

Dear Friends,

I wish to say a very special thank you from the Gentle Bio-Energetics Institute and the people around the world that have benefitted from your generosity. Your continued financial support makes it possible to serve people here and abroad who need financial help to avail themselves of our services. I hope you will contribute to our work again this year. I want to share what we have done this year and our plans for 2009 but first, I want to begin with a story, one that I tell at the beginning of Gentle Bio-Energetic lectures.

Long, long ago, a holy man was on a long journey. One day, as darkness approached, he reached the outskirts of a village and decided to bed down for the night beside the road. As he was preparing his camp, suddenly a villager came running up the road shouting, "The stone! The stone! Give me the precious stone!" The holy man was puzzled and asked, "What stone are you talking about?" "For the last several nights I have had a dream that a holy man would come to our village and give me a precious stone that would make me richer than I could ever imagine!"

Well, the holy man thought and then began to rummage through his travel bag. After some searching, he eventually pulled out a large stone saying, "He probably meant this one. I found it on a forest path a few days ago. Certainly, you can have it." The man looked at the stone in wonder. It was a diamond, perhaps the largest in the whole world. He took it and walked quickly away without even a thank you.

The holy man continued his preparations and went to sleep for the night. He awoke at sunrise and began gathering his things to move on. All of a sudden he saw the villager hurrying back up the road. He asked the villager, "Is something wrong?" The villager replied, "All night I could not sleep! I tossed and I turned. I want to give back this stone and I want you to give me instead that which makes it so easy for you to give away such a precious stone!"

On August 10, 2008, Dr. Eva Reich, developer of Gentle Bio-Energetics, died at the age of 84. She completed her journey here as a physician, educator, therapist, trainer, reformer, family member, friend. One of her primary interests was reforming birthing and child rearing practices to help babies have a better beginning in life. She traveled around the world freely giving away her work in the spirit of the previous story, helping people heal traumatic memories to free up their life energy for fuller living. She chose to share with the masses her work much like a missionary, sacrificing and living a very simple life. She gave away so much, always trusting that God would provide a way to continue her work. She spent her last days living in a simple farm house in Hancock, Maine under the care and love of her family and care givers.

I was fortunate to attend her memorial service and heard stories of her early life as a mother, aunt, teacher, doctor and also how she impacted the lives of her helpers in her last days. Someone shared how she baked bread but improved the recipe to make it healthy and as a result it was almost impossible to cut; others shared how she had to chase a pig out of the basement of the house that was a gift for medical services; of teaching sex education in the local school that was a total surprise to the students; of having to do her own tests and lab work as a young doctor; of how to live in the joy of the here and now even though life is difficult; of how she returned from her teaching and training abroad often exhausted and even in ill health. I briefly shared about her Gentle Bio-Energetics work and presented the Eva Reich's Butterfly Touch Massage DVD to those who attended as a gift from Renata, her daughter, and the Gentle Bio-Energetics Institute. It was both a sad and glorious tribute to Eva's life and work of helping others! Thank you Eva Reich for showing us how to easily give away such wonderful gifts! (After the first of the year, we will have a tribute for Eva at www.gentlebio-energetics.com.)

The Gentle BioEnergetics Institute is a nonprofit organization dedicated to preserving the life work of Dr. Eva Reich by providing education, training and therapy in Gentle Bio-Energetics to enhance the quality of life for all age groups. Gentle Bio-Energetics is an educational and healing model combining verbal and body therapy to help individuals heal trauma memory and/or prevent trauma. It is healing post-traumatic stress whether caused by bad beginnings around birth, medical interventions, abuse (physical, sexual, drug and alcohol), or other traumas (war, divorce, etc.). Eva Reich developed and incorporated many techniques into Gentle Bio-Energetics that work to bring comfort from the beginning of life to death.

I just returned from Riga, Latvia, where I spent a week working with trainees from previous programs. In 2007, we began with a model to train a group of Gentle Bio-Energetics practitioners, who would eventually become the trainers of others, and, as a result, develop their own Gentle Bio-Energetics program. Some of you contributed needed scholarships, because of the limited wages in Latvia, to make the program possible. I am glad to report that we are achieving our goal. In August 2007, we trained a group of 19 students and then in July 2008, 23 students. Four members from the first group assisted in the new training. This trip I worked with 15 of the students from the beginning groups who are continuing to develop their expertise in Gentle Bio-Energetics. They are pediatricians, midwives, counselors, psychologists, massage therapists, and others. I am told a number of others, who could not be present, that continue to use the tools in their work.. I wish you could have heard the stories they told about their work using Eva's tools. The stories ranged from working with infants to 65 year olds, from issues of abuse to medical and pain problems, from working with pregnant women to those facing hysterectomies later in life. Their gratitude for our sharing was so gracious and you have shared in that with your financial help. As I donated time and travel many of them also made great sacrifice to come to Riga with the cost of fuel, the low wages, and the struggle with their economy like ours. The Lutheran deacon house helped by providing space to work in at a greatly reduced cost. They truly are carrying on Eva's work in Latvia with her same spirit! One person completed her Gentle Bio-Energetics practitioner certification and will begin training others. I had tears in my eyes after all of those in the peer review recommended certification and I said, "I have taught you all that I can, and now what you will learn will come from within you as you continue to use the tools!" I felt we had completed one more step of our goal. At least three more students are ready to be certified and will hopefully complete that on my next trip.

In addition in 2008 we had students who traveled from Singapore and Brazil to our center in Asheville to complete the training program. Once again we are thankful for your support that makes it possible for us to have a center that they could travel to and then take the work back to their own country. These students helped translate the Butterfly Touch Massage DVD into Chinese, Portuguese, and Latvian. We are still working on other languages including Spanish, German, French, and others. We plan in the near future to produce the DVD for sale in all of these languages.

In 2009 we have more extensive plans. During March, we will begin a program in Singapore replicating the model we developed in Latvia. Sylvia Koh, who traveled to the Institute last summer to train, is developing the program there and in Malaysia, China and Taiwan. Several trips are scheduled for Latvia to continue the work there. Currently we have contacts exploring work in Mexico, Hawaii, and other locations. We continue our work at the Institute in Asheville providing education, training and therapy. Our cooperative relationship with the Appalachian Gestalt Training Institute continues and we are in conversations with other professional organizations to work together. In addition, as a result of requests, I will resume my therapy practice with individuals, couples and families as a part of the Institute's program.

In order to continue our mission, we very much need your financial help this year. This is a tough year for many of us but we still hope you will share with us in our mission of freely sharing Eva's gifts with all people. We need your financial contributions for scholarships, producing materials, and presenting training programs. The board has set a goal to raise \$15,000 in contributions for this year over the next 6 months. Your generous response to this letter is one of our primary ways of meeting this goal.

We need your help in other ways, too. You could help by sharing the story of our mission with others. Perhaps you know individuals or groups with whom we could share our story or provide education or training. You may have skills to help us better fulfill our mission such as fund raising, grant writing, board membership, editing a newsletter. Let us know if there is some way you would be interested in helping. Please help us to carry on Eva's life work worldwide.

As a 501(c)3 organization, all contributions you make to the Gentle Bio-Energetics Institute are tax deductible. We can accept donations of securities as well as monetary gifts. Please contact us for details. Credit card donations are also available by calling the Institute.

Thank you for your support. Visit our web page, www.gentlebio-energetics.com for more information.

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