

Anamcara Project ~ Healing Practices at the End of Life ~ *Syllabus*
OUR SLEEPING SELVES: Creating Ease with Altered Consciousness

Ann Jacob + Stan Tomandl

Pre Webinar. Video and Powerpoint

OUR SLEEPING SELVES: Creating Ease with Altered Consciousness

Video to be watched before the Webinar.

PowerPoint: accompanies the Video.

Post Webinar. Readings

* *Coma Work and Palliative Care*, pp. 10-20, (For those with manual, reading more is allowed!)

* *She Dances with the Moon* ~ a personal story

* *Coma: the Dreambody near Death* 'Altered States and Coma', pp 65-71.

Or in the earlier edition: *Coma Key to Awakening*, pp 53-59. (For those with the book reading more is allowed!)

* *An Alzheimer's Surprise Party*, Chapter 1: 'An Alzheimer's Surprise Party', pp 1-22 in 2 parts

* *Canadian Nursing Home*, 'Coma Care in End Stage Dementia', pp 1-2.

* *Medical Care of the Dying*, 'Confusion, Delirium, Dementia, Restlessness', pp 455-463.

'Altered States of Consciousness', pp 616-617.

Blessed Practices throughout the month

This Practice is to give you a detailed study of your 'in between the worlds' states of consciousness, and help provide empathy for sitting with folks in non waking states.

Practice.

Notice how you wake up every morning, and the channel(s) you perceive as you first shift in consciousness from sleeping to waking. You may hear a bird sing or the alarm clock ring, or notice (visual) sunlight through your eyelids or see a dream unfolding/remembered, or sense (body sensation) your body in some way: pressure, hot, cold, pain; or have rolled (movement) onto your side or back, or sense the person or pet (relationship) you are sleeping next to or the person or pet that is not there, or consider your work or a place in nature or the day ahead (world channel).

Do the reverse of the above as you fall asleep in the evening. Track your perceptions as you are falling asleep, as best you can.

Linger in bed for 1/4 – 1/2 hour before you fall asleep, and after you wake, as often as possible during the month, 'spontaneously' sensing, stretching, breathing, making sounds, laying still, letting your thoughts and feelings wander. Take time and ease to accomplish your two major daily shifts in consciousness.

Journal.

Keep a record of your daily observations and experiences while entering sleep and while waking up. Be as brief or detailed as you want.

Reflection Paper.

Write a paragraph or two on what brought meaning for you from the Practices this month, while tracking waking and sleeping, the everyday altering times of our consciousness -- with yourself and/or with others.

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Extra Practice. Optional

Based on this personal connection to yourself and changes in states of awareness while transiting between waking and sleeping, take time to also observe these state changes in clients, family, friends, pets, and help them notice when they are coming out more, or going in more. Facilitate their awareness of state changes with blank access verbal reportage, for instance: ~ *Now, something just changed.* ~ *Notice where you are.* ~ *Notice your body and whatever else is important to you.* OR ~ *You are in just the right place, ~ ahhhh.* ~ *Keep experiencing what you are experiencing.* ~ *I am here with you.*

Further Resources ~ optional

BLAKELY, Mary Kay. *Wake Me When It's Over: A journey to the edge and back.* (1989) Account from inside a diabetic coma. The author "is more lucid in coma than most of us are when wide awake."

DOWNING, Michael & WAINWRIGHT, Wendy. *Medical Care of the Dying.* (2006) Victoria Hospice Society. 1952 Bay St. Victoria, BC, V8R 1J8 Canada. 687 pages of medical and psychosocial information. Highly recommended for professionals and volunteers alike.

LAWRENCE, Madelaine. *In a World of their Own: Experiencing Unconsciousness.* (1997) A nursing instructor researches 100 patients' comatose experiences; 74% remember at least some of their coma experiences.

MINDELL, Amy. *Coma, a Healing Journey: A Guide for Family, Friends, and Helpers.* (1998) A practical guide to nonintrusive communication with patients in altered consciousness, especially traumatic brain injury.

NACI, Lorina, et al. *Proceeding of the National Academy of Science.* (2014) 'A common neural code for similar conscious experiences in different individuals'. Researcher utilising fMRI technology find similarities in normally conscious individuals and an individual in remote consciousness for 16 years. <http://www.pnas.org/content/111/39/14277.full.pdf?sid=4f9237d0-a6fa-4736-a965-e5ca9c052f6b>

RICHARDS, Tom. *Eldership: A Celebration.* (2006) <http://www.lulu.com/sentientcare>
Tom demonstrates the use of deep sentient caring skills to encourage eldership in seniors.

TOMANDL, Stan. *Coma and Remote State Directive.* (1991) An advance directive for those concerned with communication and decision making during states of confusion, delirium, stupour, coma, vegetative state, catatonia, advanced dementia, and other remote states of consciousness. Available at: <http://www.comacommunication.com/resources.htm>