

Bicycling Across America to Support "Soldier's Heart"



Support Means:
Once They've Returned
Help Them Heal!
Post Traumatic Stress Syndrome is Real
www.soldiersheart.net

Soldier's Heart helps veterans successfully reintegrate into their communities

Too often our warriors are left alone to cope with the bruising aftermath of war that has been fought for us

Please support **Soldier's Heart** as Wayne rides 4200 miles to raise awareness.

Consider becoming a penny-a-mile supporter (\$42.00) (Tax deductible contribution)



**Caring Means
Sharing the Burden**



Wayne is on a mission to raise awareness of the difficulties faced by veterans of the Iraq and Afghanistan wars, as well as veterans from previous wars, who are not able to return to their former lives in a way that is satisfactory to them, their families and their communities. Wayne is pedaling his way from Seattle to Boston and will be talking to people about **Soldier's Heart** and the work that they do with veteran's healing issues.

Soldier's Heart, a project of International Humanities Center, is dedicated to our veterans' successful return. Dr. Edward Tick, author of book "War and the Soul" and founder of Soldier's Heart, is a practicing psychotherapist specializing in veterans with Post Traumatic Stress Disorder (PTSD).

Support of our veterans brings together the peace and justice advocates and the VFW / American Legion. This joining of efforts is easy to understand because peace and justice groups have a history of advocating for those in need including veterans. The VFW and American Legion members have intimate understandings of these at-risk veteran populations. Unifying actions of these two groups is a worthwhile activity.

Donations may be made directly on the web at: <http://www.soldiersheart.net>

Make a pledge to **Soldier's Heart** on behalf of Wayne and his ride across America. Support Dr. Edward Tick and his staff to build community centered programs to help veterans truly return.

Upon completion of Wayne's Ride, you will be notified of the miles completed and asked to fulfill your pledge. Please send the completed pledge form to: **Sanctuary/Soldier's Heart, PO Box 8564, Albany, NY 12208**

Pledge Information

I'd like to pledge _____ a mile for Wayne's 4200 mile ride for **Soldier's Heart** for a total pledge of \$_____

A penny a mile, a half-cent or a quarter-cent per mile helps.

For example at one-half cent per mile:

$$\$0.005 \times 4200 = \$21.00$$

Your Contact Information

Name: _____

Address: _____

City: _____

State: _____

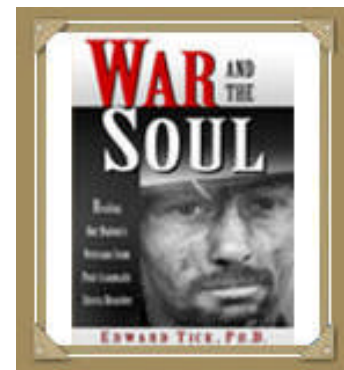
E-mail: _____

Phone: _____

All donations will be processed through: The International Humanities Center (IHC)

IHC is a nonprofit public charity exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code

Dr. Ed Tick's book "War and the Soul" will change the way we think about war, for veterans and for all those who love and want to help them. It shows how to make the wounded soul whole again. When this work is achieved, PTSD vanishes and the veteran can truly return home.



The New England Journal of Medicine reports that one in eight returning Iraq veterans suffer from post-traumatic stress disorder. These vets typically can't hold jobs, are incapable of intimacy, creative work, and self-realization. Some can't leave the house. The key to healing, says psychotherapist Ed Tick, is in how we understand PTSD. In war's overwhelming violence the true self flees and can become lost for life. Dr. Tick redefines PTSD as an identity disorder with radical implications for therapy. He establishes the traditional context of war in mythology and religion, and then describes PTSD as an identity issue and a soul wound. Finally, he presents ways to nurture a positive identity based in compassion and forgiveness.

Healing and Reconciliation

Soldier's Heart sponsors a program for seasoned veterans to mentor new returnees. A special project of Soldier's Heart is a scholarship fund for veterans of any era to travel with Ed Tick to Viet Nam. Each year, since 2000, Ed has returned with fellow travelers to explore healing and reconciliation in Viet Nam.

Soldier's Heart promotes and guides community-based efforts to heal the effects of war on those who served, and their families and communities. **Soldier's Heart** helps communities support troops returning from war and all other veterans emphasizing tradition, psychology, and spirituality for warrior homecoming and healing. **Soldier's Heart** offers a series of experiential retreats to address the unique needs of veterans and train professionals and clergy to help returnees. Identity issues, homecoming and warrior hood are addressed.

TWELVE STAGE OF A WARRIOR'S PATH HOME

1. Creating a Sacred Container: Explaining group rules, safety rituals
2. Teach What Must Happen: Discussion of the return of the warrior in other cultures throughout history
3. Being Called to the Warrior Vision: Your decision to join the military
4. Meet the Old Self: Who were you before you went into the military?
5. Leave Taking: How old were you? How did you say goodbye? What did you feel?
6. Boot Camp and Other Life Changes: Where did you go? What was your indoctrination like? What did you learn? What didn't you learn that you would like to have?
7. Wartime Storytelling: Where did you go? When? What were your responsibilities? What were the conditions? Who was with you? What were your commanding officers like? What did you do?
8. War Madness: Facing the inner beast - dancing the War Dance
9. Coming Home Stories: The trip home. Who was there when you arrived? What did you do? New behaviors, PTSD symptoms, coping.
10. Grief, Loss and Guilt: Memories, loss of loved ones, loss of innocence
11. Forgiveness and Grace: Rituals, letting it go, acceptance
12. Restoration of Order to the Community: The warrior returns - moving forward and making meaning. Becoming a warrior of truth. Taking your place.

For more information please see www.soldiersheart.net
To follow Wayne on his trip, please see www.WayneGoesCycling.com

From:

Place
Stamp
Here

Sanctuary/Soldier's Heart
PO Box 8564
Albany, NY 12208