Co-founders Richard & Mary Groves
Bend, Oregon in 1996

RICHARD F. GROVES
Hospice Chaplain
Ordained Catholic Priest
History & World Religions Professor
Language Scholar
Medical Ethicist
Health Care Educator
Published Author

MARY GROVES
(1939-2009)
Bereavement Educator
Professional Artist
Program Designer
Media Producer

PASSING ON MARY’S UNIQUE LEGACY …
MISSION  HEALING THE HEALERS
         by connecting our “soul & role”
VISION  TRANSFORMING SUFFERING
             in ourselves and our communities

The dying are our teachers...
in living with deeper meaning and purpose

THE ART OF LIVING & DYING
A World Wide Education Series

22,000+ Graduates from North America,
Europe, India and Asia

FINDING COMMON GROUND
Sacred Art of Living is essential because... 
spirituality is the most overlooked factor in relieving pain.

Dr. Cicely Saunders

Sacred Art of Living and Dying

Cicely Saunders, MD

TOTAL PAIN MODEL

TOTAL PAIN

PHYSICAL

EMOTIONAL

SOCIAL

SPIRITUAL

CAREGIVER PAIN

WHOSE PAIN IS IT ANYWAY?

www.sacredartofliving.org

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August 15, 2004

Dear Richard and Mary:

It is my privilege once again to commend your superlative programs. Since you visited St. Christopher's Hospice last year, I have continually made efforts to enlighten others both in Europe and North America about these excellent training courses. I indeed share your passion and conviction that the...

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WE ARE THE MEDICINE

“The way in which care is given can touch the most hidden places…”
Dr. Cicely Saunders

SESSION ONE

HISTORY OF LIFE & DEATH

When a person is born, we rejoice.
When they are married, we celebrate.
When they die, we pretend nothing happened.
Margaret Mead
“Death is psychologically as important as birth. Shrinking away from it is both unhealthy and abnormal… because it robs the second half of life of its meaning and purpose.”

“…causing us to live psychologically beyond our means.”

“Few societies in history have managed to create the illusion that death is an option…such is America’s naiveté about mortality which is fed by an unqualified confidence in science.”
WHERE WE DIE

![Graph showing the percentage of people dying in institutions and homes from 1900 to the present.]

DEATH

= The Physician’s Enemy/Failure

REMEMBERING OUR EXPERIENCE

![Image of a coffin with flowers and people gathered around it.]

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REMEMBERING OUR EXPERIENCE

• Recall your first experience of death
• Who died? Or maybe it was a pet
• How did your family react?
• What did death mean to you then?
• What questions did you have and ...were they answered?

The New York Times

The American Book of Dying
LESSONS IN HEALING SPIRITUAL PAIN
Richard Groves
Henriette A. Klauser

“Groves' texts reveal ancient-modern wisdom about living and dying...”

INTERNATIONAL TRANSLATIONS...
ANCIENT BOOKS OF LIVING & DYING

- Prehistoric
- Egyptian
- Celtic
- Abrahamic
- Tibetan
- Iberian
- The Ars Moriendi

PREHISTORIC DEATH

Lascaux Caves: Humanity’s First Hospices

14,500 BCE

Native Spiritualities of Death & Dying

There is no death in the Circle of Life… only Great Change
WISDOM FROM OUR ANCESTORS

#1  THERE IS A UNIVERSAL BELIEF THAT SOME FORM OF CONSCIOUSNESS SURVIVES THE DEATH OF OUR PHYSICAL BODY.

Prehistoric Culture

DR. CHARLES TART
U.CAL. DAVIS SCIENTIST & RESEARCHER ON NEAR DEATH EXPERIENCES

As a scientist, what do you believe about the survival of consciousness after death?

1240 BCE

"When the eye of the body is shut, it opens to a Greater Light"

Translated by Sir E. A. Wallace Budge

Egyptian Book of the Dead

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“What you find now is what you will find later…”

O Lord of Light, grant that I not enter the place of destruction…may my body never know the decay of death.

Prayer of Ra… Recorded in Psalm 116

It is a priority that human beings assist each other through the many stages of living & dying.

