

Discovery Meeting #9

March 22, 2010

Minutes



Photograph by Jennifer Roth

Present: Susan Bayley, Phyllis Beinart, Severyn Bruyn, Holly Campbell, Susan Collyer, Linda DeHart, Chris Graefe, Pattie Heyman, Jared Kass, Arthur Stowe,

Attending Via Skype: Susan Brender, James Cavanaugh, Gail Ellison

Attending Via Conference Telephone: Carrie Brady, Pati Stillwater, Inge van Pelt, MD

PROCEEDINGS

Meeting place is again Lesley University, an excellent environment. We will continue to hold our scheduled meetings here until further notice, now that parking is available.

We are working to find a solution to the telephone access issue. If we are unable to find a solution, we will seek another location after the summer.

INQUIRY OF THE DAY

James Cavanaugh reminded us of the words of Ghandi, "Be the change that you want to bring forth," and of the Bhagavad Gita, which says that we have no right to the fruits of our actions.

"If you don't get stuck in any aspect of the future of the past, you will be more effective."

Noting that our culture is suspicious of uncertainty, he asked us to put that suspicion aside and to act for action's sake and don't be stopped by inaction; to let go of all results and focus on the action alone.

Linda DeHart asked what are our next steps?

James said that we must keep asking questions, and that we are on the path of changing healthcare, regardless of what actually happens. Quoted President Obama after the passage of the landmark healthcare legislation, "This is what change looks

like." Perhaps not what we expect, perhaps not perfect, or even messy, but moving forward in the right direction.

James invited direct communication to him from everyone, by email, phone, snail mail, etc.

Inge van Pelt asked about fundraising, and how do we become persuasive in addressing "Healthcare" versus "Sickcare." Research shows that we can improve health by tapping into the healing power within, by addressing the wholeness of the human spirit.

Gail Ellison: has been exploring integrative medicine programs nationwide and is heartened by the number of programs. We need to remain open to these programs and to ways of bringing traditional and alternative ways of medicine together.

Susan Brender: we must concentrate at this moment on

1. finding our focus
2. consensus
3. raising money.

What will set us apart in the fundraising world is what this group decides. Once we are clear on our starting point, begin the search for funds; suggestions:

Anne Bass, NY and Connecticut philanthropist who made documentary about Vietnamese ballet dancer, might be interested in our art orientation

Oprah Winfrey Channel

Martha Stewart TV station

Lists of corporations

Lists of organizations

James: This is what we have been practicing for the past nine months. There is a master list of entities that we need to keep informed of what we are doing. We are now looking at creating a movie trailer that we can use in this effort.

Inge: If I were doing a project, I would start with the philosophy, and I would go toward Viktor Frankl: how love and compassion, our inner health, dance, visual arts, creativity all stimulate our healing.

Susan Bayley: We are pretty clear on our focus, which is the emergence of creativity and the arts in medicine, healthcare, and self-healing. There is already a widespread foundation of practice occurring. We want to shine the spotlight on what is going on and to bring about the commingling of the traditional and alternative healing worlds, to benefit from the best that both have to offer.

Pati Stillwater: A lot is happening that already exists, but we don't see it. Art and music "therapists" are in pace in the medical fields, and the word "therapist" already implies medicine, as opposed to alternative healing modalities. We need to find and articulate a ground of understanding.

James: We art still conceiving – birthing. We are seeking wholeness.

Severyn Bruyn: Offered himself as a resource to help with drafting our philosophy and in grant seeking. Background as Boston College professor of sociology and

philosophy and has succeeded in receiving many grants. He has just finished a draft of a book on evolution, "which is on the edge of creativity."
Suggests Templeton Foundation and Bill Moyers as possible funding sources.

Holly Campbell: Suggests that we open each meeting with a meditation or invocation to help us focus and unfold our work.

Jared Kass: We must resist the tendency to over-mystify: the field of psychology has an understanding of the relationship of arts and medicine.

- When we are healthy, we are congruent with ourselves. Those who can speak of their suffering in a coherent way can rise above it.
- When we are not congruent with self, we are in a state of internal stress, filled with cortisol – the "stress hormones" which weakens the immune system - and the healing process is fragmented. We must heal the emotional sphere at the same time as the physical.
- Arts offer a profound way for people to tell their stories.

We need to emphasize that the arts can play a clear and constructive role, rather than a mysterious role.

A discussion followed on what it means to be congruent with self.

Discussion finished with Severyn's observation about a study in rage and gang behavior; he said that health as a goal is vital and important; the arts show us something more, that breakdown is normal, and how to deal with it.

Phyllis Beinart drew the conversation back to funding. She has been looking for funding for the past year and finds it elusive. Who is the audience? Who are the funders? We need to format our ideas with clarity if we are going to be successful.

Funding Update:

"All I really want to do now is raise money," James said. He will pursue the Peterson Foundation contact with Susan Tanaka / Natasha, as well as bringing people together to discern potential funding sources and follow up with proposals. Anyone with information about potential sources should contact James and/or Gail Ellison, as they are the funnel through which fundraising initiatives will be channeled.

Exhibit Update:

Pledges of \$1085 have been received, including the purchase of seven Info Cards. Thanks to those who have contributed!

We are still offering Info Card opportunities, but you must act fast in order to get the design completed in time to print the cards for the exhibit.

Donations will continue to be accepted until the end of May. The goal of the exhibit is to collect at least 50 stories as potential content for The Art of Health documentary and 10 solid funding contacts.

Telling Your Story – Carrie Brady

Carrie Brady introduced her new website, www.cruciblemoments.org, where people can tell their stories of healing and health. They can also tell stories by email at cruciblemoments@yahoo.com; by phone at 800-454-8820; by mail at PO Box 352, Georgetown CT 06829.

Carrie created the site while she was laid up for two months with a medical condition that gave her a lot of time to think. She realized that many people have remarkable stories that never get told, so she developed the site as a place where those stories can be collected, and she is sharing it with the Discovery Meeting and The Art of Health documentary. Thank you Carrie!

Next Steps

Regarding fundraising, Pattie Heyman and Susan Brender reiterated the financial strain that many entities are experiencing, and both said that a lot of PR would be a good way to step up the energy and get people excited about our project. There is a crisis in hospitals and financial institutions; newsletters are a way to get the word out that the arts are suffering and to create urgency about finding support.

Suggestion is to write articles that make the case for the arts, then distribute it to print media, websites, blogs, etc. Who can write it, and who can make contacts with known figures or people with interesting material who will attract attention?

Holly noted that the Sunday Globe printed an article about the renaissance potential for art in the Boston area. She will forward the information to Linda.

Susan Collyer will follow up with her connection with Michael Winship for possible connection to Bill Moyers.

Gail suggested that the work of Daniel J. Siegel might be a topic for an article. Siegel is the author of several books on parenting and child development including *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* published by WW Norton in 2007, *The Developing Mind: Toward a Neurobiology of Interpersonal Experience* published by the Guilford Press in 1999 and *Parenting from the Inside Out*, published by Tarcher.

MARK YOUR CALENDAR!**Next Discovery Meetings:**

April 19

May 17

June 14

Summer break until September.

By Susan Bayley for Discovery Meeting • www.discoverymeeting.org