

Anamcara Project ~ Healing Practices at the End of Life ~ Syllabus
BREATHWORK: Attending People During Last Hours 'WildWeather'

Ann Jacob + Stan Tomandl

PRE WEBINAR

Recorded Video Training with Power Point

BREATHWORK: Attending People During Last Hours 'WildWeather'

see: **PowerPoint** for Training Video: **BREATHWORK** to follow along with video.

Readings

Medical Care of the Dying. 'Breathing Patterns' near death. pp. 618-621.

POST WEBINAR

Readings

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. Or in the earlier edition: *Coma Key to Awakening*
pp 61 - 68 (For those with copies of this book, reading more is encouraged!)

The Journal of Process Oriented Psychology, Amy Mindell.

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

Blessed Practices *The readings and video above, support this month's practice.*

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, and/or pets, when possible.
3. **JOURNAL:** 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 above readings and viewings.

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MOVIE RESOURCES for optional viewing, on various expressions of Altered Consciousness

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.

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

Brain Damadj'd Take II. Paul Nadler's personal journey out of brain injury, at times excruciating, "I'm as graceful as a dancing elephant on speed in a glass shop."

Breakaway. Fanlight Productions. Provocative tale of two men coping with the consequences of severe brain injury and coma.

Post Concussion. Daniel Yoon's autobiographical account. He is writer, director, producer, star, editor, and cinematographer. Compassionate, humourous, heavy, and real.

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/ 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.

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LOCKED IN SYNDROME

The Diving Bell the Butterfly. True story written by a French publisher, written via eye blinks from inside of the 'diving bell'.

VEGETATIVE STATE

Talk to Her. Spanish movie about two women in vegetative state, and the husband of one of them and the caregiver of another becoming friends. Disturbing and touching.