital and would welcome a visit by the Commissioners, if you are interested.

Finally, I would like to return to some issues of concern to our profession.

First, we would like to be assured that Oriental Medicine is formally recognized and addressed as a whole medicine by the Commission, and not simply divided arbitrarily into its modalities of delivery. We argued this point amongst ourselves years ago, and we determined that the best moniker for our complete medicine is the term "Oriental Medicine." While based in Traditional Chinese Medicine, it has become a broad and diverse practice throughout Southeast Asia, and the term "Oriental Medicine" is pervasive in our field. It does not refer to ethnicity, but rather to a unique culture, history, and philosophy.

Second, and related, we are concerned with the practice of AOM modalities out of the context of AOM, often by other health care practitioners with minimal training who have little respect for this medicine as a whole. It is one thing to insert a few needles as an adjunctive therapy, or to recommend some Chinese herbs for a biomedical disease; it is another to use "acupuncture" or "Chinese Herbal Medicine" within the context of Oriental Medicine as a comprehensive medical system.

Finally, the Commission is encouraged to view AOM as an effective system of medicine that can potentially lower the cost of basic health care, and allow our thinly stretched healthcare system to serve more Americans, and to serve them better.

Thank you for your time.

Ian A. Cyrus, President

Fax Transmission

Gutierrez Family Chiropractic

3704 172nd St. N.E. Suite N PO Box 3069 Arlington, WA 98223
Phone # (360) 658-3818 Fax (360) 651-2344

To: STEVE GROET
From: VERONICA GUTIERREZ
Date: 7-17-01
Number of pages: 2

Additional Remarks:

FOR YOUR INFORMATION.

SCOTT HALDEMAN WAS CHAIRMAN OF THE
GUIDELINES WE'RE ATTEMPTING TO VERIFY
"WHO REAFFIRMED?"

SO, WE STILL NEED HELP GETTING
THIS INFO FROM ECRI.

THE G.C.H. SAYS THEY ~~WERE~~ (THE
"MERCY" GUIDELINES) WERE REAFFIRMED.

WITH DR. HALDEMAN'S RESPONSE, THE
PLOT THICKENS. WHERE, OH WHERE, IS
THE LEVEL PLAYING FIELD??

07/16/2001 15:33 201-828-9221
JUL-16-2001 13:25

CHRISTOPHER KENT DC
WORLDCHIROPRACTICALLINE

400 102 0010

PAGE 01

SCOTT HALDEMAN, M.D., Ph.D., F.R.C.P.(C)

*A Professional Corporation
Consulting Neurology*

Diplomate American Board of Neurology and Psychiatry (Neurology)

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July 11, 2001

Christopher Kent, D.C.
2950 N. Dobson Road, Suite 1
Chandler, AZ 85224

Dear Dr. Kent,

I was not involved in the reaffirmation of the Guidelines. I do not know who was responsible for this process.

Yours sincerely,



SCOTT HALDEMAN, M.D., Ph.D.
SH/rm

Kent letter 7/11/01



COMPASSION IN ACTION

The Twilight Brigade

**Statement of Dannion Brinkley
Chairman of the Board, Compassion in Action
To the**

**White House Commission on Complementary and Alternative Medicine Policy
December 6-7, 2001**

As we end another year, it is important to see how far we have come – to look at the distance traveled. Being a part of this ongoing process, now since 1989 - literally on a daily basis because of my hospice work and my own personal issues. It is important to look for that decisive moment that will determine the point of reference this Commission will work from in making its recommendations to the President. What is that decisive moment or point in time that crystallizes and brings us together in order to make specific recommendations on that multi-faceted, multi-dimensional world we call CAM?

I believe our President and First Lady have given us that point. In the December 3, 2001, issue of Newsweek, there is an article that I am including at the end of this testimony that I believe identifies this decisive moment.

I'll quote the most important part – it resonates with a statement the CAM community frequently asks – “What is the role of prayer in healing?”

“What’s the role of prayer and faith...?”

MRS. BUSH: That’s very important to us, and that’s where we get our strength. But that was very important to us before September 11th, as well.

THE PRESIDENT: Prayer has meant a lot to me. It meant a lot to me before, it means a heck of a lot now because there’s a lot of people praying for me and I feel it. Truly.

You know, it’s something, I have never felt more confident about something in my life. And I believe a lot of it has to do with the prayers of the people.”

One of the most important, and least accepted CAM areas is the area of spirituality in medicine – of the frontier sciences. What some people call prayer, Dr. Larry Dossey calls non-local healing, and Dr. Fred Thaled calls willful conscious intent. It is an area that many of the traditional systems of medicine have accepted for thousands of years and western medicine tends to discount.

When you look at the definition of these words.
Non local healing, w con intent.
Willful – deliberate, or done by design
Conscious
Intent

And then add them into a phrase I think we find what the “heart” of healing really is. With over 400 studies on how prayer including laboratory research on the effects on yeast cultures and the power of prayer or the use of prayer, including interesting studies from Princeton showing that prayer can have an affect on the success rate of invitro fertilization. This must become a strong point in what you as a commission bring forth as recommendation to the President.

I can relate closely to the words of our President because I too have felt the results of people’s prayers. Today, I cannot be with you because I am going through a series of cardiovascular and neurological procedures to first look at what is occurring to me from a conventional point of view, so that I can determine how to treat my condition from an integrative perspective. It seems as though as I am always having an up close and personal reference to modern day medical procedures either in my work or on myself.

It is the very same situation I was in a few years ago that I learned about the power of prayer first hand. My friends, the radio personality, Art Bell and his wife Ramona came to be with me as I was hospitalized in critical condition –having to go through brain surgery and having a grand mal seizure. They went on the air and on the Internet and asked the world to prayer for me. I not only felt that love and have been the beneficiary of its healing power, I know that I would not have made it through that medical crisis without the love and prayers.

