





Welcome!

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Short gratitude  
practice





East

South



A photograph capturing a sunset over a body of water. In the foreground, the dark silhouette of a large pine tree dominates the frame, its intricate branches and needles creating a complex pattern against the bright sky. The sun is positioned low on the horizon, just behind the tree's trunk, casting a warm, golden glow across the sky and reflecting on the water's surface. The sky transitions from a deep orange near the horizon to a pale blue at the top. The word "West" is written in white, sans-serif font on the left side of the image.

West

North



North



North





Deep Security



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



## “Deep Security”

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





## “Deep Security”

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Enables us to face  
and live with  
uncertainty and  
fear - with an  
open heart





## “Deep Security”

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What can we do as caregivers to bring our patients to a sense of Deep Security?



# Beginning of the hospice movement

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“How is this possible?”

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“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 -

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

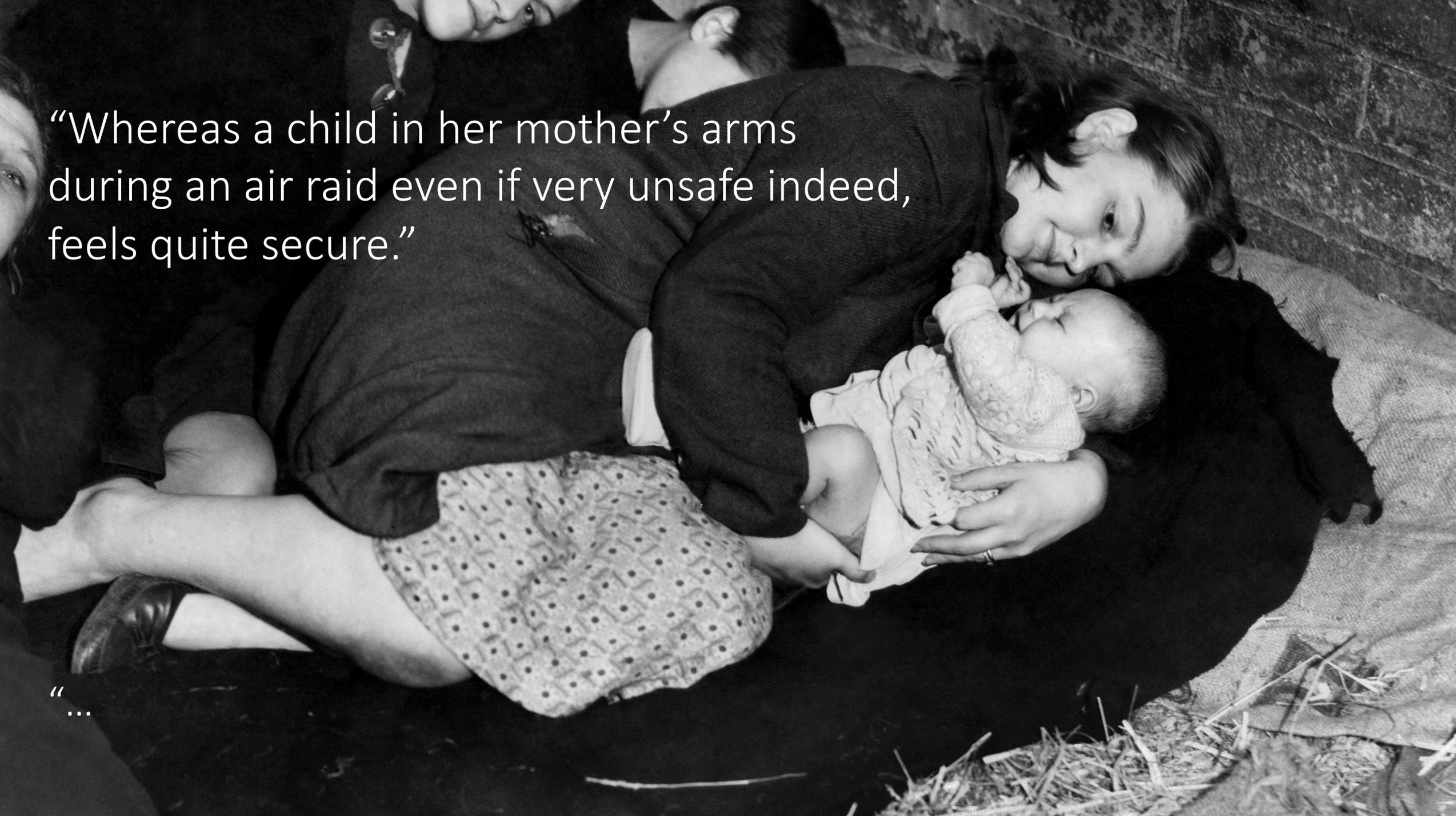
## “Security”

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“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.”

