



Welcome!





Welcome!

Short gratitude
practice











< Polaris



Deep Security

What does this
mean for those
we care for, and
for ourselves?



Beginning of the hospice movement





“How is this possible?”



“I remarked to the two psychiatrists that when patients are in a climate of **safety**, they will come to realize what is happening in their own way and not be afraid.”

To which one of the psychiatrists responded -



“How can you speak of a climate of safety when death is the most unsafe thing that can happen?”

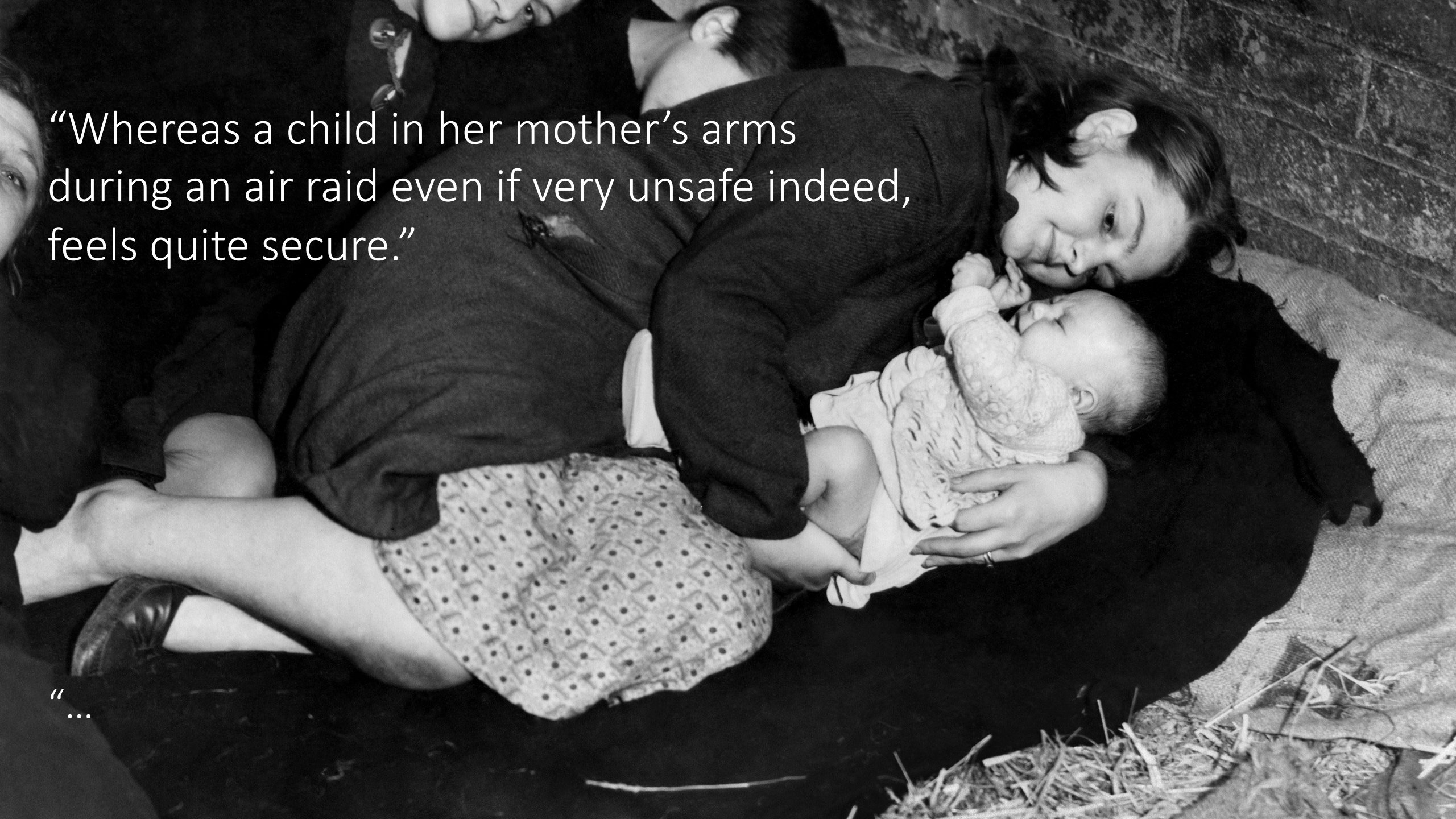
“Security”

