



OUR SLEEPING SELVES: CREATING EASE WITH ALTERED CONSCIOUSNESS

AWARENESS. ENLIVENING. ENLIGHTENING

- * Finding and following ourselves
for guidance while finding and following others.
- * Paying attention to our waking and sleeping.
Who wakes up? With what body sensations?
With what dreams memories and thoughts?
- * Inviting Nature to be our mentor -
to find the way even when
the path is full of brambles.

SOMEONE IS ALWAYS HOME

Waking or sleeping,
Pre verbal or post verbal,
With advanced alzheimers
Nearing the end of life:
The essence of the person
- that which we know and love
- their nature - Is Always Present.

A naturally
occurring
altered state
with lessened
response to
external stimuli

SLEEP



Indo European root = hanging loosely

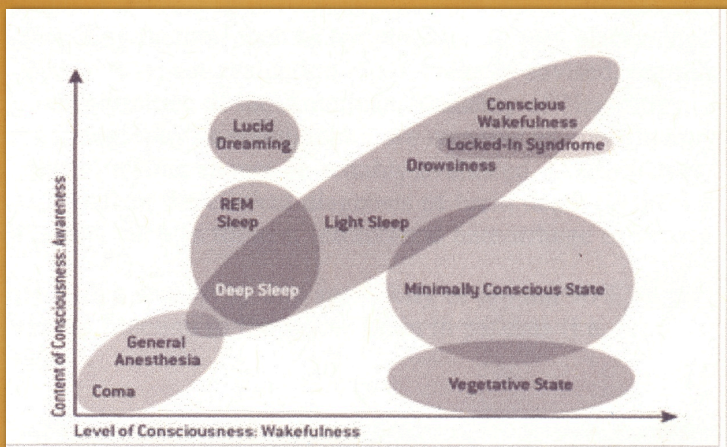


AWAKE

a state of alertness

Indo European root = to be lively,
strong

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GOALS:

Explore your own inner nature through dreaming and pre and post sleep contemplation

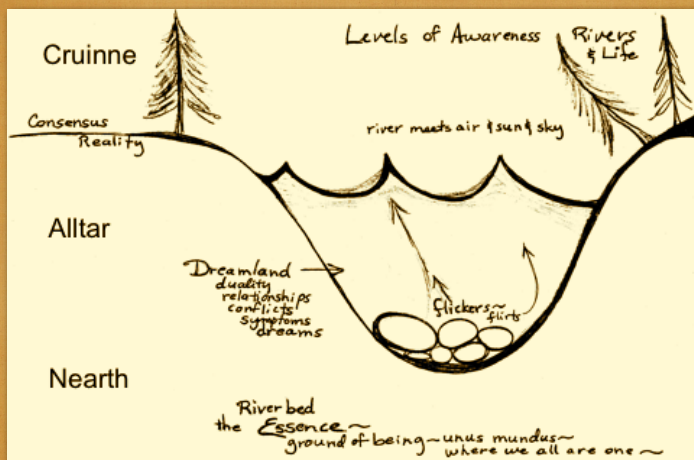
OUTCOMES:

Recognizing altered states as part of life - in ourselves and in others.



ACHIEVING A MORE DEEPLY DEMOCRATIC VIEW OF SELF & OTHERS IN ALL STATES OF CONSCIOUSNESS.

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Every time you ignore deep sentient experience, that is, generally unrecognized dreamlike perceptions, something inside you goes into a mild form of shock because you have overlooked the spirit of life, your greatest potential power.



ARNOLD MINDELL "DREAMING WHILE AWAKE"

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GOALS:

Sleep patterns: as vehicle to reduce tendencies to misinterpret communication from those in altered consciousness & to increase our ability to facilitate peoples awareness.



OUTCOMES:

Being with our own entering and exiting sleep states: to gain compassion & understanding for clients journeying between worlds.

NO ONE NEEDS TO BE LEFT ALONE

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GOAL:

Becoming more aware of nonlocality in deep connections during altered consciousness.



OUTCOMES:

Recognizing and using synchronicities during liminal times, especially near death.

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We Might Have to Medicate You

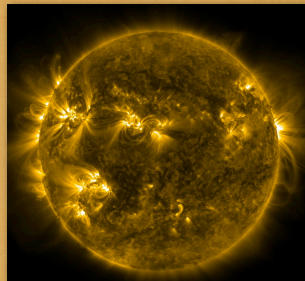
Resist your temptation to lie
By speaking of separation from God

Otherwise
We might have to medicate You

In the ocean
A lot goes on beneath your eyes

Listen to me
They have clinics there too
For the insane
Who persist in saying things like:

"I am independent from the Sea"
"God is not always around,
Gently Pressing against my body."



Hafiz 1310-1389

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GOAL:

Working more fluidly with staff and family members' shyness around loved ones in altered consciousness



OUTCOMES:

Greater ease with forwarding new concepts, interventions, & interactions.

THIS IS WORLD WORK . . .
PARTICIPATING IN CREATING
A MORE AWARE & COMPASSIONATE WORLD . . .
AT THE ENDINGS OF LIFE.

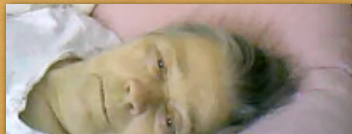
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GOAL:

Examining brain physiology and how medications alter consciousness

OUTCOMES:

Be able to recognize and ask questions about how medication affects clients awareness.



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using our
intuitive
experienced
inquisitive
sensitive
spontaneous
loving hearts
to enter deeply
with another
for the benefit of life