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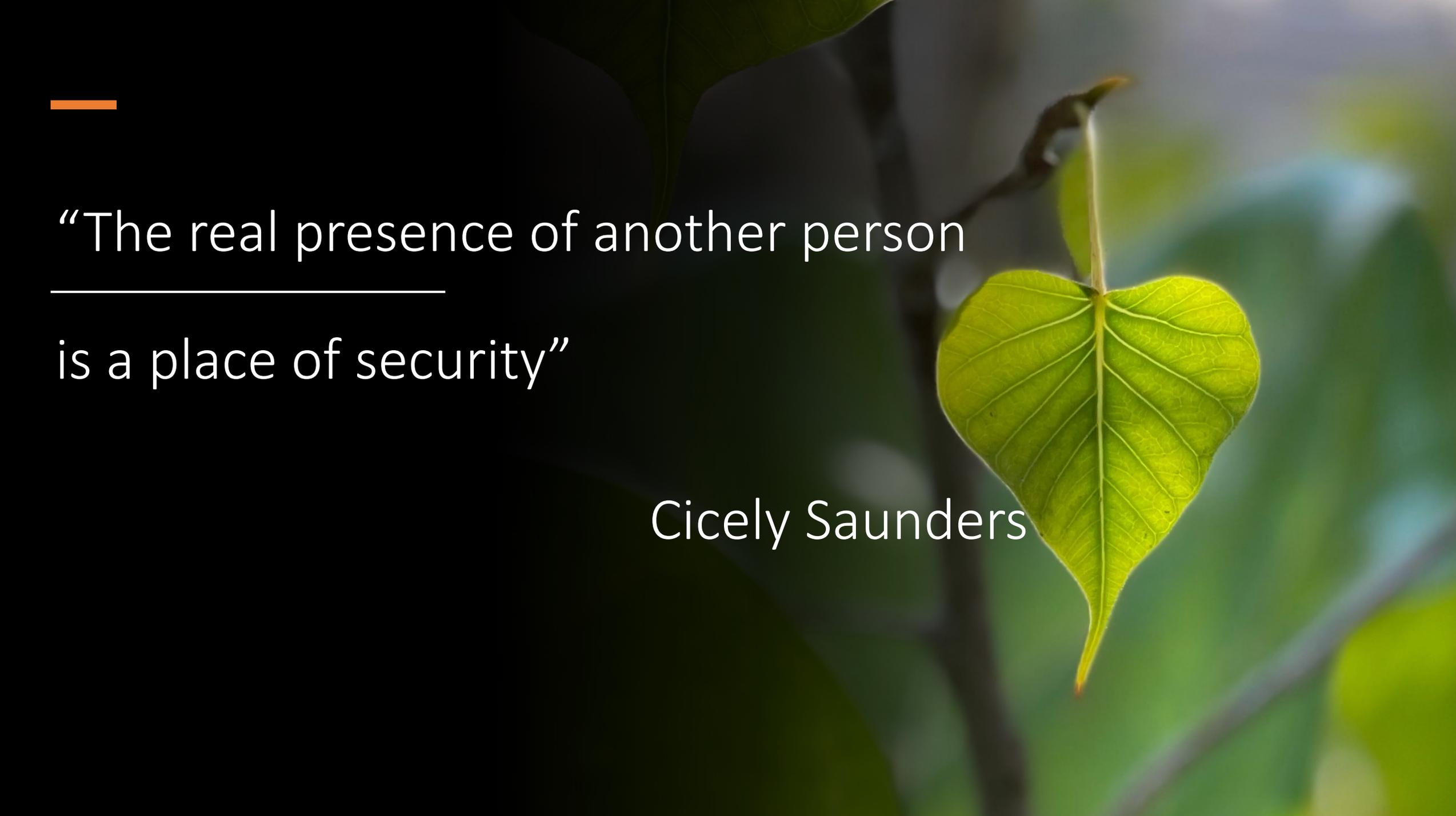
“Whereas a child in her mother’s arms during an air raid even if very unsafe indeed, feels quite secure.”

