

## Happy December! - Jana's Corner

Happy December! We wish you a joyful, loving, and peaceful holiday season. Be sure to create some space for healing as well as fun-filled celebrations. How about using the power of intention for 2012 instead of those dreaded New Year's resolutions that no one keeps anyway? Instead of saying "I'll lose 10 pounds by March" try "I want to have a healthy body and enjoy nutritious and delicious food." See how much bigger intention can be? Maybe pick one or two areas of your life to work on. You don't have to

tackle everything! Here's mine: I commit to open and honest communication in all areas of my life. We'd love to hear from you about what you're up to and/or what you're intending for the coming year. Call or send us an email.

In this issue, Rokelle Lerner writes a moving piece about letting go with self-compassion and patience in "Healing the Loss of a Dream, Part II." She outlines the steps for grieving and getting to the state of acceptance. Rokelle gives us some great suggestions for self-reflection and

sharing your journey with loved ones. I was especially moved by the notion of "borrowing hopefulness." This is probably the best gift we could ever give someone. Check out "What is Developing Healthy Families"? to learn more about our family workshop. Lisa MacDonald, Cottonwood Tucson's dietitian, and Chef Richard Serna have contributed an article, "Nutrition in Recovery: The Power of Pigment" and a yummy and colorful nutrient-packed smoothie recipe.

Enjoy and be well!

## Healing the Loss of a Dream, Part II by Rokelle Lerner

Letting go of a dream that was dear to us is one of the most difficult circumstances that we encounter as humans. Yet we need to remind ourselves that life demands release. We let go when we go to sleep, when we take a breath and ultimately when we die. But truly this takes time and the development of self-compassion. If not, some of us will continue to carry the dead corpse of a past relationship or job around with us for eternity.

For those in this transition place between dreams, the process is slow and sometimes it feels like nothing is ever going to change. But with patience and compassion, we suddenly notice that the eggshell cracks, the branch begins to develop a bud and we're ready to

enter a new phase in our lives. During the space between the death of one dream and the birth of another, don't be surprised if it feels like change is non-existent. The truth is, what's happening is occurring "underground", deep in our soul. The poet laureate Juan Ramon Jimenez writes the following about the process of waiting:

*"My boat struck something deep...*

*Nothing happened.*

*Sounds, silence waves...*

*Nothing happened.*

*Or perhaps everything has happened.*

*And I'm sitting in the middle of my new life."*

During the transition between the death of one dream and the birth of another, we need to allow the full realm of our despair and grief, our anger and sadness. If we're willing to do this, we inevitably reach a state of grace called acceptance. The following are steps for grieving the death of a dream and entering into this transcendent state:

### **Name the Dream**

The healing process begins when we can be honest and name the dream that's

been shattered. Because we're not trained to notice the dreams that are attached to our losses, it takes gentleness and reflection to discover the underlying vision and the meaning it held for us. Tools for discovering your dreams include having courageous conversations with trusted friends, journaling, art, meditation and tending to your dreams at night.

### **Educate Your Friends**

Once the dream is named, we need to educate our friends and loved ones about the nature of our grief. We need to let them know that our grieving may take some time and we would hope for their support and patience while we go through our grieving process. Those of us who are supporting friends, relatives or clients in their mourning can help by asking the right questions and listening carefully. We need to be mindful and not analyze or label someone whose grief won't diminish. Rather, we can gently ask what dreams they had that surrounded their loss: "Could it be that you miss the dream of the nurturing family?" "Is it possible that the image of yourself as the courageous healer has gone?" My experience is that when the shattered dream is acknowledged, it brings forth

*(continued on page 2)*



## Healing the Loss of a Dream, Part II *(continued)*

tears, perhaps anger, and, ultimately, the relief that someone finally understands.

### Create Safety

Like a butterfly in a cocoon, find some safety and comfort for yourself. Don't throw yourself into situations that threaten your need for serenity. This transition time will be an opportunity for you to discover the art of self-soothing. For some this will mean meditation, listening to music, prayer, silent walking, utilizing the creative arts or connecting with friends. You might check with those you trust to see what helps them to create sanctuary in their lives. However, it's our responsibility to explore what form of comfort will bring us the kind of ease and safety we need. This is valuable information that will sustain you throughout your life.