I think that the President and First Lady in their recognition of the importance and power of prayer have brought a defining moment in our discussion about the need to integrate prayer/sprituallity into conventional medicine. Add to this good science which includes the work of Dr. Larry Dossey, Dr. Daniel Benor, Dr. Fred Thaled, Dr. Beverly Rubik, Dr. Wayne Jonas, Marilyn Schlitz and the Noetic Sciences, Institutes, the Templeton Foundation, and the Rockefeller Foundation, and many others and we have a point in which this entire discussion crystallizes.

Sister Charlotte is always reminding us – physical, mental, AND spiritual are all components of healing. She is correct and I think each of you truly knows this in your hearts - and I hope soon in your minds.

I continue to train my people in Compassion in Action – The Twilight Brigade that therapeutic touch and prayer are a very active part of the healing system in VA’s. There is no soldier that does not know the power of prayer.

As you leave this week, one more meeting under your belt, and you head into the holiday season, please remember that prayer is not only very effective, but also quite cost effective. It takes only a little of your time to make an enormous difference in the lives of people. On a personal note, keeping all of this in mind. I ask you to pray for our servicemen and women who today are in harms way, protecting our freedoms and the responsibilities that come with being free.

And please pray for our veterans – those men and women who have already “paid it forward!” They served our country and now they need us to remember them. And also during this holiday season, think of some of the great men and women who have served this country such as Strom Thurmond, Robert Dole, Daniel Inouye, Tom Harkin, Orrin Hatch, Robert Byrd, Dan Burton, Lindsay Graham, Barbara Mikulski, and their families.

And please during this holiday season, go visit a veteran and tell them Dannion sent you!

You are all in my prayers. Happy holidays.

With Purpose,

Dannion Brinkley
Chairman of the Board
Compassion in Action

Attachments:

1: We Can Handle It

2: Pearl Harbor Press Release

PO Box 84013, Los Angeles, CA 90073 Tel: (310) 473-1941 Fax: (310) 473-1951
National Headquarters located on the campus of the West Los Angeles VA Medical Center
11301 Wilshire Blvd, Bldg 258, Room 112, Los Angeles, CA 90073
URL: <http://www.twilightbrigade.org> E-Mail: cianatl@aol.com & CIAChairman@aol.com

‘We Can Handle It’

In a candid conversation, the President and First Lady talk about bin Laden, prayer, civil liberties, exercise, No. 41 and the war ahead

Dec. 3 issue — It was the day before Thanksgiving, and George and Laura Bush were flying west for a morale-boosting visit to the 101st Airborne Division at Fort Campbell, Ky. The news from Afghanistan was good and the president was in a relaxed, expansive mood for this interview. Seated at a conference table aboard Air Force One with NEWSWEEK’s Howard Fineman and Martha Brant, the president and First Lady exchanged looks and smiles as they answered questions. She seemed to enjoy listening to him. As he warmed to his subjects, he sometimes raised a finger to underscore a point. Extended excerpts:

NEWSWEEK: You’ve talked a lot about how the country has changed. How do you think the two of you have changed as individuals?

THE PRESIDENT: I’m not very good at telling you how I’ve changed, because I don’t spend a lot of time thinking about myself and how I’ve changed.

MRS. BUSH: Well, actually, I don’t think he’s changed that much. I think what people see now is exactly what I’ve always seen and always known how he was. He’s very focused, he’s very disciplined. I said that a million times during the campaign and I don’t think it ever resonated with the press. And, of course, he’s more serious—everyone is more serious in our country.

THE PRESIDENT: I don’t think you change. If you’ve got the characteristics necessary to deal with a crisis, they will emerge. And Laura has always been a calming influence in my life and is a comfort to me as I dealt with big decisions.

You know, this is a moment of high drama, needless to say. And she couldn’t have been more calm and resolved, almost placid, which was a very reassuring thing to me. I can’t imagine what it would be like had Laura been hysterical, highly emotional.

There was a period of time when the threats were significant and real, aimed at me and aimed at the White House and aimed at other major targets. And during that period of time I shared some of those with Laura, never did she say, “Get me out of here, what have you done this for, why are we here, it’s a miserable experience... It’s your war, see you later.”

Laura, may I ask, where does that calm come from?

MRS. BUSH: Well, George actually steadies me. He acts like I steady him, but the fact is he steadies me. I really am not that afraid. I mean, you know, if something happens, it happens. I think both of us have a little bit of an attitude—you know, this is our life right now and we can deal with it, we can handle it.

What's the role of prayer and faith in this?

MRS. BUSH: That's very important to us, and that's where we get our strength. But that was very important to us before September 11th, as well.

THE PRESIDENT: Prayer has meant a lot to me. It meant a lot to me before, it means a heck of a lot now because there's a lot of people praying for me and I feel it. Truly.

You know, it's something, I have never felt more confident about something in my life. And I believe a lot of it has to do with the prayers of the people.

My attitude about threats, it is truly: if it's the Lord's will. That's what I believe.

How do you keep the emotion from getting to you too much? You still have to do your job. Are there other things you turn to?

MRS. BUSH: He works out. He's really running faster than he has in a long time. He's always turned to exercise to reduce stress.

THE PRESIDENT: I exercise about an hour a day; pretty intense these days.

Back up to a seven-minute mile?

THE PRESIDENT: Less.

MRS. BUSH: I've been working out, as well. And then the other thing we do at Camp David or at the ranch is go for long walks with our animals. And that certainly makes us feel great.

As a war leader, do you turn to any models, either in terms of time in history or people?

