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## Resilience Inc. Newsletter: June 5, 2017 (Volume 22)

**This month's newsletter includes:**

### **A Message from Lori Ashcraft, Ask Emily and a Memorial for Fletcher.**

#### **A Message from Lori Ashcraft.**

Hello Friends!

Since our last newsletter, I have had open heart surgery and six blood clots removed from my lungs. Whew! I'm glad I was asleep for it since I really don't want to remember what happened. I have been recovering and learning how to go slow – not one of my strengths – but am picking up speed daily.



While I am well practiced at recovering, sometimes daily, from trauma and mental illness, I haven't had much practice at recovering from physical issues. Yes, I know we can't separate the mind and body when it comes to the process of recovery. They have a profound effect on each other, no question about it. However, the challenge of recovering from a physical challenge adds a whole new dimension to the recovery process. I want to share with you the

essence of what I have been learning about this since it may be helpful to others who are working daily on recovery from wounds, old and new.

The key ingredient in my learning process has to do with *energy*. Whether *energy* is physical or mental is inconsequential. Whatever it is or where ever it comes from, I'm realizing the significant role it plays in any kind of recovery. Just focusing on my own experience of late, I find that if I don't have *energy*, I don't want to do anything- I mean anything! I don't even think up things to do. So, without *energy* I am left with no initiative or interest in participating in my healing, neither physically or mentally or emotionally. Since I have always been a person with a high level of *energy*, I have not had opportunities to understand or explore the important role that *energy* has in healing, or for that matter, in living.



Once I noticed my vegetative state, I diagnosed myself with depression, since that seems to be my go-to label when I am unhappy and confused. Turns out, I think that was a misdiagnosis. It would have been more accurate to have

diagnosed myself with *no energy*.

The important part of this learning process has been discovering yet a third type of *energy* -not physical or mental – that can energize both the body and the mind and break through the vegetative state. I'm going to call it *spiritual energy*. Actually, I didn't discover it; it discovered me. It came to me one day as I sat very still for hours staring out the window. I felt a spark within me that came from a source that seemed eternal – something older than everything and that had no end. The more I focused on it, the more I began to feel myself again. So, I kept doing it. I'm still doing it every day and my *energy* level is as high as it has ever been, even though I still have to rest often.

I'm not sure how to give instructions for accessing this amazing *spiritual energy*. The best I can do is to tell you to get very quiet and still and listen to

that part of yourself that seems eternal. This is a place to start. Then follow your heart. Pay attention.

Lori

### **Ask Emily.**

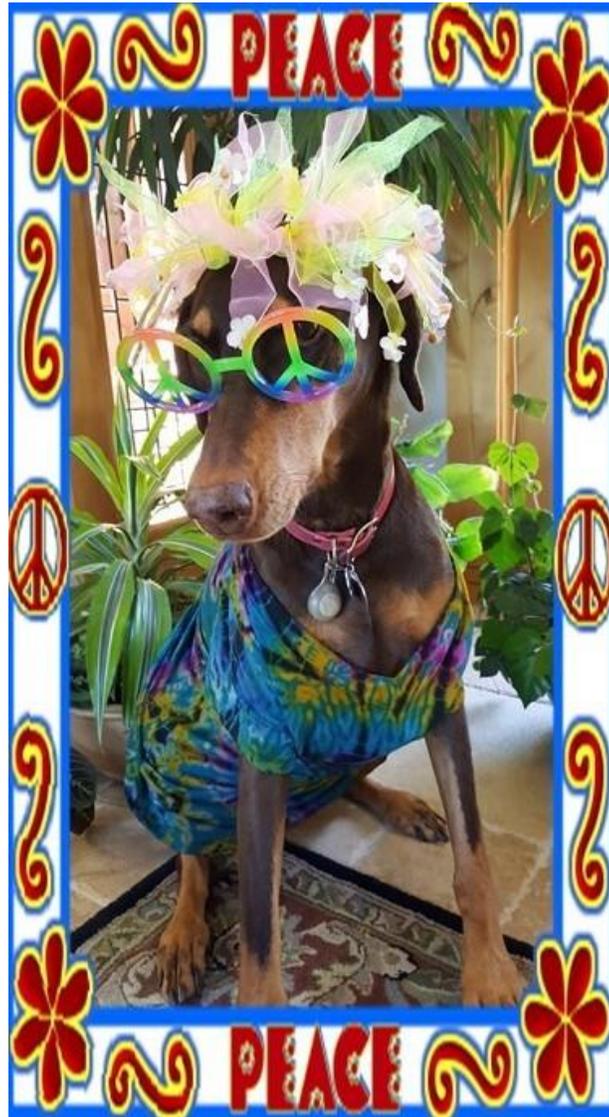
Hello Friends,

Peace to all you cats out there!! With summer fast approaching – I couldn't help but put on my retro flower child threads!! I think I look pretty cool and groovy – don't you agree?

