

Peace Of Mind

How To Help A Friend In Grief

(NAPS)—While no life is spared the pain of loss, some people have found an effective way to gain insight from their loss.

Most often, all that is needed is a new way to look at things. That new perspective can come in the form of encouraging words from friends, a poem, a prayer—or a book with workable techniques, as happened in the case of Mardee Haase, whose 25-year-old daughter died of a heroine overdose.

As a result of the death, Haase found herself on a mental and emotional roller coaster, overwhelmed by negative emotions.

In the middle of her agony, Haase remembered a book she had recently read called *Dianetics: The Modern Science of Mental Health*, written by internationally acclaimed author L. Ron Hubbard.

Because what she had read in the book made so much sense, Haase picked up the phone and made an appointment to speak to someone at the Dianetics Center near her, one of hundreds across the United States.

Haase spent three hours asking every question that was running through her mind and liked the answers she got. For Haase, as for many others, *Dianetics* had passed the test. The book recently celebrated its 50th anniversary with 18 million copies sold and translations in 52 languages in



Dianetics is one way people overcome emotional pain by learning a new way to see things.

136 countries and millions of reported successes.

What Haase got from *Dianetics*, she said, was the opportunity to look at her life and relationship with her daughter from a new perspective. The techniques developed by Hubbard were designed to help a person to recall incidents of loss and pain buried in the mind below the level of consciousness and to look at these from a new perspective so they become analytical experience rather than emotional defeat.

The techniques are done with a friend. Hubbard discovered that two people working together may find it easier to overcome the mechanism of the mind that blocks one from understanding the experience. In this way, it is

possible to learn in the fullest sense from an experience and relieve the personal suffering. Generally, it also increases ability in other areas as well.

"It gave me my life back," Haase says. "I came out of the room released from the emotional pain. The memories will always be there and in that sense I will always have my daughter, but the horror that I replayed and all the painful emotion is gone."

Wanting to share her knowledge with others, Haase gathered seven friends together and had an all-day Dianetics seminar in her home.

"We cry and we are challenged but always in the end we laugh and share the life-changing process as we gain our new life-changing perspective. Life just gets better everyday," she says.

"They say that in every experience there is a gift," says Haase. "Because of my daughter, I gained the gift of knowing that I can face my biggest fear and embrace it and find peace and love on the other side. I found if I can release the biggest pain in my life, I can release it all. I am on an incredible journey of finding myself and finding new relations with others."

Dianetics: The Modern Science of Mental Health by L. Ron Hubbard is available in bookstores everywhere.