



Healing Practices at the End of Life  
*"Refuge of the Senses"*  
*The 'Miracle' of Nonverbal Somatic Language*

Ann Jacob + Stan Tomandl  
 Sacred Art of Living Center  
 Anamcara Project

I ONCE ASKED A MAN WHO KNEW HE WAS DYING  
 WHAT HE NEEDED, ABOVE ALL, IN THOSE WHO WERE  
 CARING FOR HIM. HE SAID, 'FOR SOMEONE TO LOOK  
 AS IF THEY ARE TRYING TO UNDERSTAND ME'.  
 INDEED, IT IS IMPOSSIBLE TO UNDERSTAND FULLY  
 ANOTHER PERSON, BUT I NEVER FORGOT THAT HE DID  
 NOT ASK FOR SUCCESS BUT ONLY THAT SOMEONE  
 SHOULD CARE ENOUGH TO TRY.



*Dame Cecily Saunders 1918-2005*  
*founder of the modern hospice movement*  
*inspiration for Mary and Richard Groves*  
*Sacred Art of Living and Dying*

DAME CECILY SAUNDERS WORKING HER WISDOM

## COMA COMMUNICATION



*is a sensory grounded, feedback oriented*  
*approach to communicating with those in*  
*times of altered consciousness*

BURNOUT HAPPENS WHEN WE ARE UNABLE TO BRING OUR THOUGHTS, FEELINGS, INTUITIONS, AND SPIRITUAL PRESENCE FULLY INTO SERVICE OF CLIENTS AND LOVED ONES. OVER TIME, AS CAREGIVERS, WE MAY FEEL UNEASY FROM LEAVING TOO MUCH OF OURSELVES OUT OF OUR WORK. WE USUALLY INTERACT WITH CLIENTS IN CAREGIVER ROLES: PROFESSIONAL; VOLUNTEER; FAMILY MEMBER. ROLES CAN SUPPORT, OPEN, OR RESTRICT CARING.

*~ As a hospice volunteer my heart often broke from sadness or froze in fear as I entered a dying person's room, but I had responsibilities and too often ignored my inner responses and suffered silently. ~*

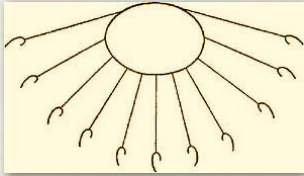


PERSONAL EXPERIENCES CAN FORM A MEANINGFUL PART OF THE FIELD OF CARE. TRUSTING AND USING OUR PERSONAL REACTIONS CAN DEEPEN CARE, CONNECTION, COMMUNICATION, AND RELATIONSHIP.

A NEW ROLE IN PALLIATIVE CARE:  
OUR PERSONAL AWARENESS PRESENCE.

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## #8. REFUGE OF THE SENSES: THE MIRACLE OF NON VERBAL SOMATIC LANGUAGE



### \*\*\* 1. Twin Metas: Review

2. Communication Channels & Blank Access
3. Medications
4. Families



## THE TWIN METAS DEFINED



Meta = transcending beyond  
Old English = MIDWIFE

Communicate = to make common

Metacommunication = Transcendent communication,  
to be with, to midwife, ie: an Anamcara

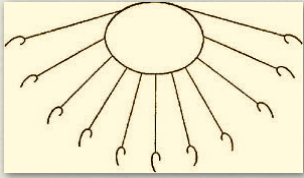
Skill = proficiency, to sculpt, ability

Metaskill = our deep feeling attitudes used  
to form and 'sculpt' our use of skills

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1. Twin Metas: Review

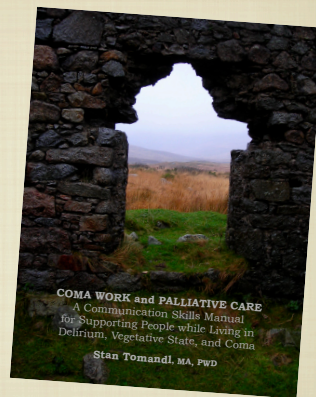
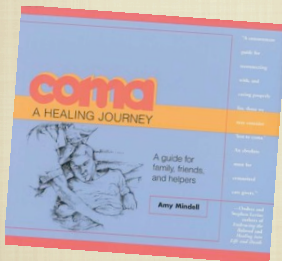
\*\*\* 2. Communication Channels & Blank Access

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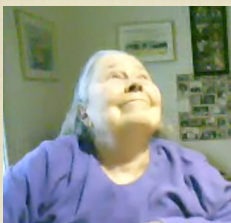
### Recommended Resources



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## CHANNELS OF COMMUNICATION

Inner & Outer **VISUAL** = upper chest breathing  
~ head back ~ eyes looking up ~ eyelids flicker



'ENJOY WHAT YOU ARE SEEING . . .'

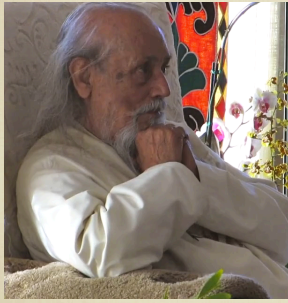
### BLANK ACCESS STATEMENTS

- ~ See what you are seeing . . .
- ~ Really look . . .
- ~ Really focus on what you see . . .
- ~ Yes, see the shapes . . . see the colors . . .
- ~ Keep looking, I can almost see it with you.

