

CAPACITAR— *An International Network of Empowerment and Solidarity*

CAPACITAR'S

VISION

HEALING OURSELVES

HEALING OUR WORLD



CAPACITAR
is a Spanish
word meaning
to empower,
to encourage,
to bring each
other to life.

The Art of Peacemaking — Patricia Mathes Cane, Founder/Co-Director

Capacitar recently participated in the international conference of the UN Commission on the Status of Women held in New York. While the United Nations Security Council negotiated the imminent possibilities of war next door to the conference, women grassroots leaders from around the world met to collaborate on strategies to stop the escalating violence that deeply affects the lives of women and children in most countries.



Capacitar's presence was sponsored by the International Presentation Association of the Sisters of the Presentation, the Temple of Understanding, and Tribal Links Foundation. These three UN NGOs (non-governmental organizations) coordinated our workshop that gave an overview of Capacitar's work and the skills we teach to heal the violence and trauma suffered by women and girls internationally. Women from Cuba, Mexico, the Ukraine, Armenia, Northern Ireland and the United States shared in our presentation. Many of these women were themselves involved in the challenging work and the art of peacemaking in their communities. It was inspiring to see so many positive grassroots efforts, in the midst of the global tension. And many of the women spoke passionately about the hard work we must do and the skills we must learn to change the behaviors and attitudes that are destroying our world.

We are reminded of our meeting last summer with a Tanzanian bishop who was involved in resettlement efforts with many thousands of refugees from Rwanda and Burundi. He asked: "How is it possible for these people to build peaceful and just societies, when all they know is violence and trauma?" The behaviors and values of past generations are no longer sufficient for our current situation. What is desperately needed now is a new kind of literacy in the vital art of peacemaking. This requires: Learning ways to heal our personal wounds and trauma so these are not projected onto the community. Learning skills in nonviolence, conflict resolution and reconciliation within families and societies. And learning how to embody and practice daily the behaviors and the art of peacemaking.

There is great hope in the growing numbers of people and groups who are embodying the art of peacemaking. Capacitar recently collaborated with some of these groups in different parts of the world. In Quiché, Guatemala, Utz K'Aslemal, the Mayan Mental Health Team, works with rural indigenous communities to heal the war trauma suffered by thousands of Mayans. In Thiotte, the Haiti Medical Mission of Wisconsin offers medical care, support and friendship with thousands of Haitians who suffer the impact of poverty, violence and economic sanctions. In Tucson, AZ and Nogales, Mexico, Borderlinks creates valuable solidarity exchanges and collaborative programs across the US-Mexico border where people deal with the negative impact of globalization. And in Indonesia, Bali and East Timor many grassroots groups are learning Capacitar practices to give them skills for creating peaceful societies. This newsletter describes some of these groups.

*As the human family struggles with war and escalating global violence,
we of Capacitar reaffirm our commitment
to be instruments of peace and healing for our world.*

Capacitar in Haiti

Capacitar recently collaborated with the Haiti Medical Mission of Wisconsin (HMMW) in Thiotte, Southeastern Haiti near the Dominican border. Since 1997 HMMW Founder Maureen Murphy-Greenwood, M.D., and teams of Midwest doctors and medical professionals have worked in this rural community of 25,000 people, where the nearest hospital is 4 hours away. Haiti is a country of 8 million, where the vast majority survive on less than \$250 a year and have no access to health care.

Pat Cane led Capacitar workshops for the medical team and for hundreds of Haitians who waited daily to see the doctors. Fingerholds for fear and anxiety were used by patients awaiting surgery. Doctors and nurses taught patients acupressure points to give them something they could do for themselves. During the visit, Pat worked with translator Daniel Massillon to develop a new manual in Creole to be published later this year, to make Capacitar practices accessible to the people of Haiti and the Caribbean. ➤



Capacitar in Nogales, Mexico

In February Capacitar led a bi-national holistic conference sponsored by Borderlinks of Tucson, Arizona, and Nogales, Mexico. Sixty men and women from both sides of the border enthusiastically participated in the training led by Pat Cane at Casa Misericordia in Nogales, MX. The training also involved the sharing of traditional healing practices and Aztec dances.

Borderlinks grew out of the Sanctuary Movement of the 1980's focusing on the plight of refugees. It currently works with issues related to the impact of globalization on border communities. Borderlinks programs range from border solidarity visits of church groups and university students, to micro-credit and community banking, adult education and a hot lunch program that feeds over 300 children a day.

Capacitar in Indonesia

Toward the end of a three day training in Manado, North Sulawesi in Indonesia, the participants were relaxed and enthusiastic about the possible ways of incorporating Capacitar into their work of healing and transformation in their areas which are experiencing severe conflicts. At that point, one person who participated in a previous workshop began to share his own experience. "I was so happy after Jakarta! Ready to return home with wonderful plans for the work! But several weeks after my return, I had a real crisis and began to experience so many effects of trauma." He explained to us that he could no longer work, no longer pray, he didn't know himself. He asked for some time away from everything and everyone and was able to go to a quiet place far away.

Although his time was cut short because of new conflicts that arose in his area, he had begun to use the practices he learned in Jakarta and experienced his nervousness fading into calm. He described for us the change of attitude that grew as he spent time each day in Tai Chi meditation. It helped him remain calm, even relaxed in the very tense situation of conflict. In addition - here, he gave us a big grin and patted his stomach with satisfaction - he lost a good deal of the weight that was adding to his tension! He continues with the Tai Chi and other practices now and is sharing them with others.

