



OUR SLEEPING SELVES: Creating Ease with Altered Consciousness

AWARENESS. Enlivening. Enlightening

* Finding and following ourselves
for guidance while finding and following others.

* Paying attention to our waking and sleeping.
Who wakes up? With what body sensations?
With what dreams memories and thoughts?

* Inviting Nature to be our mentor -
to find the way even when
the path is full of brambles.

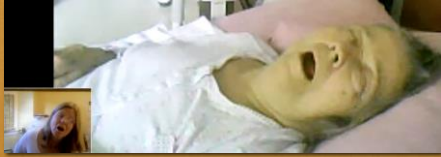
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Someone is home . . .

Waking or sleeping,
Pre verbal or post verbal,
With advanced alzheimers
Nearing the end of life:
The essence of the person
- that which we know and love
- their nature – is always present.

A naturally occurring altered state with lessened response to external stimuli

sleep



Indo European root = hanging loosely

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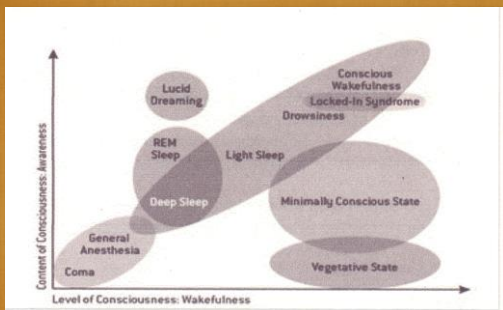


awake

a state of alertness

Indo European root = to be lively, strong

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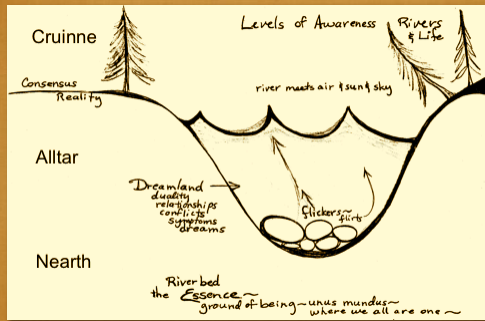


Explore your own inner nature through dreaming and pre and post sleep contemplation

Recognizing altered states as part of life - in ourselves and in others.



ACHIEVING A MORE DEEPLY DEMOCRATIC VIEW OF SELF & OTHERS IN ALL STATES OF CONSCIOUSNESS.



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Every time you ignore deep sentient experience, that is, generally unrecognized dreamlike perceptions, something inside you goes into a mild form of shock because you have overlooked the spirit of life, your greatest potential power.



Arnold Mindell 'dreaming while awake'

ENHANCING COMMUNICATION

Sleep patterns: as vehicle to reduce tendencies to misinterpret communication from those in altered consciousness & to increase our ability to facilitate peoples awareness.



NO ONE LEFT ALONE

Being with our own entering and exiting sleep states: to gain compassion & understanding for clients journeying between worlds.

NO ONE NEEDS TO BE LEFT ALONE

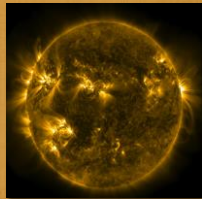
Becoming more aware of nonlocality in deep connections during altered consciousness.



Recognizing and using synchronicities during liminal times especially near death.

We Might Have to Medicate You

Resist your temptation to lie
By speaking of separation from God
Otherwise
We might have to medicate You
In the ocean
A lot goes on beneath your eyes
Listen to me
They have clinics there too
For the insane
Who persist in saying things like:
"I am independent from the Sea"
"God is not always around,
Gently Pressing against my body."



Hafiz 1310-1389

Interacting more fluidly with staff and family members' shyness around loved ones in altered consciousness



Greater ease with forwarding new concepts, interventions, & interactions

PARTICIPATING IN CREATING A MORE AWARE & COMPASSIONATE WORLD AT THE ENDINGS OF LIFE – WORLD WORK



Being able to recognize and ask questions about how medications affects awareness.



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using our intuitive experienced inquisitive sensitive spontaneous loving hearts to enter deeply with another for the benefit of life
