

*Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.*

*-Kahlil Gibran*

Hi Folks,

Welcome to this month's edition [part A] of *The Surviving Spirit* - sorry to have missed sending one out in July, but some great things were going on which took up a lot of my time...I became a homeowner again!!!! So between the negotiating, closing, and moving...well, my time was spent. It's been awhile [since 1996] and words can't describe the joy this has brought to me on so many levels...talk about some mental & spiritual health well being!!! Heck...I'm excited to be mowing a lawn again.

And more importantly, to continue the awareness and advocacy around trauma, abuse, & mental health concerns, I have started a non-profit with some equally dedicated, caring, and passionate folks. It is called - *The Surviving Spirit*.

We plan to have a physical location that will enable the selling of the creative works, in all their mediums, from folks who have dealt with trauma, abuse, and/or mental health concerns. We will have a jury process in the selection of these endeavors. There will also be a coffeehouse where we will promote live music and have a speakers bureau. I will attach the Mission and Vision statements for this endeavor. This is a daunting task, but please know...before my own PTSD and depression issues took the wind out of my sails back in 1993...I did own and operate a very successful business - Michael Skinner Productions, Inc. That had a large management and booking agency, coupled with a sound and lighting company, a retail space, and a small record company with employees and many sub-contractors. So, I have been here before...but this has more meaning to it. And I'm in a place of well-being to tackle this effort...slow, but steady.

To all the artists on this list...we need a logo for *The Surviving Spirit*, so please send us your submissions [& cost] either to my e-mail address or to my postal address listed below.

There will be more information to follow on this non-profit and I will send out Part B in a week that will go back to the sharing of other's efforts and endeavors.

Take care, Mike

*Our lives begin to end the day we become silent about things that matter.*  
*~Martin Luther King, Jr.*

A diagnosis is not a destiny.

[www.mskinnermusic.com](http://www.mskinnermusic.com) - Hope, Healing, & Help for Trauma, Abuse, & Mental Health through music, resources, & advocacy

[www.myspace.com/michaelskinnermusic](http://www.myspace.com/michaelskinnermusic) - musical endeavors only

[www.youtube.com/mcstrain](http://www.youtube.com/mcstrain) - live performance of "Brush Away Your Tears" from TV show interview

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[www.michaelskinner.net](http://www.michaelskinner.net) - new site for public speaking & music presentation on healing for trauma, abuse, & mental health.