Egyptian Book of the Dead
HEBREW TORAH

1240 BCE

“I set before you life and death, blessing and curse. Choose life…”

Deuteronomy 30:19

CHRISTIAN SCRIPTURES

“Blessed are those who weep and mourn…”

“Whoever loses their life will save it…”

Gospel of Matthew, Chapters 5 & 16

ST Century
ISLAM & THE QUR’AN
7TH cent CE

Mohammed

“Die before you die…”
(So that when you die, you will not die).

WISDOM FROM OUR ANCESTORS

#3 “THE MOST IMPORTANT LESSONS FOR THE DYING ARE ALSO LESSONS FOR THE LIVING.”
From the Gospel according to Mary Magdalene

Abrahamic Traditions

THE ANAMCARA TRADITION

500 — 1000 AD

Abrahamic Traditions
**ANAMCARA = SOUL FRIEND**

- Midwife
- Counselor
- Spiritual Companion

**ANAMCARA TRADITION**

“May you have the commitment to know what has hurt you, to allow it to come closer to you, and, in the end, become one with you.”

Celtic Book of Living & Dying

**WISDOM FROM OUR ANCESTORS**

#4 THE ONLY CURE FOR SPIRITUAL SUFFERING IS TO LEAN INTO THE PAIN

Celtic Books of Living & Dying
WISDOM FROM OUR ANCESTORS

#5 A “GOOD DEATH” IS THE ABILITY TO MAINTAIN CLEAR CONSCIOUSNESS DURING THE LIFE-TO-LIFE TRANSITION

Tibetan Book of the Dead
HAVE YOU EVER EXPERIENCED A ‘GOOD DEATH’?

IBERIAN BOOKS OF LIVING & DYING

INTERFAITH MELTING POT
THERE IS A CLEAR RELATIONSHIP BETWEEN THE CAUSES AND HEALING OF PHYSICAL, EMOTIONAL AND SPIRITUAL PAIN.
MONASTIC BOOKS OF DYING

“Ars Moriendi”

1000-1492 AD

WISDOM FROM THE ARS MORIENDI

The dying are our teachers...

So we live with greater meaning and purpose

Monastic Books of Dying
11th century

“Magistri nobis moriendi sunt...”

PRESCRIPTIVE PRACTICES

SPIRITUAL — MEDICAL SCIENCES
### WISDOM FROM OUR ANCESTORS

#### #7
IT IS NECESSARY FIRST TO DIAGNOSE SPIRITUAL PAIN BEFORE ATTEMPTING TO RESPOND TO IT...

Monastic Books of Living & Dying
“Ars Moriendi”

<table>
<thead>
<tr>
<th>#1</th>
<th>A UNIVERSAL BELIEF THAT CONSCIOUSNESS SURVIVES THE DEATH OF OUR BODY</th>
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<tbody>
<tr>
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### PERENNIAL WISDOM

DIE BEFORE YOU DIE...
So that when you die, You will not die

So that when you die, You will not die
“May you have the commitment to know what has hurt you, to allow it to come close to you and in the end, become one with you.”

Fintan’s Blessing

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PERENNIAL WISDOM

DIE BEFORE YOU DIE...

So that when you die, You will not die

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CIRCLES OF TRUST

Dr. Parker Palmer

www.sacredartofliving.org
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CIRCLES OF TRUST
• Small group meetings during & between workshop modules
• A welcoming space for personal work in community
• A place to connect our “soul and role”
• Led by a group ‘animator’ who facilitates the process

TOUCHSTONES FOR CIRCLES OF TRUST
• A place of WELCOME and support for EVERYONE
• Time to be fully PRESENT to each others’ stories
• Not a ‘share or die’ event but an INVITATION
• No FIXING, SAVING, ADVISING or CORRECTING

TOUCHSTONES FOR CIRCLES OF TRUST
• Value CURIOSITY and WONDER over solutions
• Trust the each person has an INNER TEACHER
• SILENCE gives the gift of space to listen deeply
• CONFIDENTIALITY is essential for trust
A PERSONAL REFLECTION

• Bring to mind someplace in your life where things are not working well.
• Consider how the teaching “die before you die” might apply to this situation.
• How might any of the seven wisdom points help with this issue?

PERSONAL REFLECTION

Recommended Resource

Music from the 11th c. Hospice

CD NOW PLAYING
SPIRITUALITY

is a daily thing about how we live our ordinary life

It is how we are…
– with our spouse
– with our children
– with the cab driver

IT IS WHATEVER GIVES A SENSE OF MEANING TO OUR LIVES

Rabbi Edwin Friedman

FAITH is our way of finding coherence and meaning in the multitude of forces and relations that make up our lives.