No question. For example, the military tribunals, you look at history. Before I made the decision to give me the option, I asked, who's done this? It's an interesting idea. I do want to have the option, for a lot of reasons—national-security reasons, security for the jurors, potential jurors.

Why did you feel it was important for you to have the authority there?

I asked for the options; I said I wanted to know. And I'm trying to remember who came in, [White House Counsel Alberto] Gonzales and the vice president, they came in to brief me. [Attorney General John] Ashcroft came in. And I said, well, tell me exactly what your recommendation is for me on this executive order. They said, well, we

recommend that the secretary of Defense be the person in charge of making decisions. This is a unanimous recommendation. I was, frankly, taken aback. I said, wait a minute. I sign an executive order, I create the executive order, and somebody else is responsible for the court? I said, if I sign the order, I want to be responsible.

The flip side of that is some people say that maybe you have too much power.

I'm mindful of the Constitution. I'm also mindful of history. I think about how others have used force... I think the president needs to have the powers necessary to conduct a war. And it's up to me to make sure I provide the right balance.

Even in the face of war on our home front, we provide incredible protections for people who are not even our citizens. For people who are our citizens, nothing has changed. For people who are not citizens, who come to our country because we're an open country and a generous country, we are providing them incredible protections.

Are we going to get Osama bin Laden?

We're going to get him one way or the other.

Will it be a successful war if we don't get him?

Well, it's going to be very successful in terms of changing the government of the Taliban. We've got his number-two guy. Look, it may take three years to get Osama bin Laden, but we've got him on the run. And I've always said that this is a get-him-on-the-run mission.

But you're saying it might take three years to get Osama bin Laden.

It could take 10 years. We will get him. And we will get his organization. The thing America must know is that terrorism is alive and well. And it's our charge, our duty, this generation's historical opportunity, to rid the world of terrorism. And there's going to be some fantastic consequences from it, in my judgment. A new relationship with Russia. The ability for us to affect peace in the Middle East. Hopefully, a country like Syria will take a hard look at some of the groups in their country. And terror and weapons of mass destruction go hand in hand. To the extent that the free world can convince other nations to join together to rid the world of weapons of mass destruction, we've done our children and grandchildren a great service.

Do you think that Saddam Hussein is evil and that we should expand this to Iraq?

I think Saddam Hussein is up to no good. I think he's got weapons of mass destruction, and I think he needs to open up his country to let us inspect. I think he needs to be held accountable and needs to conform to the agreement he made years ago. That's what he ought to do. It's up to him to prove he's not.

He's the one guy in recent history who has used weapons of mass destruction not only against his neighbor, Iran, but against people in his own country. He gassed them.

Why wouldn't you say he's evil, then?

He ain't good.

Why stop short of using the word?

I think maybe because you're trying to force me to say it, and I'm stubborn... He is evil. Saddam's evil.

Have you had a moment of painful reflection? You've had to decide, for example, to use B-52 bombers, which are powerful and terrifying and which risk possible civilian casualties, et cetera.

Fifteen-thousand-pound bombs, pushed out of the back of cargo planes.

Right. Do you think that was crucial in what happened there, and was it a different level of decision-making?

I made the decision early. One, that we could win a guerrilla war with conventional means if we were able to use smart intelligence-gathering, and if we're able to get boots on the ground, to make sure our targeting was more precise.

The idea of trying to seek justice by using cruise missiles was shallow, as far as I'm concerned. It's an antiseptic approach to a war that just didn't lend itself for that. I also knew we couldn't bomb our way to achieve our objective. We could bomb our way to help achieve the objective. And, therefore, I knew full well that we would have troops on the ground.

I've been very careful to make it clear to our commanders that you're running the war, and I expect there to be conscious decisions about collateral damage. I knew full well what collateral damage could mean. I also knew we were fighting liars who would say things in the press that there was no verification for whatsoever, that they would justify their own brutal murder and torture within their country by blaming it on us. But I had no question in my mind [we were] doing the right thing.

Is there something that you would point to where your wife has been influential? Something where tonally she's seen something outside the Beltway that maybe you hadn't?

I'll tell you this: she's not a shrinking violet. I mean, if I do something she thinks needs to be toned down or something, she'll tell me.

But I do think there was some concern that, you know, I might get carried away, because she understood how angry I was. Look, I was an angry person and I was a sad person, and I was a determined person. I went through a whole range of emotions.

What emotion did you have when you saw that plane?

I was angry. I was furious. But I had also realized that I needed to be clearsighted. I needed to understand exactly what was happening, get a feel for who was doing this, and prepare to respond.

Have you grown in any sense, do you think?

Of course. I think that I've always been the kind of person who has been able to deal with the circumstances in which I find myself. I'm a problem-solver. And I don't spend a lot of time theorizing or agonizing. I was raised in a family where, because of the love of my parents, you know, I've got confidence to be able to deal with problems. I've got a faith that allows me to be comforted by prayer and my own prayers, and prayers of others. I've never been afraid for my life, I've never been afraid for my family's life, I've never been afraid to make decisions.

[Former Bush I adviser] Brent Scowcroft says you talk to your father quite often, but you don't necessarily talk about the war. Can you tell us about that?

Yes, I talk to him, I check in with him, I'd say once a week at most. I get to work, get to the office about 6:50 a.m. to 7 a.m., and he likes to get up early. And if I've finished my paperwork, I like to give them a call and see how they're doing and just check in. He really likes it. He likes to hear from his son.

Do you talk about the substance of things, or is it just almost a melancholy thing where he's too far away from it to really deal?

THE PRESIDENT: No, I mean, he's interested as heck. He was fascinated with the Putin visit, for example. There are a lot of things I can't tell him over the phone, because it's not a secure line to his house. He says how's it going, you know, how is the war. He falls prey to the—to the spins.