“  
...”



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

“  
...



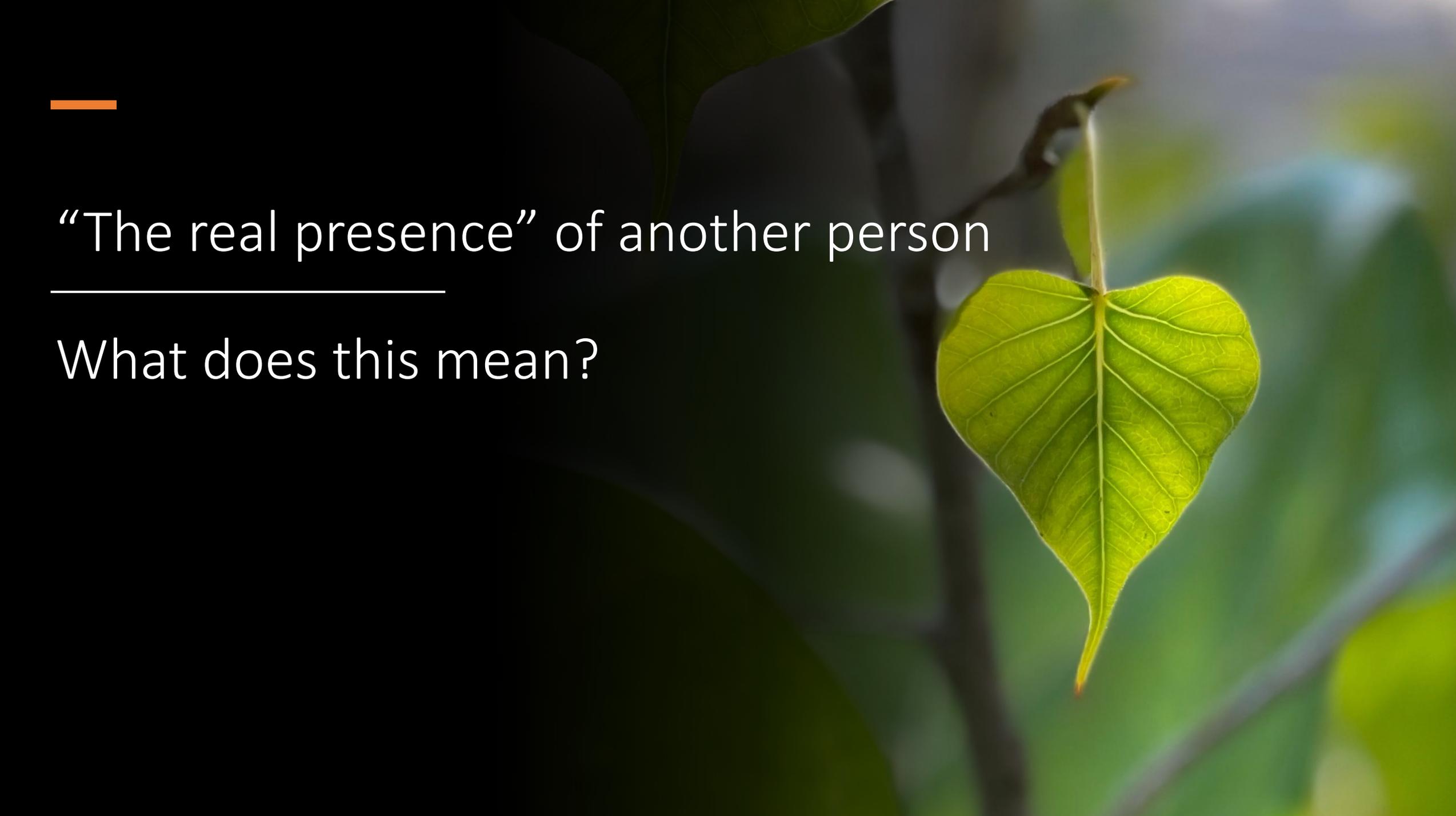
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“The real presence of another person  