Dr. James Fowler
Emory University

RELIGION is a structure that provides persons with a framework for viewing the world as meaningful.

Dr. James Fowler
Emory University
THOMAS MERTON QUOTING MARTIN LUTHER

“The world cannot survive without faith but religion has made it inaccessible for the average person.”

Meister Eckhart, 13 century mystic

“I BEG GOD TO RELIEVE ME OF GOD.”

POPE JOHN XXIII

I wonder if after all is said and done, whether religion isn’t mankind’s despair for not having found God.
SPIRITUALITY VS. RELIGION

HUSTON SMITH
“Grand Master”
of comparative world religions

“Perhaps Americans have gone too far in divorcing spirituality from religious tradition...”

PRACTICAL DISTINCTIONS

LANGUAGE

vs.

SPIRITUALITY


vs.

religion

MY EXPERIENCE OF “SPIRITUALITY”

1. What words or phrases do you associate with the term “spirituality”? Can you remember the first time the word began to have a meaning for you?

2. What feelings do you have, or do you associate with spirituality?

3. Complete: “For me, spirituality is ________________________________

______________________________

______________________________

______________________________
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SCIENCE, SPIRITUALITY & HEALING

• Spirituality vs. Religion
• QUANTUM WORLDVIEW
• Healing and Curing
• Universal Spiritual Elements

“In the 21st century scientists will become our theologians.”
CONFLICTING WORLD VIEWS

“World is Flat”  Quantum Science

DUALISM

GRECO-ROMAN WORLD VIEW

Body — Mind
Self — Others
True Self — False Self
Life — Death

DIFFERENT WORLD VIEWS

NEWTONIAN
Observation/analysis of concrete data
‘Lumps’ of matter banging into each other
Whole is sum of parts
Particles OR Waves

QUANTUM
‘Fuzzy logic’ of contradictions and chaos
Matter and energy are interchangeable
Whole is greater than sum of parts
Non-duality of Light & Matter
DIFFERENT METAPHORS

NEWTONIAN
- Predictable
- "Clockwork Universe"
- Assembly line, organizational charts, students in rows
- Doctor – Patient relationship

QUANTUM
- Statistical probabilities
- "Relational Universe"
- Teams, pods, interdisciplinary systems
- Impossible to isolate Observer from the Observed

MIRRORING: NEUROBIOLOGY OF EMPATHY

- Mirror neurons: A mirror neuron is a neuron that fires both when an animal acts and when the animal observes the same action performed by another.
- “…these same anterior cingulate neurons that respond to my thumb being poked will also fire when I watch you being poked.”

THE “MIND” IS RELATIONAL

“The mind can be defined as an embodied process that regulates the flow of energy and information… Energy and information can flow within one brain, or between brains.”

Dan Siegel, MD
The New Science of Personal Transformation
AN INTEGRAL VISION OF HEALTH & HEALING

3 KINDS OF MEDICINE
ORTHODOX ⇒ ILLNESS
ALTERNATIVE ⇒ PATIENT
INTEGRAL ⇒ CLINICIAN

AN EXPERIENCE OF ENERGETIC HEALING
“LETTING GO” STORIES

• 62 year-old Ralph Armstrong, Sonoma, California
• 46 year-old Anna Turner, Queens, New York
• 8 year-old Michael Merseal, Missoula, Montana

Which story impacted you most?
Why?
What about this story is reflected in your own life story?

SCIENCE, SPIRITUALITY & HEALING

• Spirituality vs. Religion
• Quantum Worldview
• HEALING AND CURING
• Universal Spiritual Elements
HEALING VS. CURING

DEFINITION OF HEALTH

“The state of complete physical, mental, and social well-being… not merely the absence of disease or infirmity.”