MRS. BUSH: He watches every single thing._____

But you guys, you're not watching TV news any—you never have?

THE PRESIDENT: Not much.

Mrs. Bush, are you still reading the papers? During the campaign, you would read them and point things out to your husband.

THE PRESIDENT: She does that still.

Do you get mad, still?

THE PRESIDENT: No, she doesn't get mad, she gets pointed.

MRS. BUSH: Do I get mad?

THE PRESIDENT: She used to get mad. She got mad when she saw the budgeters had axed one of her favorite programs.

As you run the war, how important are personal relations with world leaders? And do you have nicknames for these guys?

I had better not tell you. I don't use them to their face. It is important to stay in touch with them. A lot of the leaders are coming here to sit down and visit... I think it's important for them to look me in the eye. I want them to come so they know my

determination.

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**TESTIMONY TO THE WHITE HOUSE COMMISSION ON
COMPLEMENTARY AND ALTERNATIVE MEDICINE POLICY**

by

**Ginette Hemley, Managing Vice President and
Vice President for Species Conservation
World Wildlife Fund**

December 7, 2001

Dr. Gordon and Members of the Commission:

It is a pleasure to have this opportunity to address the Commission and to offer an environmental perspective on complementary and alternative medicine policy. World Wildlife Fund is actively involved in conserving threatened and endangered wildlife and wildlife habitats around the world, with programs in over 100 countries. Our interest in complementary and alternative medicine, and particularly in Traditional Chinese Medicine (TCM), stems from the use of animal and plant derivatives in the manufacture of these medicines, some of which are from species that are increasingly scarce in the wild. The perceived medicinal value of tiger bone, rhino horn, deer musk, bear gallbladder and other derivatives of endangered and protected species continues to drive demand, despite being prohibited or regulated in most countries.

We actively support efforts to curtail illegal poaching and smuggling of wildlife, and to reduce demand for products derived from endangered animals and plants. We work closely with the Convention on International Trade in Endangered Species (CITES), the principal global framework for controlling wildlife trade. We have spearheaded efforts in both North America and East Asia, notably China, to build alliances with TCM specialists and practitioners with the aim of developing and promoting alternatives to endangered species products. Through close collaboration with institutions such as the American College of Traditional Chinese Medicine in San Francisco and China's State Administration for Traditional Chinese Medicine, we have undertaken a number of educational efforts to raise awareness about the conservation concerns associated with many medicinally-valuable species.

Conservation policy is turning increasingly to market based incentives, and this approach is particularly promising for the TCM industry in China and other countries, including the United States. It is our hope that manufacturers and traders will recognize the potential for greater market penetration and profit if they offer products that meet basic content standards and certify that they are free of adulterants and derivatives of endangered animals or plants.

World Wildlife Fund

1250 Twenty-Fourth St., NW Washington, DC 20037-1193 USA
Tel: (202) 293-4800 Fax: (202) 293-9211
www.worldwildlife.org

Affiliated with World Wide Fund for Nature



There are several areas of potential common interest between the Commission and World Wildlife Fund. Your concern that biological and botanical derivatives of CAM be clearly labeled matches our concern that packages certify the absence of derivatives from endangered species. Your focus on research to ensure the safety and efficacy of alternative medicines complements our interest in developing alternatives to traditional medicines that currently rely on derivatives from endangered animals or plants. Your interest in the quality of licensure of practitioners mirrors our concern that licensing requirements include training in the use of alternatives to medicinal derivatives of endangered species.

We would welcome your consideration of the following three recommendations for possible inclusion in the Commission report:

1. We recommend that standards be established and certification procedures developed to assure consumers that medicines do not contain heavy metals or other adulterants, or any endangered animals or plants. This recommendation could be integrated with the Commission's recommendation that biological and botanical derivatives in CAM be clearly labeled to enable consumers to determine the contents of medicinal products.
2. We recommend that research include exploration of natural alternatives to traditional medicines that currently rely on derivatives from endangered animals or plants. We support the Commission recommendation that research be expanded to assure the efficacy and safety of CAM, and believe our recommendation could be incorporated in this section. A significant body of information exists in the traditional pharmacopeia of countries like China that could be readily tapped for these purposes.
3. We recommend that licensing procedures for CAM practitioners include a requirement that licensees demonstrate an understanding of alternatives to medicinal products that are derived from species listed on Appendix I of the Convention on International Trade in Endangered Species (CITES) or other relevant protection laws. This recommendation could be incorporated in the Commission recommendation for improved credentials for practitioners of CAM.

These recommendations would enhance the level of public acceptance of complementary and alternative medicines, and contribute to national and international conservation goals and interests.

Thank you for considering our proposals. We would be pleased to provide additional information as requested.

AMERICAN ASSOCIATION OF ORIENTAL MEDICINE

**433 Front Street
Catasaqua, PA 18032
Tel: 610-266-1433**

Presenter: 7

Date: December 7, 2001

White House Commission on Complementary and Alternative Medicine

Testimony

Good afternoon Commissioners. Thank you for allowing me to address the commission.

My name is Ian Cyrus. I am a professional practitioner of Acupuncture and Oriental Medicine, and newly elected president of the American Association of Oriental Medicine.

Oriental Medicine evolved into systematic approach of triage and treatment through thousands of years of practice in both urban and rural settings throughout Southeast Asia. Through this evolution, Oriental Medicine developed into an ideal entry point for the provision of general health care services. AOM practitioners can provide basic assessment and diagnostic services, acupuncture, Chinese herbal medicine, and manual therapy treatments, as well as make appropriate referrals and promote the continuity of care for each patient.