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## CHANNELS OF COMMUNICATION

Inner & Outer **AUDITORY** = mid trunk breathing  
~ head to side ~ eyeballs move side to side under lids



BABAJI IS A SILENT MONK.  
WHO HAS NOT SPOKEN  
SINCE 1952

### **BLANK ACCESS**

- ~ Yes, hearing . . .
- ~ Listen closely . . .
- ~ Really concentrate on  
what you are hearing
- ~ Listen to the tone and quality . . .
- ~ Make similar sounds lovingly,  
a little bit longer and louder

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## CHANNELS OF COMMUNICATION

Inner & Outer **BODY SENSATION** =  
lower abdomen breathing ~ head forward  
~ eyes looking downward



### **BLANK ACCESS**

- ~ Ahh . . . Mmm . . . Great . . . Yes . . .
- ~ Mmm feeling something, go ahead & feel it . . .
- ~ Notice your body sensations . . .
- ~ Go ahead and experience what you are feeling,  
as much as you are comfortable with . . .

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## CHANNELS OF COMMUNICATION

Inner & Outer **OLFACTORY** = flaring nostrils  
~ memories ~ fragrance ~ aroma



### **BLANK ACCESS**

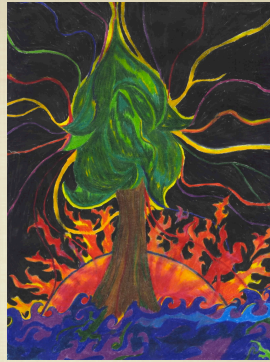
- ~ Go ahead and remember all the smells . . .
- ~ the smell of springtime . . . of snow in the air . . .  
of food cooking . .
- ~ mmmm . . . yes, the flowers

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## CHANNELS OF COMMUNICATION

Inner & Outer **MOVEMENT** =  
 quick / jerky ~ tentative small  
 ~ longer lasting  
 ~ swallows & hesitations



Aliya

### **BLANK ACCESS**

- ~ for quick/jerky movements:  
*Great! Yeah! OK! Wow! Yes!*
- ~ tentative small: *That finger/toe (etc) is wise & knows everything*
- ~ for longer lasting, slow/large movements:  
*Notice how you are moving . .*
- ~ inner movement: *Stay in bed! . . . now go wherever you want in your imagination . . .*
- ~ for swallows: *Yes, a thought, a feeling*
- ~ hesitation: *(notice and go slow)*

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## CHANNELS OF COMMUNICATION

Inner & Outer **RELATIONSHIP** = person to person interaction



*Includes the 5 previous channels  
 and cannot be reduced to any one  
 channel or combination of channels.*

### **BLANK ACCESS**

- ~ Yes, know who you are looking at . . .
- ~ Hi . . . You're looking at me . . .
- ~ Good to meet you! . . . Check me out . . .
- ~ Notice everything about me (or another)
- ~ We're getting to know each other . . .
- ~ I'm with you . . .
- ~ We're in this together . . .

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## CHANNELS OF COMMUNICATION

**WORLD CHANNEL** = Circumstance/events: environment,  
 atmosphere/ghosts, family, groups, career, advocacy,  
 spirituality, etc.



*Includes the 6 previous channels and  
 cannot be reduced to any one or combination.*

### **BLANK ACCESS**

- ~ Yes, looking around at all of us/around the room, know what we are about . . .
- ~ Out the window, yes, fascinating . . .
- ~ That sound in the hall . . .
- ~ Singing to the Creator . . .
- ~ Reaching for the hands of God . . .

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## CHANNELS OF COMMUNICATION

### Inner & Outer **COUPLED CHANNELS**

(Synesthesia) = Two or more communication channels at one time (very common)



#### **BLANK ACCESS STATEMENTS**

- ~ Go ahead and see what you are feeling . . .  
or . . . *feel what you are seeing* . . .
- ~ Really hear what you are feeling . . .  
or . . . *yes, feel the music* . . .
- ~ Go for it . . . *move with what you hear* . . .  
or . . . *hear all that movement* . . . etc.

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## 'BLANKEST' ACCESS INTERVENTIONS. OPEN ENDED

*Go ahead and experience what you are experiencing,  
and know that it will show you the way.*

*I know you are here when you do that. . .*

*Believe in your experiences; they are meant for you . . .*

*Find something comforting inside . . .*

*We have to go soon . . . express anything you need to . . .*



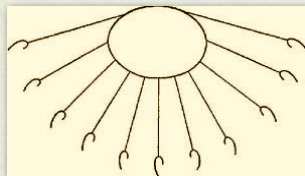
May you realize that holiness  
is mindful gazing, feeling, hearing, moving, and touching.

6<sup>th</sup> Century Anamcara Blessing

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## MEDICATION & COMMUNICATION

**CONNECTION, LOVE AND ATTENTIVE CARE -  
WITH COMMUNICATION AWARENESS - CAN BRING RELIEF  
PHYSICALLY, EMOTIONALLY, AND SPIRITUALLY.**

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## MEDICATION

Finding the right level for  
patients, families, and staff,  
by using verbal and nonverbal  
communication.



Who is being 'medicated' patient, family, staff? All three?

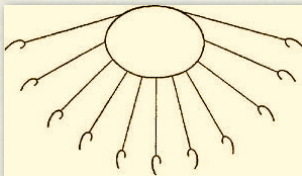
Remember: opioids may slow response time by a few seconds.

In General: Ativan clouds consciousness.

Medications and peoples reactions to them, vary considerably.

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# FAMILY WORK

Set up Meetings: *Onsite. Skype. Phone.*

Get Permission & Explain to family.

Support and Train family members.

Support All Sides of situations using your  
Metaskills, Eldership, and Awareness.



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*'What is the body  
This shadow of a shadow of love  
That somehow contains the entire universe.'*  
Rumi