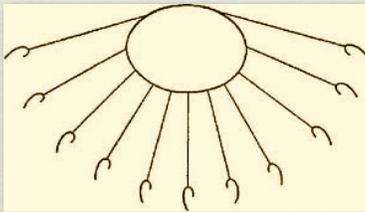




Healing Practices at the End of Life  
*Twin Metas: Umbrellas for Sheltering  
 Essential Communication*

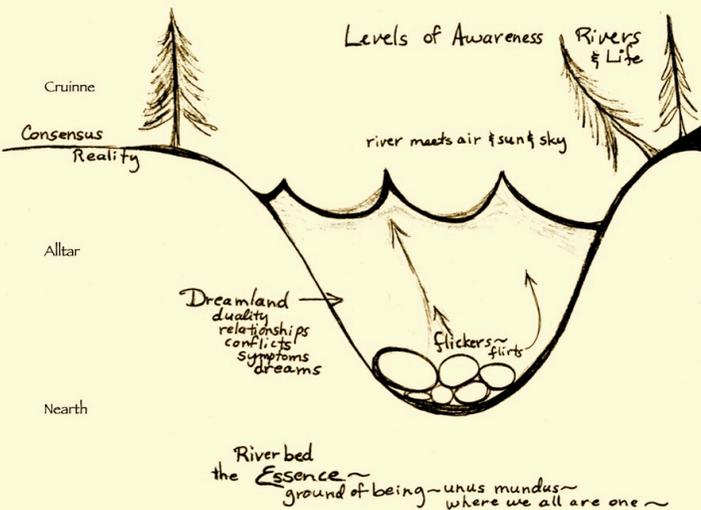
Sacred Art of Living Center  
 Anamcara Project

TWIN METAS:  
 UMBRELLAS FOR SHELTERING ESSENTIAL  
 COMMUNICATION SKILLS

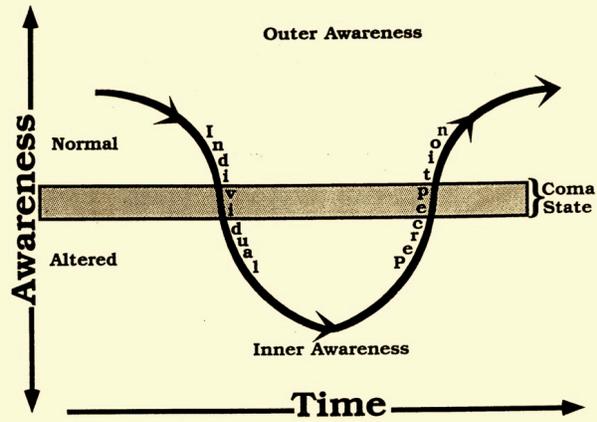


- \*\*\* 1. Levels & Communication
- 2. Metacommunication
- 3. Metaskills

Levels of Awareness - Rivers & Life



## Coma Process



A comatose individual will spontaneously come out of the altered state if they obtain enough information from their inner awareness.

## COMMUNICATION THEORY

*"Communication is the difference that makes a difference." - Gregory Bateson -*  
*"One cannot not communicate." - Paul Watzlawik = We always communicate everything.*  
*Conservation and flow of information: Information will be repeated (cycle) until received.*  
*Amplification: Communication can be improved by amplifying sender or receiver.*  
*Agitation, sensitivity, and withdrawal are attempts to improve communication.*  
*Positive feedback 'breaks' cycles; negative feedback maintains cycles.*

### **METACOMMUNICATOR =**

*An overview that communicates about communication*

### **MESSAGE**

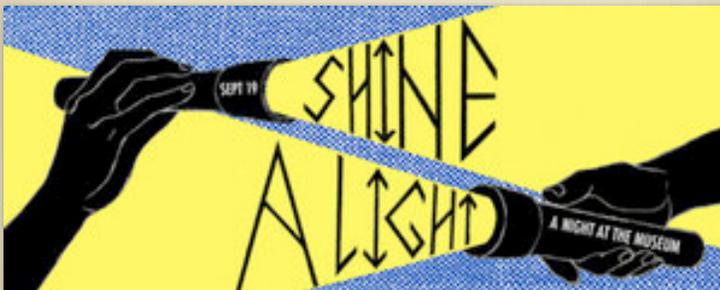
**SENDER > > > > > > RECEIVER**

### **CHANNEL**

**VISUAL, AUDITORY, BODY SENSATION, MOVEMENT, RELATIONSHIP, WORLD**

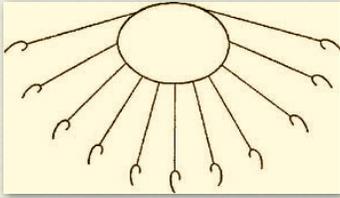
Chart based on an illustration by colleague Julie Diamond. Copyright Coma Communication

