Empowering Healing and Harmony—Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

As Capacitar works in places of trauma and violence, people often ask how we keep going when faced with the suffering of the human family. There are no simple answers. But as we each connect deeply with our inner wisdom, together we create new visions and paths into the future.

Many scholars and spiritual leaders are emerging, whose insights inspire our journey. Capacitar friends John Philip and Ali Newell of Scotland are two such persons. John Philip Newell’s new book, A New Harmony: The Spirit, The Earth and The Human Soul, describes the ancient harmony that united us, and the brokenness that then fragmented us as we disconnected from our true source. As we face what is destroying us at this time, we open to the possibility of rediscovering our essential unity and wholeness. “We will either choose to meet this moment and translate its grace into the relationships of our lives and nations, or we will lose this moment and abandon ourselves further and further to fragmentation and lack of well-being. . . In this moment of grace, ‘all we’ are being invited to take the ring of oneness and to pledge ourselves to the earth and to one another in radically new ways. . . The Spirit is doing a new thing. It is springing forth now in our consciousness, among every people, in every discipline, in every walk of life. Do we see it? And shall we serve it?”

At our recent gathering at La Casa de Maria, participants from past training groups came together for an afternoon of support and renewal. Many spoke of weariness at work and in their lives, and their hunger to reconnect and be inspired by a nourishing community. Two women who are principals at local schools shared how they were able to keep peacefully centered with the Capacitar practices as they worked with the challenges of teachers, students and parents. Two women from Wellness Works in Los Angeles described how they use the healing skills with returned war veterans and their families. A professor at a college in Southern California teaches classes in stress management using Capacitar tools with students who deal with the challenges of addiction and failure at school. As one by one the participants shared what they were doing, the group became animated with hope and encouragement. Together we recognized that each person’s gifts are important, and that each person brings their unique contribution to heal the whole. As Capacitar Middle East leaders recently wrote: “In these times when there is so much chaos and instability all around, it brings such hope to work together with Capacitar practices that strengthen us individually and help us become healthy human beings, as one in our communities.”

In A New Harmony, John Philip Newell reflects on a quote by Carl Jung that “every true and deep love is a sacrifice.” "It is a giving of ourselves freely to something more than our ego. In love we offer ourselves to a oneness that is greater than our separateness. . . We make sacrifices in our lives in order to make whole again. It is the holiness of wholeness. . . What is love calling us to be and to do at this point in our lives? What is the sacrifice required of us if we and our world are to be whole, if we are to find a new harmony?”

Spring Gathering of the Capacitar La Casa de Maria network, Santa Barbara, California
Capacitar Outreach

Congo DRC—Dr. Genevieve van Waesbergh, MMM

In February, I was invited by Amnesty International and Protection International to facilitate a workshop on Stress Relief and Trauma Healing for a group of 35 human rights defenders in Bukavu, DRC. Participants represented 10 organizations that are active throughout the Congo, including, women and men lawyers, development and social workers and human rights educators working in North and South Kivu and Eastern Congo where there have been successive conflicts since 1998. Millions of people have died in the conflicts, with many thousands internally displaced. This region is known as the worst part of the world for women to live in, due to sexual terror. Massive rapes have been perpetuated by the regular and foreign armies or by rebel groups. The population, especially in more isolated areas, lives in a situation of continual traumatic stress and is regularly confronted by intimidation, threats, thefts, looting and sexual violence. Recently another aspect that is being reported as a weapon of terror is the sexual violence against men and boys.

Workshop participants were very receptive to the approach of Capacitar and quickly recognized how the simple practices brought relief and healing. They said the techniques would be very important for themselves and for their families to manage daily traumatic stress. Participants also expressed the desire to have Capacitar take root in the Kivu region, as well as in the whole of the Congo.

Capacitar Tanzania

Capacitar Tanzania Coordinator Costansia Mbgoma and Africa International Trainer Dr. Genevieve van Waesbergh, MMM, have offered trainings and workshops to a broad cross-section of people in Tanzania. Costansia has worked with schools, teachers, children and families in Mwanza and Arusha, as well as with women’s groups, religious, groups working with mental health and HIV/AIDS and prison staff. Genevieve recently completed a trauma healing training for the Arusha Mental Health Trust and workshops for Muslim women in Arusha.

