

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 on (Reading more is welcomed!)

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 support this month's practice.*

1. Each night: Pace your Breath by gently squeezing the back of your hand for few minutes, as you are going to sleep at night. 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 at least once per day.
3. **JOURNAL:** Journal if and how, your agility with this skill set changes. Notice if and how your awareness of your self, clients, and environment (physical surroundings, family, co-workers) grows as you practice and gain skill.

Reflection Paper

Submit a paragraph/page on your learnings this month, including insights and issues that arose while *Pacing your Breath* on yourself and with others, and include something you learned, experienced, insights, questions, from the above readings and practices.

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MOVIE RESOURCES for optional studies on various expressions of Altered Consciousness

ALZHEIMERS & Other Forgetfulness Processes

Is Anybody There? Stars Michael Caine portraying a midstage 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 midstage 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.

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.

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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.

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.