Our profession is recommending that the Commission's encourage policies that will promote the continued growth and development of OM in this country. Specifically, we support high entry-level standards of training, such as the four year, full-time professional doctorate programs under development, with strong core components in the biomedical clinical sciences. We support healthcare policies that will allow direct access to AOM professionals in private clinics, hospitals and integrated settings. In particular, we strongly support a change in federal policies to allow Medicare and Federal Employees insurance to provide reimbursement for AOM services provided by AOM practitioners. We support the adoption of new treatment codes that will allow for proper tracking and reimbursement for AOM services that are currently lumped under two codes. Furthermore, we support the use of AOM professionals to oversee and conduct research into the best AOM practices.

On a personal note, I find myself in a unique practice setting which I believe the Commission would find interesting. I practice along side four very fine physicians at Thomas Jefferson University Hospital (TJUH), Center for Integrative Medicine (CIM) in Philadelphia, Pennsylvania. CIM epitomizes an emerging model of medical practice in which allopathic, homeopathic, and holistic medicine seamlessly compliment one another to fulfill the changing needs and expectations of the health-conscious American public. In this setting, I am allowed to practice the full scope of AOM without fear of criticism or of being relegated to inferior position in the clinical setting. Currently, I participate as an equal partner in the clinical practice setting, research projects, and

peer-related education of other healthcare professionals in the hospital community. Our hospital and would welcome a visit by the Commissioners, if you are interested.

Finally, I would like to return to some issues of concern to our profession.

First, we would like to be assured that Oriental Medicine is formally recognized and addressed as a whole medicine by the Commission, and not simply divided arbitrarily into its modalities of delivery. We argued this point amongst ourselves years ago, and we determined that the best moniker for our complete medicine is the term "Oriental Medicine." While based in Traditional Chinese Medicine, it has become a broad and diverse practice throughout Southeast Asia, and the term "Oriental Medicine" is pervasive in our field. It does not refer to ethnicity, but rather to a unique culture, history, and philosophy.

Second, and related, we are concerned with the practice of AOM modalities out of the context of AOM, often by other health care practitioners with minimal training who have little respect for this medicine as a whole. It is one thing to insert a few needles as an adjunctive therapy, or to recommend some Chinese herbs for a biomedical disease; it is another to use "acupuncture" or "Chinese Herbal Medicine" within the context of Oriental Medicine as a comprehensive medical system.

Finally, the Commission is encouraged to view AOM as an effective system of medicine that can potentially lower the cost of basic health care, and allow our thinly stretched healthcare system to serve more Americans, and to serve them better.

Thank you for your time.

Ian A. Cyrus, President

AMERICAN ASSOCIATION OF ORIENTAL MEDICINE

**433 Front Street
Catasauqua, PA 18032
Tel: 610-266-1433**

Presenter: 7

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Thank you for your time.

Ian A. Cyrus, President

Statement Relative to Loan Forgiveness for Chiropractic Students

The chiropractic profession is based on the premise that it exists to nurture and advance a simple and powerful idea. We recognize that the body possesses the inborn capacity and striving to maintain itself in a state of optimum health. All of our activities concentrate on exploring, evaluating and advancing the concept that the body is a self-regulating system that continuously adapts to its ever-changing internal and external environments to ensure its survival and health. The nervous system is the communication network that directs this self-healing and self-maintaining capacity and is the focus of the straight chiropractor.

Sherman College educates its students and the community that the human body is an intelligent functioning system that interacts dynamically with its environment by constantly adapting to internal and external changes. We understand that the body is best able to carry out that adaptation when there is no interference to the channels of communication that share information between the brain and all the organs and systems of the body.

The dedicated men and women who choose to serve humanity as doctors of chiropractic have been educated at world-class levels to take this message to the communities where they will establish their practices and improve the quality of the lives of the people they serve.

Today we ask that you honor their commitment and celebrate their outstanding achievements and anticipated contributions to our society by offering them the opportunity to enter the profession knowing that they will have a chance to serve the community in lieu of full loan repayment (loan forgiveness).

With the sixteen chiropractic colleges across the country graduating several thousand doctors of chiropractic each year whose educational debt load is substantial, we would very much appreciate your intentional effort to allow them to begin the professional phase of their lives less burdened by loan repayment in return for their professional services.

I submit a petition from over one hundred students and faculty members of Sherman College who agree that this is a step long overdue. Many chiropractic college graduates must meet their student loan obligations over an extended period of fifteen or more years in order to be able to finance their business start-up expenses, tax and family support obligations. Many would eagerly fulfill all, or a portion of this debt, by providing professional service to underserved populations.

Thank you for joining with our academic community in recognizing the need for these students to have this opportunity.

I saved a few minutes of this presentation time to answer your questions. Thank you for this opportunity.

Kingsbury, Doris (NCCAM)

From: Tierney Tully [tierneytully@earthlink.net]

Sent: Monday, February 25, 2002 4:49 PM

To: Whccamp (NCCAM)

Subject: Re: WHCCAMP Draft Final Report

Dear Commission members,

Attached is a letter of testimony from the Acupuncture and Oriental Medicine Alliance regarding the Commission's recent public announcement of its final draft report. Please include this letter in the public record.

Thank you,

Tierney Tully, M.S.O.M., Dipl.Ac.(NCCAOM)
Executive Director
Acupuncture and Oriental Medicine Alliance
14637 Starr Road SE
Olalla, WA 98359
(253) 851-6896

2/28/2002

February 21, 2002

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Office of the Secretary

White House Commission on Complementary and Alternative Medicine Policy

To the Commission:

I am writing to the commission on behalf of the Acupuncture and Oriental Medicine Alliance. First, allow me to introduce the organization. The Alliance is a national membership organization of over 1300 practitioners, consumers, students, colleges, vendors and other healthcare providers across the United States who support acupuncture and Oriental medicine. The Alliance is a 501 (c) (4) public welfare organization working to advance acupuncture and Oriental medicine.