World Health Organization

DISEASE IS A LANGUAGE

DIS-EASE OFFERS IMPORTANT DATA WITH THE OPPORTUNITY TO KNOW OUR SPIRIT
DIMENSIONS OF PERSONHOOD

BODY
PAST MEMORIES
FAMILY & FRIENDS
PERSONALITY
CULTURE
SOCIAL ROLE
SECRET LIFE
PERCEIVED FUTURE
UNCONSCIOUS REALMS
SENSE OF TRANSCENDENT

Eric Cassell NEJM 306:11, 1982

A NEW DEFINITION FOR HEALING

The ability to adapt and self manage in the face of social, physical, emotional and spiritual challenges

JOB DESCRIPTION FOR HEALERS

Preparing and holding the space where a new relationship with your suffering can occur
SCIENCE, SPIRITUALITY & HEALING

- Spirituality vs. Religion
- Quantum Worldview
- Healing and Curing
- UNIVERSAL SPIRITUAL ELEMENTS

Spiritual Element #1

AWARENESS OF “THE OTHER”
What is valued or “sacred”? 

Spiritual Element #2

SENSE OF RESPONSIBILITY
How am I responsible for the world around me?
Spiritual Element #3

SENSE OF VOCATION
What is my reason for being?

Spiritual Element #4

SENSE OF COMMUNITY
Is there a sense of caring and being cared for?

Spiritual Element #5

SENSE OF REPENTANCE
What is my capacity for reconciliation with self and others?
Spiritual Element #6

ABILITY TO BE PRESENT
Is my focus past, present or future oriented?

Spiritual Element #7

FAITH
What is the relationship between my personal story and a 'Great Story'?

HEALING — D.H. Lawrence

I am not a mechanism, an assembly of various sections. And it is not because the mechanism is working wrongly, that I am ill. I am ill because of wounds to the soul, to the deep emotional self, And the wounds to the soul take a long, long time; only time can help and patience; and a certain difficult repentance A long difficult repentance, realizing life's mistake, and the freeing oneself From the endless repetition of the mistake which mankind at large has chosen to sanctify.
WRITING YOUR OWN VIDUI

• Vidui – A Jewish practice at Yom Kippur – “Day of At-one-ment” and death
• Statement making peace with God, the Other or the Universe
• Communal or individual ritual
• A living spiritual will

VIDUI: PRACTICING FOR DEATH

• We never know when it will be
• Whether alone or accompanied – we are ultimately alone
• May it be peaceful
• A practice at surrender

TO WHOM SHOULD I ADDRESS MY VIDUI?

• To who/what/where am I surrendering myself?
• What does spirituality/the Divine mean to me?
• Who would I want to see/read my VIDUI?
• Imagine if this was a document you might want to be shared at the time of your passing
FOUR ELEMENTS OF A VIDUI
Modified for this Workshop

• MEANING (my accomplishments)
  Did I do what I came here to do?

• FORGIVENESS
  What is it time to let go of?
  Judgments, anger at others/self/…?

• RELATEDNESS
  Gratitude/grief – for others and self

• HOPE
  Blessings and wisdom for those left behind

A VIDUI CAN BE A NEW BEGINNING

• Writing a VIDUI takes time
• Rewrite/revisit your VIDUI regularly/annually
• Opportunity for enormous self compassion
• Start with your address, then proceed through
  the four dimensions of spiritual suffering

ARCHANGEL PROTECTORS

GABRIEL
RAPHAEL
MICHAEL
I am creating my day.
I am infecting the quantum field.
If You are watching me while I am doing this,
Show me a sign today that you paid attention
to any of the things I have created.
And bring them to me in a way that I won’t expect.
Let me be surprised at my ability to
recognize these things
And make it so that I have no doubt that the
sign has come from You.

Dr. Joe Dispenza
Adapted by Mary Groves
LOURDES SHRINE

MONKS CHANTING

ANGER & POLLUTION

SPIRITUALITY MEETS SCIENCE

WE ARE MOSTLY WATER

AQUA THERAPY
SESSION THREE

DIAGNOSING SPIRITUAL PAIN

TO DIAGNOSE...

Δια Γνώσις

- See through
- Get to the bottom of
- Know the origin

Pain VS. Suffering
PAIN IS BIOLOGIC

- Pain is an unpleasant sensory and/or emotional experience.
- Physical pain is a body experience.
- Emotional pain can be primary or secondary to another dimension of total pain.

SUFFERING IS LINGUISTIC

Suffering occurs when we assign meaning to the experience of physical or emotional pain...

OR

When we generate physical or emotional pain from our thoughts or stories.

