

Sacred Art of Living Center for Spiritual Formation

Sacred Art of Living & Dying is the entry level program for THE ANAMCARA PROJECT ©

Sacred Art of Living & Dying, Unit 4: “Transforming Spiritual Pain”

Please visit our website Registration
and Calendar page for dates and
locations

9:00 am – 6:00 pm each day

Program Tuition including manuals \$325 - Lunch Included

Sacred Art of Living & Dying is a unique, transformative learning experience that supports both health care professionals and the general population in reclaiming classical wisdom regarding end-of-life care.

Sacred Art of Living & Dying is grounded in the **profound wisdom of our ancestors** as well as **contemporary clinical research**. The program invites participants to explore the universal patterns of spiritual pain and time-tested ways to relieve them.

What you can expect from this program:

- ◇ Study and some personal experience with some of the different principles and techniques of 'energy work' by using bio-feedback mechanisms as a means of assisting a patient's state of physical and emotional well-being.
- ◇ Experimentation with two guided visualization formats for the 'healing of memories.'
- ◇ Exploration of the ethical dimensions of end-of-life caregiving as impact the long-term emotional and spiritual lives of professional caregivers.
- ◇ Examination of the distinction between caregiver burnout and fatigue as well as other practical antidotes to stress.
- ◇ Exposure to basic theory and techniques related to Jungian dream analysis, particularly as it relates to emotional and spiritual pain at the end of life.
- ◇ Discussion of basic rights and obligations [including legal prescriptions] regarding body 'aftercare,' burial, memorial services and grief support for extended family systems.

What others are saying about *Sacred Art of Living & Dying*:

“Eye opening and deeply inspirational, Richard Groves’ work [now recorded] in The American Book of Dying will be as influential and groundbreaking as the works of Elisabeth Kübler-Ross in their time.”
Jane Dystel, Literary Management Agency, New York, New York

“It is not an exaggeration to say that the content of the Sacred Art of Living & Dying programs may do more to change end-of-life care in the English-speaking world than any other educational effort. I am pleased to be taking its lessons to Asia.”

Unpok Choe, MD, Director of Providence ElderCare, Seoul, South Korea

“Sacred Art of Living & Dying is a timely interfaith program that deeply touches both heart and soul in a culture that tries to deny death at the most important time of every person’s life. We strongly urge that every parish participate in this training.”

Rev. Sam Frias, Archdiocese of Los Angeles, Director of Pastoral Care & Bereavement

Register on the web at www.sacredartofliving.org or call 541-383-4179

Questions? Email us at: programs@sacredartofliving.org