volunteered or were drafted had, in true fact, been truly traumatized and were suffering. Until all these men (and their female comrades) make sense of their suffering, ALL of us will be paying the price for the inner chaos these veterans will be experiencing and the outer chaos they may be creating. It seems to me that understanding the principles of interpersonal neurobiology as articulated by GAINS might assist those who are seeking to assist men and women currently in crushing distress.

We took photos of our journey to the "Ceide Fields" on the northern coast County Mayo. Long ago, there were neolithic settlements of people who were primarily cattle herders. They constructed HUGE rock-walled cattle pens about 5000 BCE which were promptly overwhelmed by bog plants unknown in the area at the time of the people's arrival. Unintended consequences strike again.

The weather, the people, and the land have been gorgeous here. We are off to County Donegal early next week. I will return to my regular column for the next edition.

Regards and affection, Jeff

Jeff says: "I'm a poet, a good pastry chef, a supervising spiritual director at Mount Saint Mary's College Spirituality Center in Los Angeles, a Registered Nurse with a Masters degree in Comprehensive Health Planning from UCLA, and Bachelors degree in History from UC Berkeley, an ex-Peace Corps Volunteer in the Marshall Islands (public health), and a ex-Army Medic who served two years in a surgical intensive care unit, US Army Hospital, Camp Zama, Japan. I love photography, dream work, choral music, the Enneagram, travel, and adult transformational spirituality."

The journey shows you that from this inner dedication you can reconstruct your own values and action. You develop from your own self-compassion a great compassion for others. You are no longer caught in the false game of judgement, comparison and assumption. More naked now than ever, you begin to feel truly alive. You begin to trust the music of your own soul; you have inherited treasure that no one will ever be able to take from you. At the deepest level, this adventure of growth is in fact a transfigurative conversation with your own death. And when the time comes for you to leave, the view from your death bed will show a life of growth that gladdens the heart and takes away all fear.

John O'Donohue