



UNIVERSITY OF OREGON

College of Arts and Sciences

February 13, 2006

I am writing this letter as a reference for Angel Lopez and her speaking abilities. Angel has given talks in several of my classes concerning her life and healing journey. I look forward to Angel's talks and the students find them one of the high points of the term. She is honest, caring, spell-binding and informative.

Here are some sample student quotes:

"I thought that Angel was an amazing speaker. Her story was not only amazing but inspirational as well. I felt that I learned a lot from her and her outlook on life. It was very interesting to hear how all the therapy didn't change her and how being at ground zero was what it took to "heal" her. Hearing her speak has really got me thinking about myself and my outlook on life. Thanks Angel!" L.K.

"I thought that Angel did a wonderful job speaking about her experience of being a multiple. She had so much emotion when she spoke that it was hard not to listen to what she had to say. She really opened my eyes to the idea of just being able to love yourself. You think it would be a simple task to do but at times it can be hard. The idea of just being able to love who you are and that will make a difference really stuck with me. To me I think Angel was trying to tell us that to love who you are is how you heal your self and how you start to heal a culture." L.G.

"One of the most moving aspects of Angel's story was how she was able to heal and grow as a person after all the trauma in her life. She seemed to draw this great metaphor (to her own trauma and healing) in her reaction to the 9-11 trauma in New York. By trying to be accepting and loving in the face of horrible trauma regarding others she seemed to discover her own healing process. Whether or not she stopped being a 'Multiple' seemed irrelevant. What was important was her own sense of growth and healing. Very moving." R.B.

"I took the weekend to let everything that angel said sink in. I found her unexplainable journey across the U.S. to be inspiring. That someone could give everything over in their life to a feeling is something that doesn't happen these days. I also saw her role at ground

DEPARTMENT OF PSYCHOLOGY

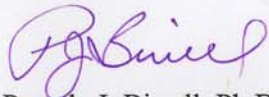
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zero as absolutely necessary and a beautiful thing. I think it took something as catastrophic as all that death and heart ache to connect her to her own pain and sorrow. Thank God for people like Angel who feel like they know what bottom is and still find it in their heart to reach out to others." M.T.

Angel's strength, integrity, honesty, and courage have been truly a gift to these students, and to me. Her real life experiences and healing journey have inspired us and entertained us. It is truly wonderful to see students' thinking changed and their minds and hearts opened after one of Angel's talks. I always have Angel come talk to my classes. It provides a whole new dimension of understanding and compassion!

Sincerely,



Pamela J. Birrell, Ph.D.