He impressed all of us with the fact that healing and transformation don't come overnight! The first rest and relaxation is often followed by even keener experience of the symptoms of trauma, but we have some ways to help ourselves. And if we make these part of our daily life, then we have ways to help others, too.

CAPACITAR SELF-CARE CORNER

Theory:

This practice, based on the work of Phyllis Krystal, uses the infinity sign or figure "8" to energetically separate yourself from another person, a traumatic memory, negative self-talk, or a strong emotion, which drain energy and cause depression, anxiety or trauma. This practice can help you create healthy personal boundaries and recognize the integrity of your own core energy.

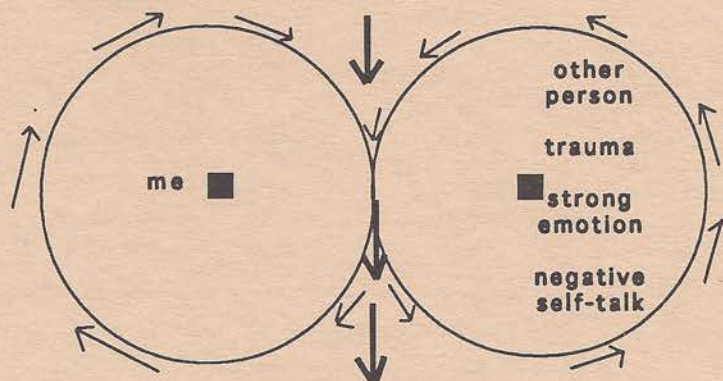
Practice:

Using the figure 8 or infinity sign (see the illustration), visualize yourself in the center of a circle, surrounded by a tube or cylinder of golden light. In the center of the other circle place the person, strong emotion, negative self-talk or traumatic memory, and surround them with a cylinder of golden light. As you start the practice you are energetically connected at the point of intersection of the two circles.

Now visualize a blue neon light that moves around following the direction of a figure 8— first around the circle where you have placed the person, strong emotion or traumatic memory, and then around the circle where you are. Continue to visualize this blue light moving around and around the figure 8. Do this practice for several minutes at a time, repeating it two or three times a day for several weeks or a month or two. A good time to do this is when your subconscious is most active: when you first awaken, just after meditation and/or before you go to sleep at night. Slowly the recognition of your core energy, your separateness from the person or feeling you placed in the other circle enters your subconscious mind.

THE FIGURE 8 TO HEAL ENERGY DRAIN

Adapted from Cutting the Ties That Bind by Phyllis Krystal



After several weeks or months, and only when you feel ready to do so, cut the tie that binds you. You can do so literally or figuratively, creating your own ritual of separation. Taking a knife, scissors, candle or other implement, sever the energetic tie with great respect for the energy field of the other and great respect for your own core energy. Fully release the person, memory, negative thought or trauma, giving them back to themselves. And you stand alone in the fullness of your energy being. This practice is especially helpful with relationships or situations that drain energy, and should usually be done without the other's knowledge.

Variation:

If you have difficulty imagining the process, you can draw the figure 8 on a piece of paper to help you visualize, or you can trace the figure 8 in your hand with your finger, thus embedding it in your tissues.

Mark Your Calendar

July 9, 10, 11, 2004

CAPACITAR NATIONAL CONFERENCE

San Diego, CA

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Stocks - Shares may be sent to Prudential Financial,
26135 Carmel Rancho Blvd. Carmel CA 93923 (831)625-6890.
Capacitar's account number is OWW-961815

Frequent Flier Miles - Call Rita at (831)722-7590
for more information.

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Requests - Gifts made through your will may be for a specific percentage
of an estate or a specific sum.

Gifts of Life Insurance - You can transfer ownership of a life insurance
policy to CAPACITAR.

The legal name is CAPACITAR, Inc., Watsonville, CA

CAPACITAR Calendar 2003

- **April 5-6** Building Healthy Communities, San Francisco CA
- **April 7-17** Trainings in South Africa
- **April** Trainings in Tanzania
- **April 26** Capacitar Board Meeting
- **May 1-14** Workshops in No. Ireland and Republic of Ireland
- **May** Trainings in Belize
- **June 21-22** REDES, Portland OR
- **June 21-22** Training 2, El Paso TX
- **July 1-4** Workshops in Nicaragua
- **July 26** Capacitar Board Meeting
- **August 23-24** Training 3, El Paso TX
- **August 25-26** Capacitar for Kids, Cincinnati schools/teachers
- **August 28-29** Parish Nurses, Cincinnati OH
- **August** Trainings in Tanzania
- **August** Univ. California Santa Cruz, Internship trainings
- **September 22-30** Trainings in South Africa
- **October 1-30** AIDS Trainings in So. African countries:
Botswana, Namibia, Swaziland, Lesotho, Zimbabwe and So. Africa
- **October 18** Capacitar Board Meeting
- **Nov. 1-2** Trainings in South Africa
- **November 8-9** Training 4, El Paso TX
- **December 6-7** Training 1, St. Louis, MO
- **Monthly Ongoing Workshops** Sunrise Center, Richlands VA
- **Monthly Ongoing Workshops** Capacitar-Frontera Team, San Diego, CA

2003 Trainings

- **Wisconsin Training in Multicultural Wellness Education**
Sponsored by the Center to BE, Milwaukee, WI
Mar. 28-30 May 30-June 1 Sept. 5-7 Nov. 14-16
For information: Marjorie Wilbur (414)672-5932
Mwctobe@execpc.com. CEUs offered through Marian College.

Gifts Made In Honor of

Valerie Bengal * Jennifer Biehn
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