

### Pre Webinar Readings

\**Medical Care of the Dying. Victoria Hospice: 'Breathing Patterns' near death.* pp. 618-621.

\***Pacing the Breath.** *Coma Work and Palliative Care*, Stan Tomandl. pp 42 - 43

\***Coma: the Dreambody near Death**, Arnold Mindell.

Chapter 8. 'Working with Coma', pp 73 - 81.

For those with copies of this book, further reading is encouraged!

### Throughout the Month

Training Video with Ann and Stan:

\***BREATHWORK: Attending People During Last Hours 'WildWeather'**

\***PowerPoint for Training Video: BREATHWORK**

### Reading

\***The Journal of Process Oriented Psychology**, Amy Mindell.

'Training Issues in Coma Work: edges and personal freedom' pp 33 - 40

### Practice

Pacing the Breath so you become comfortable

1. Each night: Pace your Breath by gently squeezing the back of your hand.

Do this for a few minutes, as you are going to sleep. ~ Notice how you respond.

2. Practice all three methods of Pacing the Breath, on partners, kids, friends, colleagues, and/or pets, when possible.

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### Further Resources

**MOVIES** for optional viewing, on various expressions of Altered Consciousness. The ones with links either click on the link or cut and paste the link into your browser to open.

### ALZHEIMERS & Other Forgetfulness Processes

#### ***Is Anybody There?***

Stars Michael Caine portraying a mid stage forgetfulness fellow at a small family run nursing home and his relationship with a young boy investigating death and afterlife.

#### ***Aurora Borealis.***

Stars Donald Sutherland in the most realistic portrayal of mid stage dementia we have witnessed on the screen.

#### ***Away from Her.***

Based on a story by Canadian author Alice Munro about the disjunct between a couple when one of them enters a nursing home.

#### ***The Notebook.***

Stars James Garner and Gina Rowlands in their touching struggle to stay in love as they age and she journeys through advanced forgetfulness.

## BREATHWORKS -- Syllabus

### ***Upright Grand.***

Writer, producer, director Tim Wilson documents his mother's forgetfulness transitions, including placement in a nursing home. <https://vimeo.com/85057211>

### **BRAIN INJURY**

***Ram Dass: Fierce Grace.*** Post stroke healing, learning, giftings.

### **END OF LIFE ~ NEAR DEATH**

***Departures.*** Won the Academy Award for best foreign language film in 2009; a touching portrayal of the sacred and human side of death in Japan.

<https://watch.plex.tv/movie/departures?autoplay=1>

***Grief Walker.*** [\*Griefwalker by Tim Wilson - NFB\*](#) Documentary produced by the National Film Board of Canada, directed by Tim Wilson with Stephen Jenkinson on how grief and death and nature inform and guide us.

### ***The Tibetan Book of the Dead The Great Liberation.***

[https://www.nfb.ca/film/tibetan\\_book\\_of\\_the\\_dead\\_a\\_way\\_of\\_life/](https://www.nfb.ca/film/tibetan_book_of_the_dead_a_way_of_life/)

or [https://www.youtube.com/watch?v=I\\_9DtHFJ13Q](https://www.youtube.com/watch?v=I_9DtHFJ13Q)

Produced by the National Film Board of Canada, filmed in Ladak, India in the Tibetan culture. Includes narration by Leonard Cohen; interview with HH Dali Lama, Ram Dass, and others.

### **LOCKED IN SYNDROME**

#### ***The Diving Bell and the Butterfly.***

True story written by a French publisher, written via eye blinks from inside his 'diving bell'. Originally a book and now also a movie