



Youth on Purpose



Information Packet

1609 Brook View Place Bellingham, WA 98229

Local: (360) 527-2796 Toll Free: (866) 285-0654

YouthOnPurposeUSA.org info@youthonpurpose.org

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We wish to express our gratitude to parents who have taken a leap of faith and trusted us with their youth.

Our deepest gratitude, we extend to the youth.

They came with a lot of resistance, some curiosity, with determination and commitment. Some came because they were compelled, some were sent, some even bribed.

Ultimately, each came to answer the question:

“Who Am I?”

They are an inspiration. Together, we set out on this journey and jointly we continue.

Youth On Purpose USA is a non-profit society.

We gratefully receive donations in order to support youth whose circumstances would otherwise prevent them from participating.

No youth or family will be denied participation due to financial restraint.



Mission Statement

Our purpose is to facilitate and bring clarity to, the process of ending separation. In so doing, we remember our innocence and our Source while recognizing it in others.

We live and demonstrate our commitment to this process to each other, to youth, parents, peers, and to our community at large.

The process consists of deep, full, and clear communication, extending and receiving Love, releasing blocks to self-expression, and the clearing of limiting beliefs.

We create living communities where the end of separation is experienced and demonstrated.

“When a brother behaves insanely, you can heal him only by perceiving the sanity in him.”
 ~A Course in Miracles

Message from the Board

It is with heartfelt joy that the Board of Directors enthusiastically endorses the Youth on Purpose program. It is time to stop the madness that exists in our society today: anger, rage, greed, child abuse and abuse in many other forms, and children taking their own lives or the lives of others. Suicide is the second leading cause of death amongst young adults.

Many influences affect our children today, from violence as entertainment in the media, to peer pressure, even the erosion of the family unit as a safe and loving environment for growth. We cannot control these influences, but we can provide young adults with the tools to make healthy, powerful choices; choices that reflect their true purpose in life.

Youth on Purpose, above all else, is a program that provides these tools. It teaches our children free and fearless communication. It awakens their innate ability to align with their own power and to use this alignment to connect with their families, peers, and colleagues.

For those of us with children of our own, we will also learn to communicate openly, not just with our children, but with our partner and in our business environment. Particular attention is given to re-creating the connection and communication within the family unit and the elimination of the generation gap through the involvement of “elder mentoring”.

This program may very well be the most important project in our community today.

What greater gift can we give our children than to inspire, encourage and support them in discovering their unique gifts and purpose and the sheer joy, passion, and freedom to pursue them?

“All healing is essentially the release from fear.”

~A Course in Miracles

The Youth on Purpose Program Goals

By the end of the program, each youth will/have:

- ◇ Identified the limiting beliefs that attract the negative experiences which currently characterize their lives.
- ◇ Released many of these limiting beliefs and are committed to continue that process.
- ◇ Learned techniques and acquired tools which enable them to engage in deep, full and fearless communication.
- ◇ Discovered their true passion and purpose for being on this earth and be on a path to incorporate this passion into their lives.
- ◇ Be on purpose, recognize when they are not, and have the tools to correct their course.
- ◇ Created healthy, loving relationships with their families, friends, colleagues, teachers, and their community at large.
- ◇ Identified and become aware of their addictive patterns, immersed in the process to release theses and are committed to continuing the process.
- ◇ The opportunity to continue with Youth on Purpose in a career as a peer counselor.



*"It is impossible to overestimate
your brother's potential."*

~A Course in Miracles

Philosophical Foundation

Staff and youth enter into a joined purpose: peace of mind, positive and productive, loving relationships. The staff listens patiently, with love and profound curiosity to each youth and lets them formulate their own therapeutic curriculum: not the curriculum's goal but how they can best meet the challenge it sets for them. The staff is aware that ultimately, the youth's process is their own.

A youth may initially be bitterly afraid, resistant, rebellious, and perhaps even outright hostile. What they believe will help can only harm them further. Drugs, violence, and crime of any kind are just some forms in which their belief in their guilt manifests itself. Each manifestation leads to increased isolation and separation and hence additional evidence and justification for their view of themselves and their place in society.

Staff is trained to question and correct the automaticity of the cycle:

Core belief ⇌ Perception ⇌ Interpretation ⇌ Action ⇌ Results ⇌ Evidence
⇌ Reinforcement of their core beliefs.

It is in the moment that the staff does not judge the youth that healing begins to occur. It is in the freedom experienced by the youth, to discuss and jointly process any fear or explore any belief without judgment that true release of the past comes about.

Essentially, all healing is release from the past and what we have made the past represent. Having released the past, the youth no longer feel compelled to project the past onto the future.

Each graduating youth has incorporated the following principles into his/her automatic thinking:

I am responsible for the world I see.

I chose the feelings I experience.

I decide upon the goal I will achieve.