Our organization has publicly stated positions and recommendations in a majority of the key issues of your current agenda with respect to the specialty of acupuncture and Oriental medicine. They are as follows:

1. **Coordination of CAM Research**

- We have worked at a state and federal level to support inclusion of acupuncture and Oriental medicine in research programs.

2. **Access to and Delivery of CAM Practices and Products**

- We maintain an active referral service of over 10,000 state licensed/nationally certified acupuncture and Oriental medicine practitioners.
- We provide information to hospital, HMOs and integrated clinics in order that acupuncture and Oriental medicine services be integrated successfully.
- We assist states in passing new acupuncture and Oriental medicine legislation and appropriately amend existing laws.
- We support the practice of acupuncture and Oriental medicine by licensed acupuncturists as independent health care providers.
- We support the right of all healthcare providers, who have met standards of competency, to use acupuncture and Oriental medicine at a level appropriate to their training and scope of practice.
- We support title distinction to reflect the primary license and Oriental medical training of the practitioner so consumers may make informed choices.
- We support the ethical principle that practitioners refer to more experienced and/or specialized eastern or western practitioners when appropriate.
- We support the use of the five-point needle protocol by acudetox specialists practicing in a chemical dependency setting under supervision of a NADA-trained licensed acupuncturist.
- We support biodiversity and protection of endangered species and have brought the issue to the attention of the profession.
- We have supported and participated in the safe monitoring and use of herbal medicines within the profession.

3. **Coverage and Reimbursement for CAM Practices and Products**

- We have provided information to the insurance profession and to state and federal government agencies in support of fair reimbursement to our practitioners for provision of treatment as well as coverage for supplements.

4. **Training and Education of Health Care**

- We work to insure that all practitioners who use acupuncture and Oriental medicine modalities in their practice do so using sound, professional, clinical-based standards.
- We provide an annual conference with outstanding policy discussions and continuing education workshops.
- We support the right of all practitioners of acupuncture and Oriental medicine to practice according to their tradition, scope of practice and education. This includes acupuncturists, Chinese herbalists, Oriental bodywork therapists and acudetox specialists.
- We support the development of doctorate programs in acupuncture, Oriental medicine and Chinese herbology as optional advanced education.

- We support licensure titles and scope of practice based on recognized educational degrees and curriculum.
5. **Development and Dissemination of CAM Information for Health Care Providers and the Public**
- We disseminate information to the public regarding the benefits of acupuncture and Oriental medicine and the qualifications of its various practitioners.
 - We provide consumer outreach through our annual conference, our website and through our national office.
 - We represent the profession at national and international forums.
 - We provide professional and consumer relevant information through our publications.

6. **CAM in Wellness, Health Promotion, and Disease Prevention**

We believe that placing patients first supports practitioners and patients, is fundamental to Oriental medicine and critical to the continued health of the medicine.

In short, the Acupuncture and Oriental Medicine Alliance believes that freedom to practice based on standards of competency, clear differentiation of title and training, and appropriate referral, provides the best choices to consumers and the best health care to society.

Although there are many issues, standards and policies that we, as an Organization consider important, there are particular issues that we would like to emphasize.

Access to complimentary and alternative health care in the United States at this time is not widely available to citizens at every level of income. Furthermore, programs that provide critical services for those with least resources are in danger of financial crisis due to funding loss. We strongly believe that the very "people's medicine" nature of acupuncture and Oriental medicine and it's centuries proven ability to treat the many in an economic and safe manner needs to be supported during these times of economic uncertainty. Acupuncture and Oriental medicine has the ability to address public health concerns and to become fully integrated into public and mental health settings.

We support a decision of the White House Commission on Complementary and Alternative Medicine to consider acupuncture and Oriental medicine in light of the aforementioned standards and policies.

**Statement to the President's Commission on Complementary and Alternative
Medicine Policy – Evaluation of CAM Information
Lucinda L. Maine, PhD, RPh
Senior Vice President, American Pharmaceutical Association**

I am pleased to represent APhA, the national professional society of pharmacists, at today's hearing and to have this opportunity to address key issues regarding information available to professionals and consumers to guide their selection and use of complementary and alternative medicine products. Pharmacists largely deal with patient or consumer use of dietary supplements, including vitamins and herbal products, and my comments will in large measure relate specifically to these components of CAM products and services. It is APhA's position that pharmacists have a responsibility to assist consumers with decisions about effectiveness, proper use, indications, safety and potential interactions between alternative medicines and traditional therapy. Their ability to carry out this responsibility depends on the availability of credible, evidence-based information to supplement their professional education and experience.

I will draw upon several sources in framing my remarks, including a publication issued as a joint effort of APhA and the American Dietetic Association last year, which has previously been shared with the Commission. In addition, I have gleaned the highlights from focus groups held just one week ago during the APhA Annual Meeting. These were convened by staff members from the Office of the Inspector General of HHS in the Boston office. They are embarking upon a study of the sufficiency of dietary supplement labeling and the impact of these products and available information on the elderly population specifically. Finally, research results from colleagues at the University of Minnesota College of Pharmacy who addressed the Commission at your open hearing in Minneapolis have been helpful in guiding development of my brief comments.

For perspective, I believe it is important to note several things about pharmacists and dietary supplements. Pharmacists, and especially those practicing in community pharmacy settings, are a highly accessible resource for the public for guidance about selection and use of alternative medicines. The Minnesota survey I just referenced indicated that pharmacists are approached on average approximately 7 times per week by consumers with questions about herbals and/or other natural products. This is a striking increase when compared to a national survey conducted in 1996 which found a rate of only 10 queries a month. In addition, the MN pharmacists surveyed reported receiving questions from other health care practitioners about use of these products.

