

Healing Practices at the End of Life

SYLLABUS ~ ***OUR SLEEPING SELVES: Creating Ease with Altered Consciousness***

Ann Jacob + Stan Tomandl

Pre Webinar Video

Arnold Mindell. Co-founder of Coma Work - interview with Jeffrey Mishlove

Part 1: <http://www.youtube.com/watch?v=Z8rXSBr6np4>

Part 2: http://www.youtube.com/watch?v=gWd_kqUBa_c

Part 3: <http://www.youtube.com/watch?v=6nc2H522Uoc>

Resources

1. Video. *Our Sleeping Selves* - with Ann + Stan

Readings

* *Coma Work and Palliative Care*. pp. 10-20.

* *She Dances with the Moon* ~ a personal story

* *Coma: the Dreambody near Death*, 'Altered States and Coma', pp 65-71.

Or in the earlier edition: *Coma Key to Awakening*, pp 53-59. (For those with the book reading more encouraged)

* *An Alzheimer's Surprise Party*, Chapter 1: 'An Alzheimer's Surprise Party', pp 1-22 (in 2 parts)

* *Canadian Nursing Home*, 'Coma Care in End Stage Dementia', pp 1-2.

* *Medical Care of the Dying*, 'Confusion, Delirium, Dementia, Restlessness', pp 455-463.

'Altered States of Consciousness', pp 616-617.

PRACTICE. These **Practices** will give you experience and insight of your 'in between the worlds' states of consciousness.

Notice how you wake up every morning, and the channel(s) you perceive your first shift in consciousness from sleeping to waking. You may hear a bird sing or the alarm clock ring, or notice (visual) sunlight through your eyelids or see a dream unfolding/remembered, or sense (body sensation) your body in some way: pressure, hot, cold, pain, or have rolled (movement) onto your side or back, or feel the person or pet (relationship) you are sleeping next to or the person or pet that is not there, or consider your work or the day ahead (world channel).

Do the reverse of the above as you fall asleep in the evening. Track your perceptions as you are falling asleep, as best you can.

Linger in bed for 1/4 – 1/2 hour before you fall asleep, and after you wake, as often as possible during the month, 'spontaneously' sensing, stretching, breathing, making sounds, laying still, letting your thoughts and feelings wander. Take time and ease to accomplish your two major daily shifts in consciousness.

JOURNAL: Keep a journal of your daily observations, experiences and learnings while entering sleep and while waking up.

Healing Practices at the End of Life

SYLLABUS ~ ***OUR SLEEPING SELVES: Creating Ease with Altered Consciousness***

Ann Jacob + Stan Tomandl

Extra PRACTICE. Based on this personal connection to yourself and changes in states of awareness while transiting between waking and sleeping, observe these state changes and channels in clients, family, friends, pets, etc. If you are with someone in a coma or far away state, practice verbal reportage. Some things you might say: *Now, something just changed.* ~ *Notice where you are.* ~ *Notice your body and whatever else is important to you.* OR ~ *You are in just the right place,* ~ *ahhhh.* ~ *Keep experiencing what you are experiencing.* ~ *I am here with you.*

Further Resources

BLAKELY, Mary Kay. *Wake Me When It's Over: A journey to the edge and back.* (1989) Account from inside a diabetic coma. The author "is more lucid in coma than most of us are when wide awake."

DOWNING, Michael & WAINWRIGHT, Wendy. *Medical Care of the Dying.* (2006) Victoria Hospice Society. 1952 Bay St. Victoria, BC, V8R 1J8 Canada. 687 pages of medical and psychosocial information. Highly recommended for professionals and volunteers alike.

LAWRENCE, Madelaine. *In a World of their Own: Experiencing Unconsciousness.* (1997) A nursing instructor researches 100 patients' comatose experiences; 74% remember at least some of their coma experiences.

MINDELL, Amy. *Coma, a Healing Journey: A Guide for Family, Friends, and Helpers.* (1998) A practical guide to nonintrusive communication with patients in altered consciousness, especially traumatic brain injury.

NACI, Lorina, et al. *Proceeding of the National Academy of Science.* (2014) 'A common neural code for similar conscious experiences in different individuals'. Researcher utilising fMRI technology find similarities in normally conscious individuals and an individual in remote consciousness for 16 years. <http://www.pnas.org/content/111/39/14277.full.pdf?sid=4f9237d0-a6fa-4736-a965-e5ca9c052f6b>

RICHARDS, Tom. *Eldership: A Celebration.* (2006) <http://www.lulu.com/sentientcare> Tom demonstrates the use of deep sentient caring skills to encourage eldership in seniors.

TOMANDL, Stan. *Coma and Remote State Directive.* (1991) An advance directive for those concerned with communication and decision making during states of confusion, delirium, stupour, coma, vegetative state, catatonia, advanced dementia, and other remote states of consciousness. Available at: <http://www.comacommunication.com/resources.htm>