



BREATHWORK

Attending People during Last Hours
'Wild Weather'

Tahltan - Tlingit Territory

Breathe on Me, Breath of God

Breathe on me, Breath of God,
fill me with life anew,
that I may love what thou dost love
and do what thou wouldst do.

Breathe on me, Breath of God,
until my heart is pure,
until my will is one with thine
to do and to endure.

Breathe on me, Breath of God,
till I am wholly thine,
till all this earthly part of me
glows with thy fire divine.

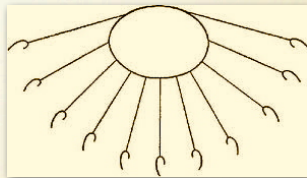
Breathe on me, Breath of God,
so shall I never die,
but live with thee the perfect life
of thine eternity.

E Hatch 1835-1889 + R. Jackson
1842-1914



RICHARD IN MARY'S CHAPEL
GLENDALOUGH EIRE

BREATHWORK
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* 1. Breath

2. 'Wild Weather'

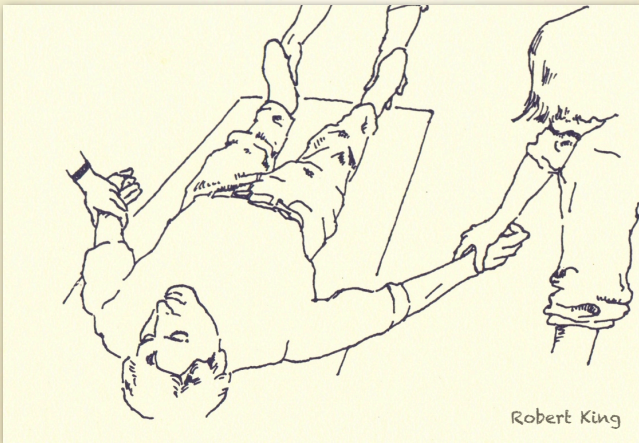
3a. Ethics 3b. Family



Contemplative Breath

- * Remember a time when someone sat with you . . . no words . . . just quietly being together.
- * Where were you? with a new baby? or puppy? in your home? in nature? in a hospital/hospice? in meditation or a prayer gathering?
- * Remember how it felt to have silence & breathe alongside another.
- * Take a moment and go into your experience.

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Robert King

'Coma: A Healing Journey' - Amy Mindell PhD

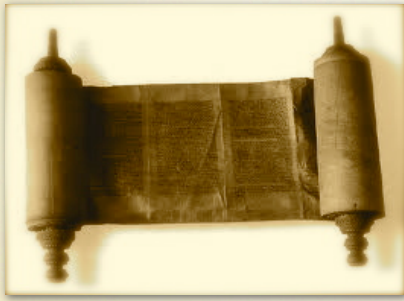


The Eye of Horus
an ancient Egyptian symbol
of protection, royal power,
and good health.

Pacing the Breath - 3 ways

1. Breathe with the person for a few breaths, matching their breath location and rhythm
2. Speak as your client breathes out - they are more likely to hear you.
3. Contact an accessible place on their body ie. hand, shoulder, ankle, and
 - squeeze gently as they inhale
 - relax your hand as they exhale

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Hebrew: ruach hakodesh = thy holy spirit

Holy Breath:

the noun: ruach = רוח, literally means
"breath" or "wind"

the adjective: kodesh = "holy"



Breathe
indo european root =
Bhreu (2)
to boil,
bubble,
effervescence,
burn.

American Heritage Dictionary



page from The Egyptian Book of Breath
1st or 2nd Century CE, into the Coptic Christian era

The rituals in the Book of Breath
appear to be as much about initiation
for the living as funerary ceremonies
for the dead.



Egyptian Hieroglyphics

Papyrus of Ani

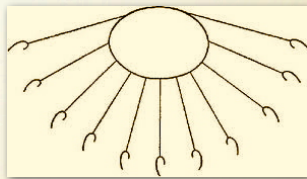
The Book of Going Forth
by Day

Egyptian Book of the Dead

1250 BCE

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#4 BREATHWORK:
Attending People during Last Hours 'Wild Weather'



* 1. Breathe

2. 'Wild Weather'

