

Healing for a Healing Hurt  
Facet of Society Service

Research indicates that a support system is essential, not only to one's mental health, but additionally to one's physical well being and longevity. For a support system to provide effective support, it must have the following characteristics: 1. The person being supported must feel accepted and valued just as he/she is without threat of harsh judgment for undesirable behavior; 2. The person must feel progressively better about him/herself and others as a result of contact with the supportive atmosphere; and 3. The support must be relatively accessible when he/she needs or wants it.

I believe that the RMUSD can provide an enormously beneficial support system to all who seek its comfort and that the resulting attitudinal changes will make it increasingly probable that participants will achieve a realization of the Father's plan as the ultimate support system. Even people who have resisted reading the URANTIA Book will be attracted to it when they see the reality of the love-filled lives of readers.

Ultimately I envision a center with facilities to provide a variety of supportive endeavors. My proposal is for us to find a duplex or other large house with living quarters for three or four persons in one area and space for "healing hurts" activities in another area. The residents could largely defray costs of the center through rent and could, if carefully chosen, provide the ongoing base of an ever-present loving atmosphere. People in pain would know that someone who cares would be available regularly to offer, at the very least, a hug and a key to the center facilities and, if time permits, an empathic ear and guidance in finding comfort in God's message of love.

I would like to see the facilities include a reading room; a library with spiritual and personal growth books; a sound-proof room available with a couch and stereo for people to relax and listen to inspirational and healing music and/or messages; a sound-proof room with a float tank equipped with stereo capabilities to intensify the impact of inspirational messages and to provide deep relaxation; a large group room for group and family counseling sessions; one or more small, comfortable rooms for individual counseling; and a kitchen and bathroom to accommodate all-day or weekend retreats.

Materials available should include several copies of the URANTIA Book and Concordex; a wide variety of reputable self-help and inspirational books; tapes of new-age music for stress release; hypnotic/learning tapes for improving self image, overcoming addictions, improving relationship skills, etc.; tapes made by the Society addressing problem areas such as loss of a love, guilt, parenting, etc., including liberal use of passages quoted from the URANTIA Book: study aides suggesting a reading sequence in the UR to answer questions or address problems such as "What is God's will in relation to sex?" or "How can one best deal with an unpleasant work environment?" or "What can one do to cooperate with one's inner guide?"

Additionally, a 24 hour phone contact system might be established much like a crisis line and daily inspirational phone messages could be made available through the center.

Some of the above materials and services can be made available even without a center. Steps that can be taken immediately include: establishment of daily phone messages on our current phone, preparation of tapes and study aids mentioned, establishment of a lending library and/or reading room either at the Boulder School or in someone's home, offering a 24 hour phone contact, offering counseling in individual's homes (group, individual, family), and training counselors interested in offering their services in the future.

