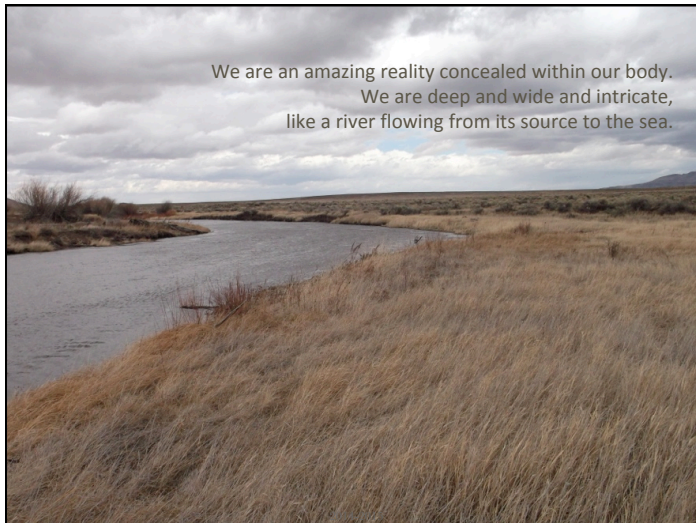
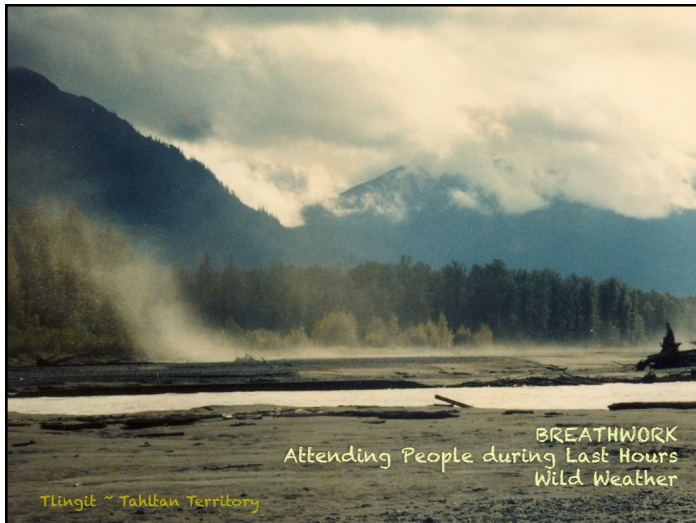


WELCOME We gather from many places breathing
the sacred air of
earth and ancestors.

Help us care for creation
remembering . . .
all of life is sacred.



breath patterns near death

Cheyne-Stokes Respiration (CSR)
 Can be from heavy Morphine
 Hypopnoea Apnoea of up to 1 minute - from forebrain

Central Neurogenic Hyperventilation (CNH)
 Hyperpnoea - Sustained regular deep rapid breathing - pons

Apneustic Breathing
 Apnoea
 Short Sharp Expiration - from mid or lower pons

Ann Jacob - Stan Tomandl © annstan@comacommunication.com

breath patterns near death cont.

Ataxic Breathing
 Slow irregular breathing - from brainstem

Cluster Breathing
 Only decrescendo - Comatose EOL (Agonal Breathing)

Following these breathing patterns with your own breathing, even briefly, will help you connect with clients in 'wild' end of life breathing patterns.

extracted from MEDICAL CARE OF THE DYING
 Victoria Hospice, BC, Canada ~ Coast Salish Territory
 Ann Jacob - Stan Tomandl © annstan@comacommunication.com

THREE WAYS TO PACE THE BREATH

1. Breathe with the person for a few breaths ~ matching breath location with them
2. Speak as your client breathes out ~ they are more likely to hear you
3. Contact their body by placing one hand on top of the back of one of their hands ~ squeeze their hand gently as they inhale ~ relax your hand as they exhale

Ann Jacob - Stan Tomandl © annstan@comacommunication.com


PACING THE BREATH

PLACE ONE HAND ON TOP OF THE BACK OF YOUR OTHER HAND . . .

~ SQUEEZE TOP HAND GENTLY AS YOU INHALE
 ~ RELAX YOUR TOP HAND AS YOU EXHALE

~ CONTINUE THIS FOR A FEW BREATHS

Ann Jacob - Stan Tomandl © annstan@comacommunication.com

We are Consensus Reality ~ Cruinne our everyday personality.
 We are the Dreaming ~ Alltar of our inner life and our night life where there is always this 'and that's' going on: real & fanciful fearsome & magical.

We are our deepest selves ~ the Essence ~ Nearth that connects us with the All of Life.

We are all of them.
 We seek support to live all parts of ourselves more fully ~ especially when we are dying.



Month 7: Twin Metas:
 Essential Communication Skills

BLESSED PRACTICES for Breathworks month + Reflection Paper

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. ~ ~ Some people find this helps them fall asleep. Notice how you respond.
2. Practice all three methods of Pacing the Breath, on partners, kids, friends, colleagues, pets, as much as possible.
3. Journal if and how, your comfort and agility with this skill set changes with repetition. Notice if and how your awareness of yourself, clients, and environment (physical surroundings, family, co-workers) grows as you practice and gain this skill.

Reflection Paper
 Submit a paragraph/page on your learnings this month, on insights and issues that arose while *Pacing the Breath* on yourself and with others. Also include something you learned, experienced, questioned, from the readings and viewings.

OPEN HOUSE
February 24, 2024
8am pacific time zone.

Reflection Papers
Due weekend of:
February 24, 2024

NEXT WEBINAR
March 9, 2024