3a. Drugs 3b. Family





Liberation
Through Hearing
During the
Intermediate State
~~~~~

Yama.  
The image portraying  
what some folks  
meet in  
intermediate states  
of transitions -  
Liminal stages of  
altered consciousness

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*PLEASE  
DO NOT  
READ  
THIS SIGN*

PERSONS NEARING DEATH . . .  
are wakeful human beings going through  
one more meaningful step in their  
process of individuation.

Many in coma venture to the heights and depths  
to find some degree of ecstasy,  
prophetic insight, and self knowledge.

My focus lies in following human nature . . . At death,  
people are prepared more than ever to Live fully.



Arnold Mindell - Coma: The Dreambody Near Death

Very internal clients can be on minimal feedback loops. Either they do not pick up or do not adjust to outer signals.

A Process Oriented description would not call them unrelated or sick, but would describe their particular processes as having a special kind of signal feedback loop in relationship to others. The meaning and significance of these loops need to be investigated . . . What appears to be an 'inappropriate' response could be an attempt to relate as an inner process.

Such feedback loops are at work all the time, even in the therapist or helper. If the helper does not react to the patient's signals and adjust her therapeutic behaviour accordingly, then the helper, too, lacks a feedback loop.

paraphrasing Arnold Mindell

City Shadows: Psychological Interventions in Psychiatry

## Intentional Meaning



The Intentional Field has an awareness of its own.

A useful and tentative theory to consider is a Field does everything it can to bring itself to consciousness.

People normally experience this in their personal lives, when they become aware of experiences that make life more meaningful.



paraphrasing Arnold Mindell

City Shadows: Psychological Interventions in Psychiatry

Most dying people need assistance to experience fully the powerful events trying to happen. Without assistance, altered states confuse and baffle us. We misinterpret the signals of an altered state, believing they are signs of pain, drugs, or disease. While the dying silently and alone seek the solutions to life, we misunderstand them and imagine that they are peacefully floating off to another world.

Arnold Mindell.

Coma: The Dreambody Near Death

Amy & Arny Mindell



The Dreaming Moon  
glimpses of the mystery

Ann Jacob + Stan Tomandi © annstan@comacommunication.com



May your trails be crooked, winding, lonesome, dangerous,  
leading to the most amazing view.  
May your mountains rise into and above the clouds.  
May your rivers flow without end, meandering through  
pastoral valleys tinkling with bells, past temples and castles  
and poet's towers, into a dark primeval forest where tigers  
belch and monkeys howl, through miasmal and mysterious  
swamps and down into a desert of red rock, blue mesas,  
domes and pinnacles and grottos of endless stone, and  
down again into a deep vast ancient unknown chasm where  
bars of sunlight blaze on profiled cliffs, where deer walk  
across the white sand beaches, where storms come and go as  
lightning clangs upon the high crags, where something  
strange and more beautiful and more full of wonder than  
your deepest dreams waits for you.

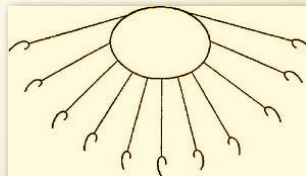
Edward Abbey - environmentalist & author

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2. Wild Weather



\* 3a. Ethics 3b. Family



Crow, Coast Salish Territory

## Double State Ethic

We need information from both our normal states and our altered states to make major life and death decisions.



## Doctrine of Double Effect

An intervention that has two or more effects, at least one of them intended, others not intended. The intervention must not be immoral in itself.

Unintended effects may hinder awareness at the end of life.



Teaching in Tokyo

## BEST PRACTICES

- \* Check on Medical Interventions
- \* Create relationships, confer with Family and Staff
- \* Join person by Pacing the Breath

- \* Utilize your feelings as an important tool
- \* Do not press too hard to engage with everyday reality
- \* Mention what you will do before doing it
- \* Stay creative and fluid
- \* Communicate using Signals & Blank Access

**'FINAL WORDS' INNER WORK**

Imagine being a family member and hearing  
final words for your loved one.  
\* I Love you \* You are safe  
or \* We are with you and  
we are glad to be with you through everything  
or \* What a great Life. \* Thank You!

**INNER WORK EXERCISE**

**PACE YOUR BREATH**

**IMAGINE BEING AT THE BEDSIDE OF A LOVED ONE,  
PAST OR PRESENT.**

**IMAGINE THE WORDS YOU WOULD LIKE TO 'SURROUND' THEM WITH.  
SAY THEM IN YOUR HEART.**

**MAKE A FEW NOTES FOR YOURSELF.**



Stikine River, Tahltan - Tlingit Territory

Powerful Presence - Still Reflection - Great River

As Long as There is B R E A T H  
Communication & Connection  
are Possible