Speaking of cool and groovy - this month's question comes from a real beauty – Roxy – who happens to be the guardian of Kathryn and Keith Puetz in Rolling Meadow, Illinois. Here's Roxy's question.

Hi Emily,

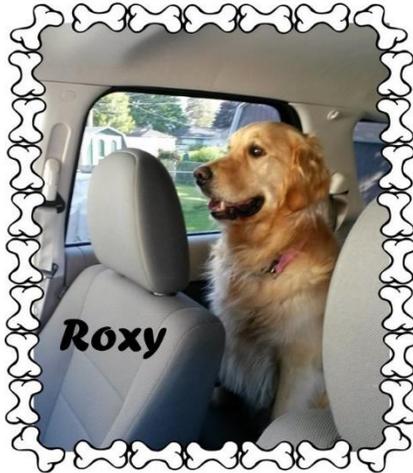
My name is Roxy and I am seeking some advice – and I hear through the puppy grapevine that you are the one to ask!! I really do enjoy being with my family – like all the time. I want to be with them as much as possible. This includes going on car rides. However, each time I get into the car - I get a bit nervous, sometimes I even get a little sick to my tummy and my paws begin to sweat. I



really want to be a good travel companion so....why does this happen and how can I get it to stop?

Am I just being a scaredy cat....or....I mean....dog??

Roxy



Hey Roxy,

I hear you loud and clear – you see, I haven't always been as hip and far out as I am now. Several years ago, I had some of the same feelings while riding in the car – just as you are experiencing. My Mom has a real “mean machine” – and I was quite hesitant to jump in. It appears that humans really enjoy using this mode of transportation – whereas I had always been much more accustomed to the four-legged approach when traveling to my destination. However, as my trust grew over time, I became comfortable and now I am completely at ease when my Mom takes me for a spin. Sometimes I even take a “cat nap” while we're on the road. Rely on your inner strength, trust your family and enjoy your valuable time together!!

Peace Out,

Emily

### **A Request From Emily.**

If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to [mail@resilience4u.us](mailto:mail@resilience4u.us) and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

## **A Memorial for Fletcher.**

Fletcher Dolezal, the amazing therapy dog who lived with Gerry and Cheri Dolezal, passed away last month after years of helping people recover. He will be missed.



Here is a note from Cheri that shows how many people knew and loved Fletcher:

"We had 2000 posts regarding the loss of Fletch and then were flooded with flowers and notes from our friends and people that Fletch helped, people that we didn't really know as well as Fletcher did. It has been very hard on both of us."

And here's a note from a grandson about Fletcher's magnetism:

“Every day when we had to leave your house I’d always be so sad to have to say goodbye to Fletch. He was so fun, energetic, caring and emotional. I wouldn’t consider him a dog, but more a human. He is now in heaven watching over you guys.”

The author of “**Rainbow Bridge**” is unknown, which seems appropriate – now we can all own it. We dedicate this version of the poem to Gerry and Cheri Dolezal.

*Just this side of  
heaven is a place  
called **Rainbow  
Bridge.***

*Once our animal  
friends pass, they go  
to the rainbow bridge.  
They are happy and  
content, except for  
one small thing; they each miss those they have left behind.*



*They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent. His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.*

*You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.*

*Then you cross **Rainbow Bridge** together....*

**Don't forget to check out Lori Ashcraft's Blog!!**

To read and contribute to Lori's blog, click on the link below:

[www.resilience4u.us](http://www.resilience4u.us)



For more information on our Consulting and Training Services or information on our Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook and Training

Program, call 530-362-7070.

Visit our website at [www.resilience4u.us](http://www.resilience4u.us)