HUMAN SUFFERING

A unique human capacity to endure pain ‘for the sake of another’

Victor Frankl
Pain is inevitable
Suffering is optional

REAL LIFE STORIES OF TRANSFORMATION

Celtic Tradition

“You are healed through your wound...
Lean into the pain... to transform it into suffering”
Ars Moriendi
Creating a Sacred Space

...where someone can suffer the suffering that they have always needed to experience.
Carl Jung quoting the Ars Moriendi

Tibetan Buddhist Parallels

The value of suffering is that it has the potential to connect us to each other... in this place I am no longer separate from you.

HOW IS IT THAT PAIN & SUFFERING “HEALS”? 

Alleviation of pain is good... but not the Ultimate Good

From time to time a person experiences transformation out of tragedy

HIPPOCRATES
ALLOPATHIC MEDICAL MODEL

Responsive to interventions of the medical model

PAIN

SUFFERING

Unresponsive to interventions of the medical model

CARE FOR THE SUFFERING

• Western Medicine has no model to help someone live through their suffering
• Most suffering is not fixable... healing is finding a way through the suffering
• If the dying person even begins to attend to soul, the soul responds a thousand-fold

WIDSIM INSIGHT

If you get rid of the PAIN before you answer its question, you get rid of SELF* along with it.

*Self = Psyche = Soul
PAIN WHICH IS NOT TRANSFORMED IS ALWAYS TRANSMITTED

Richard Rohr, OFM

INSTRUCTION FOR AN ANAMCARA

“May you have the commitment to know what has hurt you,
To allow it to come closer to you
And in the end, become one with you.”

Celtic Book of Living & Dying

WOUNDED HEALERS

TOTAL PAIN
PHYSICAL
EMOTIONAL
SOCIAL
SPIRITUAL
WE ARE THE MEDICINE

Cecily Saunders
Henri Nouwen

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PHYSICAL PAIN SCALE

VISUAL ANALOG SCALE

NO PAIN ➞ 1 2 3 4 5 6 7 8 9 10 ➞ WORST PAIN

EMOTIONAL PAIN SCALE

HAPPY FACE - SAD FACE

SPIRITUAL PAIN SCALE

HOW ARE YOU WITHIN YOURSELF?

COMPLETELY PEACEFUL  GENERAL WELL-BEING  EXTREME ANXIETY

1 2 3 4 5
FOUR QUALITIES OF SPIRITUAL PAIN

MEANING

RELATEDNESS

JUDGMENT

VS.

COMPASSION

HOPE

FORGIVENESS

PATTERNS OF SPIRITUAL PAIN

MEANING

HOPE

FORGIVENESS

RELATEDNESS

19%

8%

53%

20%

8%

53%

BASED ON SELF EVALUATION OF PATIENTS
DURING PASTORAL CARE VISIT

Statistics based on SALC 2850 patient database [2008-12]

MEANING PAIN

WHY AM I HERE?
“It is pertinent that concerns about intimate areas of relationship, life and death decisions and ultimate human values can be asked, answered and recorded in the same way as questions about fluid balances, bowel functions and bodily chemistry.”

Larry Dossey, MD

BELIEFS ARE BIOLOGY

We are all tattooed in the cradle with the beliefs of our tribe
Meaningfulness Makes Us Well

Meaninglessness Makes Us Sick

Meaning of Illness

IF YOU HAVE CANCER IN A SICK BODY YOU WILL SUFFER

IF YOU HAVE CANCER IN A WELL SELF YOU CAN THRIVE

Forgiveness Pain

WHAT DO I NEED TO LET GO OF?

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“Any attempt to access the human capacity for forgiveness is guaranteed to enhance the immune system… thereby enhancing a person’s state of body-mind-spirit balance.”

Joan Borysenko, PhD
“Seventy Times Seven”
UNIVERSAL LAW OF FORGIVENESS

“Forgive us our faults... as we forgive those who hurt us.”