I am the author of my experience.



Summer Program

The twelve days residential summer program is comprised of two components. The first portion consists of a “sharing circle”. For many youth, this is the first time that they experience actually being seen and heard without being judged. The youth may choose to sit in what is affectionately referred to as “the chair”, located at the front of the sharing circle. They then share what they are feeling and experiencing at that moment with their peers in the circle. This often leads to deep processing and release work. At no time is pressure exerted on the youth to share before they are ready to do so.

Sandy Levey-Lunden’s extraordinary talent for “pacing” the youth, and her remarkable gift for relentlessly pursuing a story, to the point where a core belief is uncovered, leads to dramatic results in a relatively short time. Of the utmost importance in this process is the development of trust between staff and youth. The youth, to their amazement, learn that our staff has no judgment on whatever they hear and it is this absence of judgment that provides an atmosphere of safety and trust rarely experienced in any other setting.

The intensity of the sharing of experiences often leads to extraordinary breakthroughs. Often, simply learning that they are not alone in what they believe to be true has a dramatically freeing effect. The staff is at all times prepared to engage a youth in a private, one-on-one session, for deeper processing.

In all, the daily sharing experience during the twelve day retreat lays a very profound groundwork for the year long program. Youth who enter the program later in the year and who have not experienced the summer retreat, may initially experience a sense of “being behind”. This apprehension is quickly alleviated when they enjoy the benefit of being welcomed by the youth who have been in the program longer and who are eager, and qualified to assume the role of peer mentors. The more experienced youth provide startlingly effective demonstrations of honest and fearless communication.

"The holiest of all the spots on earth is where an ancient hatred has become a present love."

~A Course in Miracles



Curriculum

- 1) an initial 12-day intensive residential workshop. Ratio of staff to youth is a minimum of 1:3
- 2) Two weekly support circles with peers and program leaders
- 3) Eight 3-day workshops over a ten month period. These workshops are intensive, 12 hour days facilitated by Sandy Levey-Lunden and a staff of highly trained assistant facilitators. Ratio of staff to youth is a minimum of 1:3.
- 4) Elder mentoring program, which includes 2 intensive 3-day trainings for senior mentors.
- 5) Weekly one-hour private sessions with support group leaders or staff as needed. Available for the entire family.
- 6) Unlimited telephone and e-mail support from senior staff.
- 7) 1 or 2 day elective workshops offering a variety of skills like dance, music, art, theater, photography, computer skills, healing/massage. Workshops are initiated by youth and supervised by staff and certified teachers.

Workshops

The Art of Personal Marketing

Discovering the career you really want, how to reach goals to fulfill that purpose, the meaning of success and how to get there, how to access your inner resources, and maintain high self-esteem.

Choosing Freedom

Learn the 22 principles that will guide you in choosing freedom from anxiety, fear, and guilt. Youth will use their own lives and choices as their healing vehicle.

The Art of Surrender

Youth will identify and release all limiting beliefs about love and relationships, and discover how all healing is a release of the negative past and will be able to release these old thoughts and beliefs, allowing them to experience the richness and freedom of NOW.

True Woman's Power / True Man's Power

Examine what myths do men have about women and women have about men? Learn to express the true inherent power of each man and woman. Understand the potential of expressing masculinity and femininity.

The Art of Partnership

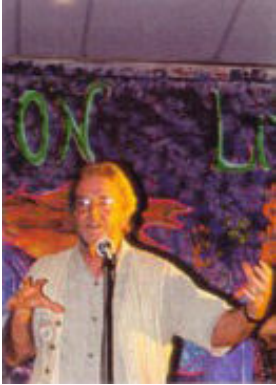
investigate all relationships with special emphasis on parents, friends, significant others, and society.

The Art of Joining a Family / Joining Siblings

parents are invited to open the doors to deeper communication with their children, learn communication techniques to create understanding and complete joining between children and parents; identify and release all projections on your siblings. release the limiting power of sibling rivalry to truly join siblings.

Dramatic and Artistic Component

To balance the intensity of the sharing circle and to uncover additional channels for free, open communication, the youth each day are enthusiastically engaged in a process of dramatic expression. Each youth plays a role in the creation of a theatrical piece performed as a grand finale to the summer camp.



There are those that sing, dance, or act. There are others who design backdrops, sets, or even write plays. Not one youth is left out, not one youth feels inadequate. Youth who would not set foot in a drama class at school amaze themselves with the depth of their involvement.

The purpose of this component is to bring out aspects of each youth not otherwise explored. Through completely releasing inhibitions to outrageous expression, the youth experience a freedom and a sense of joining rarely, if ever, felt in their daily life.

The culmination of this self-directed and self-produced drama is the performance before an audience comprised of parents, siblings, significant others and On Purpose Community partners at large. Each and every one of the members on the audience will be, as they say, “blown away.”