### Tell Your Story

At some point it will be crucial to tell your story and have it witnessed. Telling our story can move us beyond the wounding and helps us to process our grief in ways that can't be done in isolation. We need to look into the eyes of others who hear our lost dreams and notice their sadness, their compassion and even their outrage or horror. Storytelling is a powerful form of soul retrieval in every culture on this planet. When you're able to tell your story, it honors the past and creates room for a future. It's a way of cleaning out your psychological garden to make room for new growth.

### Discover Your Patterns

The way we bring situations, relationships, or dreams to a close is often a style we've developed for dealing with endings. Think about the ways you've learned to say goodbye: Do you hang on? Do you end abruptly? Do you linger before you leave? Do you leave and then return again and again? The way we let go

of a dream can involve any of these styles. Sometimes knowing our patterns can help us to be gentler with our process.

### Find Perspective

It will be important to get some perspective in order to see the bigger picture. If you think that the old dream is the best that you'll ever have, you're going to remain in a cycle of suffering. If we're consistently focused on what's not working in our lives, we will never develop the ability to embrace something better. The gift waiting to be claimed by perspective is the ability to see the whole picture of what we've lost: the good, the bad, the precious and the horrible. It's also the best remedy for self-pity. There is no other behavior that locks us into misery then feeling sorry for ourselves. It completely pulls us away from our connection with ourselves and then all we have is a mass of toxic resentment. A remedy for self-pity is to be of service, volunteer your time, and discuss with others the journey they've been on and how they were able to focus their energy on life-giving thoughts.

### Borrow Hopefulness

*"Our most spectacular answers to prayers have come when we were so helpless, so out of control that we could do nothing at all for ourselves."* Catherine Marshall

Sometimes when we mourn, there are days where it seems impossible to reach any level of optimism for the future. This is the time when we need to listen to our friends who try to influence our state of mind. Instead of negating the positive nature of what people give us, we can literally borrow their hopefulness for the future, even when we have none ourselves.

A colleague of mine was doing therapy with a woman who had lost her husband several years previously. This woman wanted help in creating a new vision for her future.

However, every time this woman would get close to a new dream, she'd "blow it off" and become sullen and despairing. My colleague acknowledged her hopelessness but also offered her client this gift: "I know you can't see your way past your grief right now, but I'm going to remain the container for your hope and you can 'dip' into this container when you're ready." Meanwhile, she encouraged the woman to borrow some of the optimism she had: "It's free of charge", she said, "and you can carry it with you as long as you'd like".

If we are to have meaning in our lives, we gradually need to try on new dreams. If we refuse to entertain new visions for our future, we eventually walk the procession of the living dead. We don't have to cook up some future fantasy that doesn't ring true. Rather, we can begin to journal, draw or even be silent to see what longing is stirring in our hearts. This is the practice of cultivating the willingness to listen to our deepest desires.

For those who have experienced the death of a dream, it takes courage to dream again. Anyone who has experienced this kind of loss understands the expression, "dare to dream". It's definitely daring to get our hearts and minds wrapped around another vision for us. But if we're willing to take the chance, it provides a powerful affirmation of life that feeds our spirit.



## What is "Developing Healthy Families"?

We want to introduce you to our family workshop, **Developing Healthy Families**. You can bring your family, children ages 11 and up included, to InnerPath. Addictions and psychiatric disorders can create chaos in a family. Stress and tension rise, frustration builds and communication turns to anger. Families do not know what to

do. This workshop can bring relief to a family in crisis. We treat families impacted by chemical dependency, addictions, depression and anxiety, anger, behavioral/emotional problems, trauma, grief and loss, and communication.

Our five-day program offers education, new ways of relating, developing a healthy

lifestyle and individual strategies to work towards solution and recovery. **Developing Healthy Families** is facilitated by Cottonwood's Family Program staff and is offered every week of the year. Call or email if you have questions about this program.

# Nutrition in Recovery: The Power of Pigment: By Lisa MacDonald, MPH, RD, Director of Nutrition Services at Cottonwood Tucson and Executive Chef Richard Serna



When Chef Serna and I first began discussing this article, he indicated that he would like to present a recipe featuring pomegranate, as it is now in season. My intention then became to write an article focusing on the nutrition properties of pomegranate. After Chef provided me with this smoothie recipe I decided it would be short-sighted to focus only on pomegranate. This smoothie is packed full of nutrient dense foods. Often in the health industry and certainly in our culture we look for that magic bullet, the one food that will be the end all, solve all to all of our health concerns. The popularity of and health claims associated with pomegranate juice, gogi berry juice and acai juice are all examples of this quest for the magic bullet. Unfortunately, there is not a magic bullet. If we eat only one food, we miss out on all the nutrition properties of other foods.