The Lord’s Prayer

Dominant Forgiveness Issues at the End-Of-Life

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>ISSUE REPORTED TO BE RESOLVED</th>
<th>APPARENT LACK OF RESOLUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>WITH SELF</td>
<td>66%</td>
<td>76%</td>
</tr>
<tr>
<td>WITH OTHERS*</td>
<td>17%</td>
<td>88%</td>
</tr>
<tr>
<td>WITH GOD</td>
<td>6%</td>
<td>17%</td>
</tr>
<tr>
<td>MULTI-LEVEL</td>
<td>11%</td>
<td>27%</td>
</tr>
</tbody>
</table>

*PERSONS STILL ALIVE: 65%, PERSONS DECEASED: 35% (Based on 500 patient database SALC/RFG)

WHAT AM I COMMITTED TO IN LIFE AND DEATH?
**RELATEDNESS THERAPY**

- Spiritually it is who or what we are in relationship to that creates a sense of harmony and belonging. When core relationships, either with persons or things are out of balance, the emotional and physical bodies inevitably become dis-eased.

  Thich Nhat Hanh

**GRIEF & THE PAIN OF RELATEDNESS**

Our response to the loss of someone or something which was important to us

**SPIRITUAL HEALTH ASSESSMENT**

CARE RECEIVER ____________________
CAREGIVER ____________________
DATE ____________________

CIRCLE THE FEELINGS THAT MOST ACCURATELY DESCRIBE “HOW YOU ARE WITHIN YOURSELF” TODAY. PLEASE FEEL FREE TO ADD A MORE PERSONAL COMMENT AFTER EACH SCALE.

**RELATEDNESS SCALE**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel a strong sense of connection with the persons and things that matter most to me.</td>
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</tr>
<tr>
<td>Most important areas of my life seem balanced.</td>
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</tr>
<tr>
<td>I feel seriously alienated from someone/thing that is important to me.</td>
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</table>

PERSONAL COMMENTS:

_____________________________________________________________
WHAT DOES THE FUTURE HOLD FOR ME?

RESILIENCE

The ability to...

- To adapt to difficult situations
- To lean into the pain
- To step out of my comfort zone
- To see the bigger picture
- To hold the paradox
- To see beyond my immediate circumstances
- To recover from setbacks
- To keep living in the face of adversity

It is not about being alone in my suffering
HOPE THERAPY

The degree to which hope plays a role in dealing with cancer is undeniable... yet there is a reluctance to admit its influence when the health care system focuses exclusively on the physiology of cancer.

O. Carl Simonton MD

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CARE RECEIVER _______________________
CAREGIVER _______________________
DATE _______________________

CIRCLE THE FEELINGS THAT MOST ACCURATELY DESCRIBE "HOW YOU ARE WITHIN YOURSELF" TODAY. PLEASE FEEL FREE TO ADD A MORE PERSONAL COMMENT AFTER EACH SCALE.

HOPE PAIN SCALE

1 2 3 4 5
I feel hope-filled and optimistic.
I generally trust what the future holds for me.
I am experiencing deep depression and hopelessness.

PERSONAL COMMENTS: ______________________________________________________________

SPIRITUAL HEALTH ASSESSMENT

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HEALING ENERGY WOUNDS

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O HOPE, BE STILL

For to hope would be hope for the wrong thing

t.s. eliot
“LETTING GO” QUESTIONS

- What were your emotional responses to the caregivers or their situations?
- What button was being pushed in you?
- Why was something triggered in you?

CIRCLES OF TRUST

- Value **CURIOSITY** and **WONDER** over solutions
- Trust the each person has an **INNER TEACHER**
- **SILENCE** gives the gift of space to listen deeply
- **CONFIDENTIALITY** is essential for trust

TOUCHSTONES FOR CIRCLES OF TRUST
TRANSLATION IS MORE THAN WORDS

- I hear the question
- I translate it into my 'language'
- I think of answer in my language
- I translate back to your language

CULTURAL “PAUSE TIME”

- ANGLO .7 seconds
- JEWISH 0 = No Pause
- HISPANIC 1.5 seconds
- NATIVE AMERICAN 3 seconds
- ASIAN AMERICAN 6 seconds
AFRICAN AMERICAN ISSUES

CULTURAL BLESSINGS
- Freedom & Celebration
- Personal Empowerment
- Spiritual Intuition
- Matriarchy
- Healthy Grieving
- Strength of Will

CULTURAL BARRIERS
- Lack of Trust/Fear
- Hopelessness
- Lack of Knowledge
- Inability to Relate to Providers

NATIVE AMERICAN ISSUES

CULTURAL BLESSINGS
- Journey around the sacred hoop of life
- Inter-connectedness of all creation
- Wisdom of the elders
- Transitory nature of material things
- Use of Food, Ritual, Music