How comfortable are pharmacists with their knowledge base and their access to scientifically grounded information on these products and their use? By observation and focus group results I would say far less comfortable when compared to other categories of products commonly purchased in pharmacies. Almost 40 percent of the MN pharmacists responded that available clinical and technical information to use in making decisions about herbal/natural products was not adequate and another 57 percent indicated information was only somewhat adequate. For the past several years, standing

room only crowds of practitioners have attended educational sessions held at ours and other association meetings. We feel this reveals an unsatisfied demand for credible information from pharmacists.

In the recent focus group discussions, pharmacists indicated that both they and their patients found dietary supplement labeling confusing and inadequate to guide point of purchase decision-making. Confusion also stems from disclaimers which are too small and suggests something about product review by the FDA but leave many questions in the minds of consumers and pharmacists. Further, while pharmacists find that references on labels to USP is important in judging product quality, references to other “quality reviews” that may also appear on labels is confusing and potentially misleading. Concerns about product quality and purity, in addition to other concerns about combining these products with traditional therapy are prevalent in the thinking of pharmacy practitioners.

There are two important points about the interface of pharmacists and consumers in the CAM arena. First, while many consumers appear to reach for these products in the context of health-seeking and wellness, those who access such products in pharmacies, we believe, are more likely to be individuals who are familiar with the pharmacy setting because they may also have acute or chronic conditions that prompt prescription or nonprescription medication use. Fortunately, when they ask pharmacists for guidance they may be thinking of their need to assure that whatever self-care activities they engage in won’t interact with or complicate their other health conditions. But there are limits to what is known about such combinations of therapy and pharmacists do not feel that existing literature, whether primary, secondary or commercial, meets either their needs as professionals or the needs of consumers for safe use.

The second point about sale and labeling of CAM products in the pharmacy environment is that often herbal/natural products are sold very near or integrated with traditional over the counter medicines. Pharmacists are split in their opinion about whether labeling should be modeled more like OTC products or food. Proponents of OTC-like labeling believe consumers are used to that format and would benefit from similar labeling for CAM products. Others feel that it is inappropriate to infer that CAM products are like OTC medications. A third group told the OIG staff that it really didn’t matter how products were labeled because consumers ignored product labels anyway.

There was a feeling that labels should encourage consumers to share information about their use of dietary supplements with their physicians and pharmacists. Further, a warning regarding seeking health care provider input if the symptoms, if any, for which consumers are using the CAM products don’t resolve is highly recommended.

My final point is about surveillance of experience with CAM. Pharmacists are perhaps most uncomfortable with what we don’t know about actual consumer experience with CAM products. APhA believes it is time for a much more robust system of experience reporting by consumers and health care providers. Ideally such a system could be voluntary and be embraced by manufacturers of CAM products as a key tool for

collecting and analyzing actual use information about their products. A program could be modeled, we believe, after reporting systems used by chemical and related products industries. APhA would support and cooperate in the development of an accessible reporting system that would meet the needs of manufacturers, regulators and providers for information about product quality and consumer experience with dietary supplements and other CAM products.

Thank you for seeking the input of America's pharmacists on these issues before the Commission. I would be happy to provide additional information as time permits.

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003. email	Is Meta to WHCCAMP re Martha Eddy letter (partial) (1 page)	02/23/2001	b(6)

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Federal Records
White House Commission on Complementary and Alternative Medicine Policy [WHCCAMP]

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Additional Testimony 2000-2002 [2]

2011-0568-S

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P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

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RR. Document will be reviewed upon request.

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b(6) Release would constitute a clearly unwarranted invasion of personal privacy [(b)(6) of the FOIA]
b(7) Release would disclose information compiled for law enforcement purposes [(b)(7) of the FOIA]
b(8) Release would disclose information concerning the regulation of financial institutions [(b)(8) of the FOIA]
b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

[003]

Whccamp (NCCAM)

From: Is meta [ismeta99@yahoo.com]
Sent: Friday, February 23, 2001 2:07 PM
To: Whccamp (NCCAM)
Cc: mhe4@columbia.edu
Subject: From Martha Eddy

The following is a letter from Martha Eddy, Ed.D., which should serve as follow-up to her statement made on January 23, 2001 at the WHCCAM Town Hall Meeting in New York.

Martha Eddy, Ed.D., CMA, R.M.T.
(b)(6)
New York, NY 10027

February 23, 2001

Dear Dr. Gordon and other members of the WHCCAM:

On January 23, 2001, I had the opportunity to speak at the WHCCAM Town Hall meeting held in New York City (Panel 17). I was representing the International Somatic Movement Education and Therapy Association's (ISMETA) view that NCCAM's classification of CAM practices has not specifically and accurately classified the practices represented by ISMETA. At the meeting you requested that we inform WHCCAM how we would like to be classified. The following is our proposal.

Currently many of the practices within our profession are listed under Category V - Manipulative and Body-based Systems - Massage and BodyWork. While we understand the affiliation with other manual hands-on/touch methods, as movement professionals we do not feel this is an appropriate classification for us.

We strongly urge you to review the recommendations that were sent by a number of somatic practice professional associations to the US Department of Education (DOE) as public comment for their final draft of the publication Classification of Instructional Programs (CIP - 2000).

I have included this document for your review, as well as another copy of my statement made on January 23.

As mentioned at the Town Hall meeting, ISMETA has already been in active dialogue with the DOE on this project for over one year. They have struggled to make sense out of the proliferation of educational programs that prepare individuals to become CAM professionals. This past summer, in (what was supposed to be) the eleventh hour for their final draft, they decided to adopt the NCCAM's taxonomy. As you see in our letter to them, we find there to be a difference between a classification system for research purposes and a classification system for educational training.