The sheer joy, contagious enthusiasm and explosion of talent witnessed by all is truly unforgettable.

A video of the 2000 performance is available upon request.



*"Only happy sights and sounds can reach
the mind that has forgiven itself"*

~A Course in Miracles

*Flight
amazing, it is.
Don't you ever have the urge
to just fly away?
There is such freedom,
nothing holding you back
Freedom
to go
anywhere, to do
anything
you choose.
Isn't it interesting,
when you're flying
it is only
you,
you
choosing for
yourself,
what to do.
Nothing is in the way,
it's so fascinating,
flight.*

Bruce Meikle

Staffing Profile

Youth on Purpose Society has been providing for youth in the great Western Washington area for five years. These youth come from a wide range of socio-economic backgrounds. Some are straight-A students with a desire to improve their relationship with their parents. Others may be considered at risk youth with a family background conducive to socially unacceptable behavior. We work with youth and their families to create healthy, balanced lives regardless of point of origin.



All staff have a minimum of 500 hours of intensive workshop training and an additional 500 hours of personal growth development in a psycho-spiritual mode aligned with the Youth On Purpose philosophy.

The staff is committed to processing and fears and beliefs which prevent them from being at peace. "Before there can be conflict, there must be doubt, and that doubt is always about myself" is the credo which leads to extraordinary harmony and cooperation among the staff.

What molds this group into a powerful team is the joined purpose of being at peace and a relentless commitment to removing the barriers to love in every life they touch.



All staff has undergone or is prepared to undergo a criminal background check

*"Patience is natural to those who trust."
~A Course in Miracles*

About Sandy



Sandy Levey-Lunden is a sought-after international workshop leader, speaker, and consultant. Sandy has influenced over 30,000 people in transforming their lives. She assists people in going for their dreams, living on purpose, and leading from their own inner power.

Sandy is committed to doing whatever she can to assist as many people as possible in unleashing their joy and passion, discovering their purpose, and experiencing true fulfillment.

In pursuit of this, Sandy received a Bachelor's degree in psychology and a Master's degree in Special Education. She was awarded the Beverly Hills Teacher of the Year Award.

Sandy has changed the lives of thousands of people in workshops in Australia, Denmark, Germany, Sweden, Canada, and the United States. Her method of helping people communicate at the deepest level, called "the Clearing" is taught not only by Sandy, but many of her students have become teachers in their own right. She considers herself a conduit or interpreter between where people are and their true potential.

"I commit to staying present. I want to end up clear with myself."

"I am now ready to go out into the world and help others."

"I feel better than I ever felt before."

*"From now on, when something is bothering me,
I will figure out what the root of it is, then clear it."*

"I learned how to clear my anger, sadness, and guilt with my family, friends, and myself."



6769 197th.
Langley, BC.
23/01/01

To whom it may concern:

Perhaps the best way to explain how "Youth on Purpose" has saved my life would be to illustrate my prior dilemma. Picture a boy who had been brutalized by his father for his entire life. Add in an inferiority complex, coupled with abandonment issues, and a complete lack of self-esteem, and you get the perfect breeding ground for a modern day pathos. In order to mask my feelings of inadequacy and guilt, I delved into the mayonnaise jar for love. At sixteen years into this story, I weighed a festively plump three hundred and thirty-four pounds.

The ramifications of my neurotic state were, quite simply, the severest case of clinical depression that I have ever had the misfortune to observe. I had left everything that I had ever known to come to British Columbia, and start a new life here with my ever-able mother. Immediately grief struck her in the face like a runaway freight train. I was left grasping at her heels for validation, while she sped away cursing the male gender in a rather prolific and fallacious rhetoric. With every lashing males endured from the swagger of her tongue, I felt the sting of its particularly ludicrous propaganda. I felt that I had been personally attacked by the only one that I could depend on and, once again, I found myself feeling utter contempt for my gender and myself.

More wonderful results occurred because of this. I became a man obsessed. Obsessed with ending the pain through any means possible. I breathed in disgust, felt only terror, spoke nothing but hate, and saw the great fields of red release that I would personally create. I then knew that although I was in a damaged state, I must follow the greatest good. So I dropped out of school, hoping to save my life and, quite possibly, many others. In order to cope, I started taking a heavy dose of anti-depressants. The only thing I really remember feeling at the time was a distinct sensation that I had been suppressed by the Orwellian society that created my particularly ghastly pathology.

Eventually I found "Youth on Purpose". A thing that I would describe as like unto a frigid tropical breeze that ripped through my soul and left it purified. I learned the most important tool for happiness: choice. I chose to be free and happy. The key word being happy, for I had never truly understood the definition and certainly never experienced such an alien and archaic emotion. I washed away most of the blackness that tainted my being and am left with a radiant soul that overpowers the few flecks that remain. I am free. I am peace. I am love. At long last Odysseus has returned home.

