

Anamcara Project ~ Healing Practices at the End of Life ~ *Syllabus*
EXPLORING THE SACRED: Ancient and Modern Ritual, Ceremony,
and Death Practices Ann Jacob + Stan Tomandl

PRE WEBINAR

MOVIE for Viewing

Scared Sacred by Velcrow Ripper. https://www.nfb.ca/film/scared_sacred/

This movie is strong medicine: challenging, difficult, heart warming, questioning. Taking us to the centers of disasters around the world and meeting people's hearts and hopes in the midst of it all. Appropriate for our times right now because we are in a scary place and need to find our sacred bearings.

Readings

Stan's *Gleanings* and *The Hour of our Death*

POST WEBINAR

Blessed Practices - Spiritual Life Review

1. Most everyday, think of a sacred moment/experience from your past or present. Times of awe or rupture that bring the sacred.
2. **JOURNAL:** Record your stories: notes - poem - drawings - songs. Some stories may want your time as they are remembered others a few words. Each day, each experience, each remembering, each story.

Reflection Paper

Submit one of your stories

MOVIE RESOURCES for optional studies

EXPLORING THE SACRED

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.

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.