Around the world, low fat diets rich in fresh produce contribute to longer, healthier lives. Inclusion of colorful fruits and vegetables is a key feature of any diet for optimum health. These fruits and vegetables contain disease fighting compounds called phytochemicals that work as antioxidants. "Phytochemicals" and "antioxidants" are million dollar nutrition words that get bounced around in the media without much explanation. Phytochemicals are minute substances in plants that may reduce the risk of cancer and heart disease. Antioxidants are compounds that combine with oxygen to prevent oxygen from destroying important substances such as unsaturated fats in cell membranes, DNA and other cell parts. There are many phytochemicals found in the berries and in the pomegranate in this recipe, one of which is very much related to the color or the pigment of the fruits. The red and blue fruits contain the pigment anthocyanin which acts as an antioxidant.

Nutrition experts recommend eating at least 2 cups of fruit daily. Aim to eat something red, orange-yellow, green and blue-purple everyday. This recipe is a delicious way to take care of the red and blue-purples. Don't forget to include the other colors at some point in the day.

*Lisa MacDonald, MPH, RD is the director of Nutrition Services at Cottonwood Tucson. Lisa is a Registered Dietitian with expertise in nutrition education, weight management and eating disorders. She has worked in a managed care organization, a public health agency and in the health and wellness/spa setting. Lisa is committed to scientific integrity and the "non-diet" approach to weight management.*

*Chef Richard Serna serves as executive chef at Cottonwood Tucson. Cottonwood is a dual diagnosis rehabilitation facility that wanted to foster a holistic approach to recovery. As any chef knows, health begins with what you eat. Richard has completely revitalized the culinary program at Cottonwood in only two years. He became sous chef for Chef Cary Neff at Miraval Life in Balance Spa, which was voted the #1 spa in the world while he was there. Next he was the sous chef at Enchantment Resort in Sedona. He ran the sushi bar at AJ's Fine Foods, attended the culinary program at Pima Community College, and did his internship at the Anaheim Hilton.*

## Pomegranate Jump Start Smoothie

(Makes 2 cups; 4 - 1/2 cup servings)

Presented by Cottonwood Tucson

Amount	Measure	Ingredient
1/4 cup		raspberries (frozen or fresh)
1/4 cup		blackberries (frozen or fresh)
1/4 cup		strawberries (frozen or fresh)
1/2 cup		blueberries (frozen or fresh)
1/4 cup		plain yogurt
2 tsp		flax seed (ground)
1 1/2 tbsps		honey
1	tbsp	water
1	whole	banana
3/4	cup	ice
1/2	cup	fresh pomegranate seeds

### Instructions:

Combine all ingredients except for the pomegranate seeds into a blender. Blend on low until all ingredients are well blended and ice is incorporated. Remove from blender; mix in the pomegranate seeds saving a few to garnish the on top. Add a 1/2 cup of the mixture into each glass, garnish with the remaining pomegranate seeds and enjoy!

**\*All Nutritional Facts estimated by ESHA Research SQL Food Processor Programs**

### Nutrition Facts

Serving Size 1/2 cup (124g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 3g	12%
Sugars 17g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 25%
Calcium 2%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,000</small>	
Total Fat	Less than 65g 50g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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## InnerPath 2012 Schedule

### **Beginnings & Beyond**

1/16-1/20  
2/20-2/24  
3/26-3/30  
4/23-4/27  
5/21-5/25  
6/25-6/29  
7/23-7/27  
9/17-9/21  
10/22-10/26  
11/12-11/16  
12/10-12/14

### **Developing Healthy Relationships (Couples)**

5/17-2/20  
12/6-12/9

### **Women's Retreat**

1/9-1/13  
4/16-1/20  
6/18-6/22  
7/16-7/20  
9/10-9/14  
10/15-10/19

### **Developing Healthy Families**

Contact us to schedule

**Contact us to schedule at 520 743 2141**

**or**

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