Coma Communication - Stan Tomandl & Ann Jacob - 250.383.5677 - [annstan@comacommunication.com](mailto:annstan@comacommunication.com) - [www.comacommunication.com](http://www.comacommunication.com)



ARIANA JACOB

TWIN METAS:  
UMBRELLAS FOR SHELTERING ESSENTIAL  
COMMUNICATION SKILLS



1. Levels & Communication
- \*\*\* 2. Metacommunication
3. Metaskills



Definitions:

Meta = transcending, beyond

Indo European origin = in the middle of

Greek = between, among, with, beside, after

Old English = mid -> MIDWIFE

Communicate = to make common

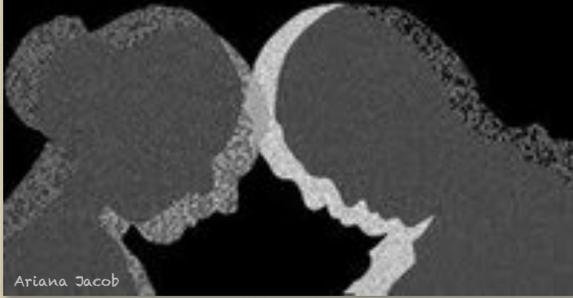
Metacommunication = transcendent communication,  
to be with, to midwife. The tractor that pulls people  
out of double binds.



"SAWABONA" is a common greeting among the people of northern Natal in South Africa and it literally means "I SEE YOU"

As to say, "I respect and acknowledge you for who you are"  
In return people say "SIKBONA" which literally means "I AM HERE" as to say "When you see me you bring me into existence"

TEACH ME HOW TO THINK LIKE YOU



WHERE DOES STRANGER END?



Definition



Stochastic = conjecture, random,  
probable, indirect

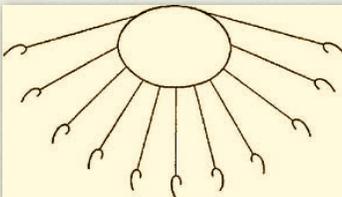
Greek = capable of aiming,  
to guess at, goal

Indo European = to pierce

3 KIDS SITTING DOWN AND ONE ON HER WAY UP



TWIN METAS:  
UMBRELLAS FOR SHELTERING ESSENTIAL  
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1. Levels & Communication

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## Definitions:

Meta = transcending, beyond

Indo European origin = in the middle of  
Greek = between, among, with, beside, after  
Old English = mid -> MIDWIFE

Skill = proficiency, ability

Middle English = reason, division - knife,  
scrape, carve, sculpt

Metaskill = our deep feeling attitudes used  
to form - to 'sulpt' - our use of skills

Everyone is a  
genius. But if you  
judge a fish on its  
ability to climb a  
tree, it will live its  
whole life believing  
that it is stupid.

-A Einstein



Placebo = latin: to please

Research has shown that  
30 - 50% of healing occurs  
through the Placebo effect

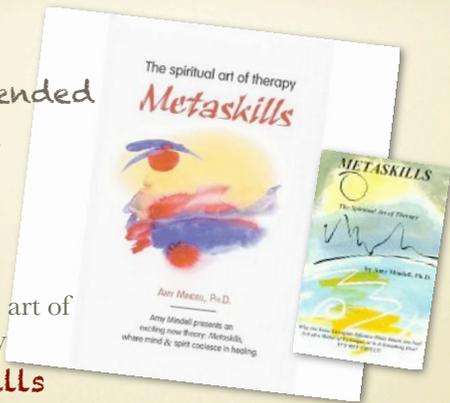
Nocebo = latin: to harm

We know that  
negative attitudes  
affect healing.



Recommended  
Resource

The spiritual art of  
therapy  
**Metaskills**  
Amy Mindell



Two covers -same book

Why study metaskills?



Our feeling attitudes - our metaskills -  
used with awareness, can enhance our  
momentary interactions in service to  
our clients and loved ones.



**METASKILLS**

- \* An approach to life that brings an expanded sense of self.
- \* Spontaneous arising feeling attitudes different from prescribed feeling attitudes.
- \* The way and how skills are used.
- \* Our beliefs live through Metaskills, affecting the depth and quality of interactions with people.

the task



## METASKILLS - partial list . . .

Beginners Mind  
Curiosity  
Spontaneity  
Humour. Fun  
Compassion. Empathy  
Sobriety. Love  
Honor. Respect  
Directness. Detachment  
We are all one . . .



## DEEP DEMOCRACY

- \* listening to all voices
- \* calls us to support people in whatever state they are in
- \* to give a voice to those who are unable to communicate by ordinary means about health care, relationships, and life and death decisions