CULTURAL BARRIERS
- Alienation from Tradition/Reservation
- Alcoholism
- Passive Communication
- Lack of advocacy in Health Care System

HISPANIC AMERICAN ISSUES

CULTURAL BLESSINGS
- Relationships: Poder es Servir
- Death: La Noche entre los dos Dias
- Suffering can be beneficial…purgative
- Role of Curandero/a (Healer)
- Goal: Morir con los ojos abiertos
- Anniversary Celebrations: Dias de los Muertos

CULTURAL BARRIERS:
- Fatalism
- Gender Roles & Machismo
- Bilingual Barriers
- Presumptions of Anglo Community
ASIAN AMERICAN ISSUES

CULTURAL BLESSINGS
To die with Clear Mind
Belief in continuity/reincarnation
Strong work ethic
Impermanence of all things
Altar of remembrance
‘White’ grief

CULTURAL BARRIERS
Isolation from culture
Work ethic
Cultural Taboos
Communication Issues
Ethnic Stereotypes

CULTURAL ATTITUDES ABOUT DEATH
• Acceptable Language about death.
• Cultural/religious concerns
• Dying at home
• Family as caregivers
• Non-family members as caregivers
• Gender of caregivers
• Pain medications
• Medical assistance
• Alternative healing approaches
• Negative connotations about death.
• Volunteerism/community involvement
• Religious/cultural views re: afterlife

THE Anam Cara PROJECT
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“A new benchmark for professional and personal education in the healing arts and sciences…”
SESSION FOUR
RESPONDING TO SPIRITUAL SUFFERING

IN PARADISI...
“WHERE ALL THE DEAD ARE LIVING”

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FOUR QUALITIES OF SPIRITUAL PAIN

MEANING

RELATEDNESS

JUDGMENT VS COMPASSION

HOPE

FORGIVENESS

RESPONDING TO SPIRITUAL SUFFERING

1. SPIRITUAL CONDITION (SOUL SUFFERING)
2. SPIRITUAL ELEMENT (TRANSCENDENT VALUE)
3. SPIRITUAL DISCIPLINE (STORY & RITUAL)
4. SPIRITUAL CONSEQUENCES (RELATIONSHIPS)

SPIRITUAL PAIN PATTERNS

- PAIN NEEDS TO BE PURIFIED
  Fire of pain to cleanse the soul
- BATTLE WITH PAIN
  Pain is the enemy, “work of the devil”
- EFFORT TO DEFEAT PAIN
  Belief that pain robs quality of life
- PAIN IS A DIVINE MESSAGE
  Life is good and bad - learn from both
- PAIN = FORSAKEN BY GOD
  Most anguished pain of all
RITUALS FOR TIMES OF TRANSITION

AS NORMALCY DECREASES, NEED FOR RITUAL INCREASES

LOSS

AS NORMALCY RETURNS, NEED FOR RITUAL DECREASES

DEATH

PATIENT MOVING TOWARDS DEATH

FAMILY MOVING AWAY FROM DEATH

SACRED (RITUAL) TIME

RESPONDING TO HOPELESSNESS PAIN

MUSIC THERAPY

VIGIL PRACTICES

COMA COMMUNICATION

POTLACH

COMA COMMUNICATION

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• Take a moment to allow the tears, sadness and grief
• Encountering death changes our perspectives on life
• Take this time to continue working on your VIDUI

MORE QUESTIONS FOR YOUR VIDUI

• Name a significant gratitude in your life
• Consider/write what forgiveness issue is it time for you to let go of?
• What blessings would you leave for others when you die?
• What’s left undone in your life?
• What hope (resilience) have you found during these 2 days?
“LETTING GO” QUESTIONS

What is your best guess as to the “tap root” spiritual pain* issue in your assigned character?
*Meaning, Forgiveness, Relatedness or Hope

...and Why?

A BLESSING FOR YOUR DEATH

1. You will be placed into a breakout room with your circle of trust
2. Take a couple of minutes in silence to focus on the final blessing exercise
3. The group animator is first to offer a blessing or wish for themselves and every other person in the group: “May I be blessed/may you be blessed with ______ at the end of life.”
4. The process goes around the group until everyone has had a chance to speak (if they wish)
5. The group session ends with everyone saying to each other “BAS SONA” (May you have a happy death)