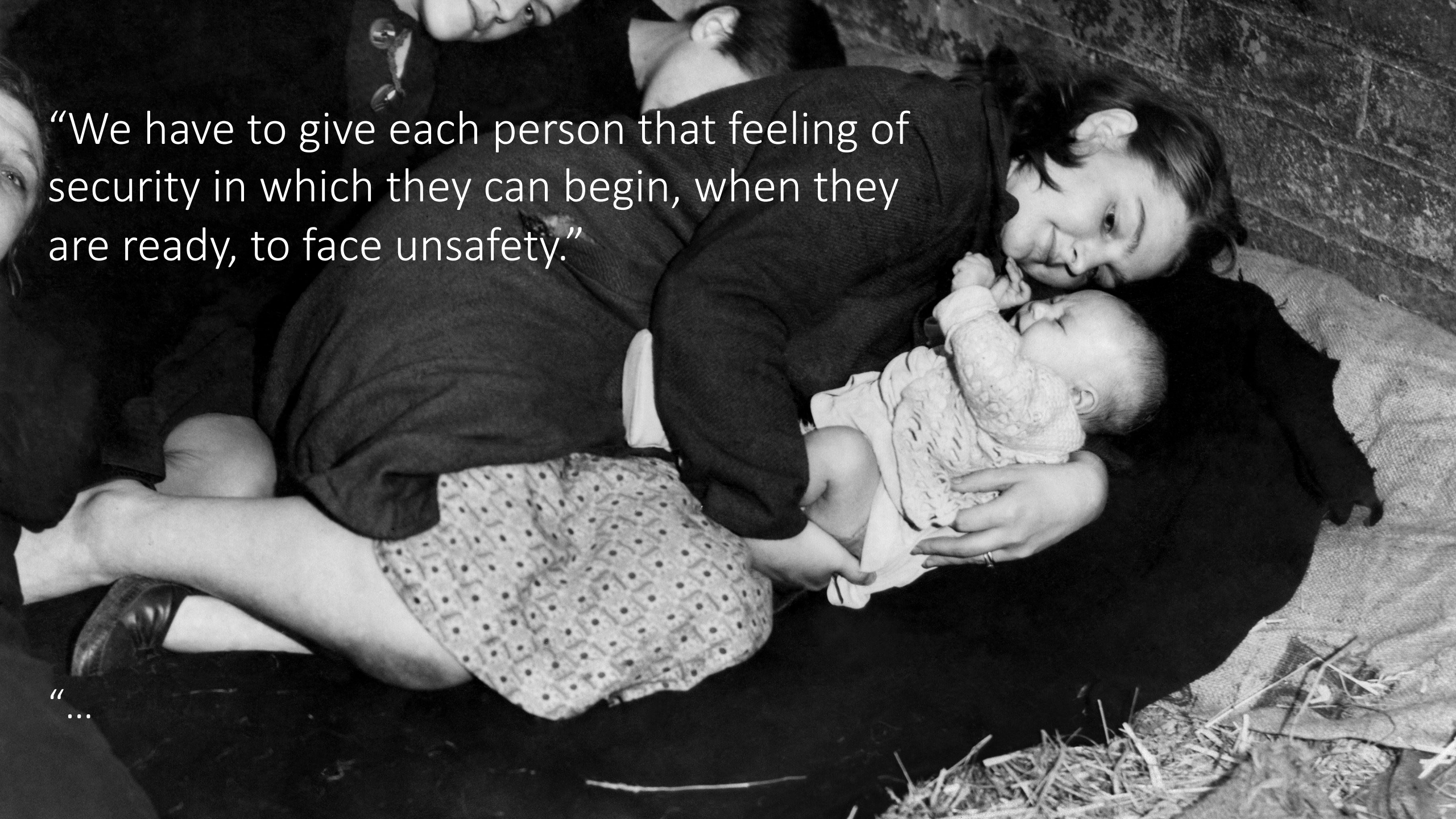
“I think we’re using the wrong word. I think it should be **security**. A child separated from her mother during an air raid, even if she’s quite safe, feels insecure.”



“Whereas a child in her mother’s arms during an air raid even if very unsafe indeed, feels quite secure.”