Capacitar Indonesia—Joan Rebmann Condon

The Capacitar Indonesia team recently organized a workshop in Ubud, Bali facilitated by Joan Condon. Fifty-one people attended from Java and Aceh, as well as from Bali. Joan also met with the Indonesia team and together they scheduled Multicultural Wellness trainings for 2012-2013 in Poso, Sulawesi and Yogyakarta. The first module will begin in September 2012.

Capacitar Timor Leste

The Timor Leste team coordinated a national training for 8 women and 10 men, including teachers, a police officer, a prison guard, students, NGO workers and religious. Joan Condon facilitated with translation support from team members. Joan also led outreach workshops for various groups: for PRADET, a mental health organization; with team member Dilyana Datem, for Casa Viva, where girls who are survivors of abuse live; with Eileen Brady MM; and for National University students with team member Fidelio da Costa. Capacitar International thanks the Maryknoll Sisters in Timor Leste for their support for the National Training and Maria Dias for providing lodging and transportation support.

Capacitar Middle East Network

The new in-depth training, coordinated by Lora Hillel, Asmahan Mansur and Ronit Zur, includes 24 men and women of diverse backgrounds: teachers, social workers, psychologists, therapists and activists. Seven from the 2011 training are serving as mentors to new participants. All meet monthly in regional groups to exchange experiences, review practices and discuss articles. A Druze woman who runs a kindergarten in her home shared that during a recent birthday party one of her 4-year-old girls comforted a crying 2-year-old boy by holding his finger! Another woman uses the practices with young mothers and their babies. And a teacher has built a labyrinth with the children in her school.

Katmandu, Nepal—Selina Quinn

Selina Quinn taught a workshop in the city of Kathmandu for an NGO ‘Just-one’ that works with children and communities in Katmandu. ‘Just-one’ encourages children off the streets or out of the workplace, into education and a chance for a brighter future. I recently taught staff ways to deal with their own trauma, as well as tools to use with children and the community. Capacitar has already inspired many changes in the NGO’s headquarter, including the purchase of several vibrant plants to bring life and renewed energy to the building and all within it. I hope to see other transformations over the next five months of my volunteer work with ‘Just-one’.

New York: Mohawk Valley

The Mohawk Valley Resource Center for Refugees in Utica, NY is sponsoring the Capacitar Multicultural Wellness Education Program facilitated by trainer Joan Condon for 25 men and women. Participants include ESL teachers, therapists, clinicians, counselors and staff from the Center, as well as from other agencies that work with refugees, children and families. A workshop and gathering will also be held in June sponsored by the Center for Family Life and Recovery.

Capacitar 25th Anniversary Celebration—2013

Share in our 25th Anniversary Gathering:
Celebrating Capacitar’s Global Commitment to Wellness
September 6-8, 2013
La Casa de Maria, Santa Barbara, California
Details & Application Forms to be posted at www.capacitar.org

Capacitar Timor Leste Coordinator Costansia Mbgoma leads Tai Chi for teachers and students at a local school.

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Dear Friends,

We send our blessings and gratitude to you this Springtime! Your prayers and financial support in the midst of these challenging times bring hope and renewed energy to Capacitar teams and to the many people we serve around the world.

As I write this letter, one of our trainers, Genevieve van Waesberghe MMM, is leading Capacitar workshops in South Sudan challenging times bring hope and renewed energy to Capacitar teams and to the many people we serve around the world.

Because of increased stress in the many places where we are working, Capacitar classes are also being offered to help people deal with the struggles of their lives. At All Hallow College, Dublin, two Irish trainers are facilitating Capacitar classes for men and women who have lost their jobs and have returned to school for a degree. In Israel at the Open University, an Arab facilitator offers Capacitar classes to help her students focus for learning and calm themselves at exam time in order to succeed at the university. At a college in Southern California, a university professor teaches stress management and Capacitar skills to students who deal with addiction, burnout and failure at school. And caregivers learn the Capacitar practices at Noddfa in Northern Wales for self-care and to help family members suffering from dementia, Alzheimers, cancer and other illnesses.

Stories like these give us hope! It is your contributions that have helped bring this hope to people in the US, Sudan, Juarez, Mexico, the Middle East and other countries. However, in other places people wait for Capacitar training because resources are not available. Capacitar now has two partners in Haiti ready to organize trainings as soon as funding is found. We together we can realize our mission of healing ourselves, healing our world. We cannot do this work without you. Thank you for your generous donations and prayerful support of Capacitar.

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In peace and solidarity,

Pat Cane
Capacitar International Founder/Director