

Jerry,

This is Kristyn M . I was at Holistic one year ago...it changed my life. I thank you so much for the part you played in that change.

I believe that today is your birthday and I wanted to wish you a happy and healthy one. I hope things are going wonderfully in your life.

I am doing well, after a few relapses last year. Since September, things have been going well. I took some wonderful tools away from my experience at Holistic. I use them often. If you get a chance, please let Harry know that I still listen to his CD and purchased "The Power of Now" (I started reading it but need to get back to it). Harry had a strong impact on me. Randall did as well. I was amazed by his knowledge and ability to make religion/spirituality "simple" and easily related to our situations at Holistic. I hope his faith-based sessions have continued. I believe he was just starting them when I was there. I also had the honor of attending a Passover celebration that he arranged for a few of us. Duchess was my counselor and I still feel very close to her. My psychologist got in touch with her when I relapsed and I spoke with her as well.

I don't expect you to remember me, but I was there with Alan among many other wonderful people. I so hope he is doing well. If appropriate, please give him my best.

I spoke with Lisa G. (from Colorado) several times soon after I left. I still have her number and need to call her to catch up. She was my first roommate.

I often remember your comment that three of us may very well be dead by the end of the year. I don't doubt that, but I hope it did not come true.

I wish you could tell me how my friends are but I'm sure you can't. They are all in my prayers. As I grew to know them, I found that I loved every one of them for one reason or another. Some came in with an attitude of some sort, but I didn't know one that stayed through the program and left with the same attitude (Chris, as an example...he touched my heart and he said I gave him more love in five minutes than his mother ever did). My experience taught me that we are all "the same" at that level.

If you ever need a reference for Holistic, just let me know. I honestly think the world of the program.

Sorry to go on for so long. I had no intention of doing so. I guess I had a lot of "pent-up" thoughts I wanted to share with you.

Please also give my best to George, Chris, Mel, Valery, Zena, Jeffrey, Rick.....oh my, I can't list them all. They all touched my spirit.

Thank you again and I hope your birthday was wonderful.

Sincerely,

Kristyn

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