Proposal I

The professions represented by ISMETA would rather be listed under Category II - Mind-Body Interventions - of the NCCAM classification, which states:

Mind-Body medicine involves behavioral, psychological, social, and spiritual approaches to health. It is divided into four subcategories: Mind-Body Systems; Mind-Body Methods; Religion and spirituality; Social and contextual areas.

In the Mind-Body Intervention Category the professions which ISMETA represents would like to be listed under Mind-Body Methods as Somatic Practices of Movement Education and Movement Therapy

Rationale:

Somatic practices of movement education and movement therapy are not solely based in the body. These practices are intrinsically educational in that they consciously engage cognitive and emotional processes. Their theoretical framework includes perceptual-motor, neuro-developmental, and behavioral theory. Thus, we feel it is best that we are listed under Mind-Body Interventions as a CAM practice instead of under Massage and BodyWork as a Body Based Therapy. Furthermore, Yoga, Tai Chi, and Internal Qigong are practices listed under Mind-Body Methods that have already set a precedent for movement based practices in this category.

If it is helpful please consider the following definition of our field.

Somatic Practices of Movement Education and Movement Therapy are practices that promote somatic awareness and optimal psychophysical functioning to enhance functional and expressive integration. The scope of practice includes skilled touch, kinesthetic awareness processes, movement observation, assessment, guidance and patterning methods, verbal, touch and movement communication. These practices include but are not limited to the following: The Alexander Technique, Bartenieff Fundamentals™, Body-Mind Centering®, Dynamic Anatomy®, Halprin Life Art Processes, Laban Movement Analysis, Phoenix Rising Movement Therapy, Rolf Movement Integration, Rubenfeld Synergy®, Somatic Movement Coaching, Somatic Movement Education, Somatic Movement Therapy, The Topf Technique®, and could theoretically include Aston Patterning, Feldenkrais Method®, and the Trager® Approach, if they desired.

In summary, and for clarity, ISMETA would like to have all the above listed Somatic Movement Practices listed under Category II Mind-Body Interventions - Mind Body Methods - CAM Practices, as Somatic Practices of Movement Education and Movement Therapy.

If it is absolutely impossible for this suggestion to be implemented please consider its alternative, Proposal II.

Proposal II

Re: the new/added program title and definition Somatic

Bodywork: Under Manipulative and Body Based Systems.

We request that you consider a re-categorization to include the following three categories

Somatic Bodywork.

Somatic Practices of Movement Education and Movement Therapy.

Energy-Based Therapies.

Rationale:

A range of individual systems, modalities and practices is included under this title. The educational providers and movement specialists of some of the systems listed do not identify their instructional programs as Somatic Bodywork.

For your information please consider these alternative definitions:

Somatic Bodywork. promotes physical and emotional balance and well being through the application of skilled touch principles and techniques. Methods include hands-on methods, anatomy and physiology, structural integration and various holistic health systems, practice management, professional standards and ethics. (Breema, Hellerwork, lymphatic drainage, Rolfing/Structural Integration, Rosen Method, and others).

Somatic Practices of Movement Education and Movement Therapy are practices that promote somatic awareness and optimal psychophysical functioning to enhance functional and expressive integration. The scope of practice includes skilled touch, kinesthetic awareness processes, movement observation, assessment, guidance and patterning methods, verbal, touch and movement communication. These practices include but are not limited to the following: The Alexander Technique, Bartenieff Fundamentals™, Body-Mind Centering®, Dynamic Anatomy®, Halprin Life Art Processes, Laban Movement Analysis, Phoenix Rising Movement Therapy, Rolf Movement Integration, Rubenfeld Synergy®, Somatic Movement Coaching, Somatic Movement Education, Somatic Movement Therapy, The Topf Technique®, and could easily include Aston Patterning, Feldenkrais Method®, and the Trager® Approach.

Energy-Based Therapies. A program that prepares individuals to promote health and well being through the application of techniques intended to affect the human energy system. Instruction may include a combination of theory and basic principles of orthodox and energetic anatomy and physiology, energetic evaluation and integration, skilled touch, communication and facilitation skills, energetic nutrition, movement, stretching postures, practice management, professional ethics, and service delivery, as appropriate to each practice. (Bioenergetics, cranio-sacral therapy, Polarity Therapy, Reiki, Therapeutic Touch, Qigong, and others).

In summary, we strongly urge you to accept Proposal I as detailed above. If upon giving Proposal I careful consideration, its adoption is simply not possible, then we ask you to accept Proposal II. In summary,

Proposal II would entail a re-categorization to more appropriately separate several diverse modalities into three distinct sub-categories: 1) Somatic Bodywork, 2) Somatic Practices of Movement Education and Movement Therapy, and 3) Energy-Based Therapies.

ISMETA would also like to state that it is in support of the letter from Missy Vineyard of the American Society for the Alexander Technique (AmSAT) to Dr. Kaczmarczyk on February 10, 2001. In particular ISMETA shares her skepticism towards "creating one big CAM amalgam, complete with a single regulatory system that attempts to be appropriate for all." However, we would also like to state that whereas some somatic movement practices (most notably those Teachers of the Alexander Technique represented by AmSAT) may not want to work toward receiving third party payments, this is not a monolithic view. There are some practitioners that may seek to work as part of HMO's or in conjunction with the insurance system in order to provide greater access of this work to more diverse people, in particular those people unable to afford, 'out of pocket' services.

Again, thank you for your extraordinary efforts to consider this update of the classification of CAM practices under the NCCAM and all that you do to support a greater understanding of the wide range of holistic practices that are being used in our country.

Respectfully yours,

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