From a place where the air smacks of freedom, and the earth rumbles deafening tones of peace,

Ryan Coleman

6769 197 st.,
Langley, BC.
23/01/01

To Whom it May Concern:

In August of 1999 my son Ryan and I, fled an extremely abusive, life-threatening situation to come to British Columbia. For some months we had both believed ourselves to be in great physical danger from a man who was both my husband and Ryan's father. My husband was very suicidal, and in great rage against us both. My son had approached me and said he feared his father was going to kill us all. Murder/suicide had been my fear for some time. After my husband violently attacked Ryan we couldn't wait any longer. At first after we arrived, our situation appeared to be a much improved one. We found a place to live quickly, and with the help of the director of the local transition house, Ryan was enrolled in an excellent school under an assumed name.

However, as the months went by our lives began to fall apart as Ryan became increasingly depressed. He dropped out of school as his thoughts turned violent, as he feared he would not be able to control himself and he would hurt someone. He was enrolled in a learning centre with the same results. In the spring of 2000, I was beside myself as Ryan became increasingly suicidal and his talk turned even more to violence. I was greatly frightened when he spoke of building a bomb and going to his old school and blowing up people.

I had been taking him for counselling in Langley through the "Children who witness" program, and although he had been initially eager to go for the counselling-it did not help. In desperation, I called various adolescent mental health services and was told there was a four or five month wait for a counsellor. An appointment for a psychiatrist would be about a seven-month wait. Fortunately a friend who was aware of the severity of the situation was able to have her husband speak to a psychiatrist who was willing to see Ryan. Ryan attended at the psychiatrist's office and was immediately put on antidepressants.

I read about Youth On Purpose in the Langley Times, and called in desperation. Ryan was in a terrible state when I put him on the ferry enroute to the Youth On Purpose camp. His eyes were very cloudy and glazed from the medication, and his coordination was poor as he was so heavily drugged. I feared he would not make it through the ten days but would kill himself while at camp. Much to my astonishment he returned from camp clear-eyed, no longer on the antidepressants and was totally a completely different individual than the one who had left. His tremendous anger and rage were gone.

My son is now back in school and is enrolled in an honours program in which he continues to excel. The anger, and thoughts of violence and suicide have not returned in the five months since camp.

In October I attended a workshop for parents as part of the program for Youth On Purpose. It was also the beginning of tremendous improvement in my own life as well. To any one who is lucky enough to have the opportunity to attend Youth On Purpose, I would deem them very fortunate indeed. Without this program I truly believe my son's life would have been squandered, and mine with it. Youth On Purpose has saved us both.

Sincerely,

Doralee Colossen

Dear Sandy, Howard, and Diederik:

I am writing this letter to let you know that I had a wonderful time and felt very present and alive at the weekend workshop. I felt that this weekend had an impact on me more than the last because I had decided I did not want to stay stuck in my negative ego stuff.

Over the last 2 months I have been going through a lot of difficult things that I decided to stay stuck in. But just like you say, everything happens for a reason, and this is something I have learned from. Just like I told you over the weekend, at the True Men's Power, I was asked to take some time for myself and relax because at the time I was so preoccupied with everybody else's stuff. All I wanted to do was help everyone with their problems, and not my own. I guess it was a way of escape for me. Something I knew already, but the thing I was not really clear on was that I can't help anybody out if I do not help myself first, and process my own stuff.

Like I told you before...this just hit. It was this voice saying "Justin, what are you doing? Do you want to be stuck or happy?" And of course I want to be Happy, so I remembered back to TMP and what they told me, and I listened.

Over the winter holidays I decided to take some time for myself, and to just relax and be with the moment. In order to do this, I took time off work and just relaxed and thought a lot, especially about Youth On Purpose. I felt bad I was not attending the Thursday night meetings, and that there are so many support staff in the program that wanted to help me with my process and I did not take them up on their offer. I was scared to look at myself. I am not completely sure, but I am willing to look into it. The Youth on Purpose program is such an amazing program and I have sooooo much respect for you guys. I want to say sorry for not attending and not participating. I would also like to thank you so much for not giving up on me. Especially Howard, you have been there since the beginning, and right through to the present. Thank you. I would like to thank Diederik for inspiring me to go through with my process, and I am always interested to hear what you have to say to me. I'd like to thank you, Sandy, for creating such a wonderful program. I would like to let you guys know that I will be attending the entire Thursday meeting from now on, and also will be fully present. I would also like you to know that I would like to be involved in promoting YOP again as much as possible. I just thought I would write to you and let you know that I enjoyed myself and I let go of a lot of things, and learned even more.

Thank you.

Sincerely yours,
Justin Mallard

To read more testimonial
letters, please visit

YouthOnPurpose.org