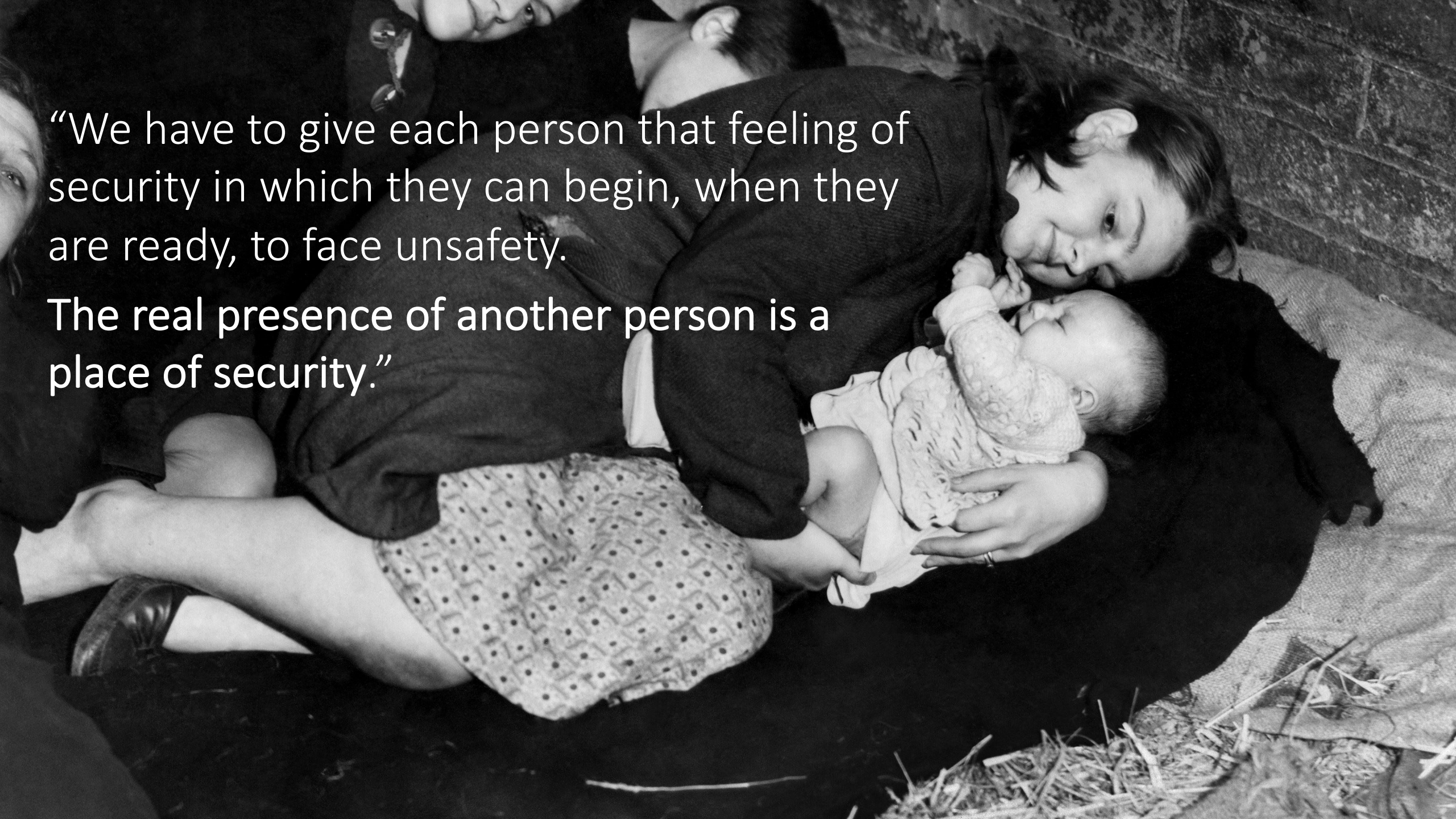
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...



A black and white photograph showing a woman with dark hair, wearing a dark long-sleeved top and a patterned skirt, holding a baby. The baby is wearing a light-colored, textured onesie. They are in a dark, confined space, possibly a bunker or a shelter, with a stone wall visible in the background. The woman is looking down at the baby with a gentle expression. The overall mood is one of protection and care in a potentially unsafe environment.

“We have to give each person that feeling of security in which they can begin, when they are ready, to face unsafety.”

“
...

A black and white photograph showing a woman with dark hair, wearing a dark long-sleeved top and a patterned skirt, sitting on the floor. She is holding a baby in her arms. The baby is wearing a light-colored, textured sweater. They are in a dark, confined space, possibly a basement or a room with stone walls. The woman is looking down at the baby with a gentle expression. The floor is covered with a dark material, and there is some straw or hay visible in the bottom right corner. The overall mood is intimate and protective.

“We have to give each person that feeling of security in which they can begin, when they are ready, to face unsafety.

The real presence of another person is a place of security.”



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“ ...



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What does this
mean for those
we care for, and
for ourselves?





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How can we help
our patients find
this in and for
themselves?





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How can we find
this in and for
ourselves?





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There are many
paths to this
place that is
beyond reactivity
and fear





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We will be teaching
the paths of
**meditation and
nature connection**





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- Sunday morning sessions, 10am PTZ
(Zoom link: 5612731921)
- Webinar – Month 3, Dec 11