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is a place of security”

Cicely Saunders

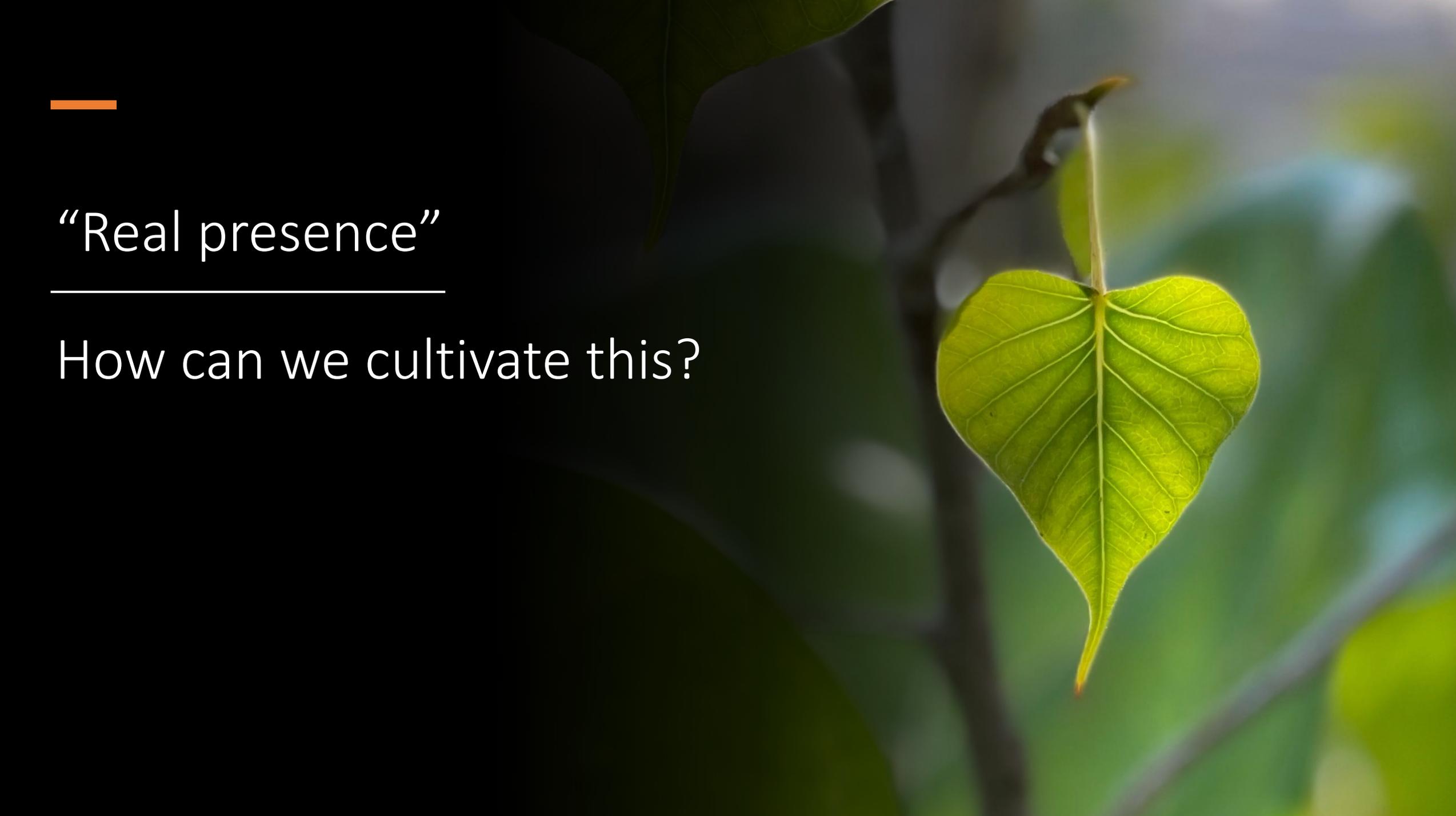


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“The real presence” of another person

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What does this mean?

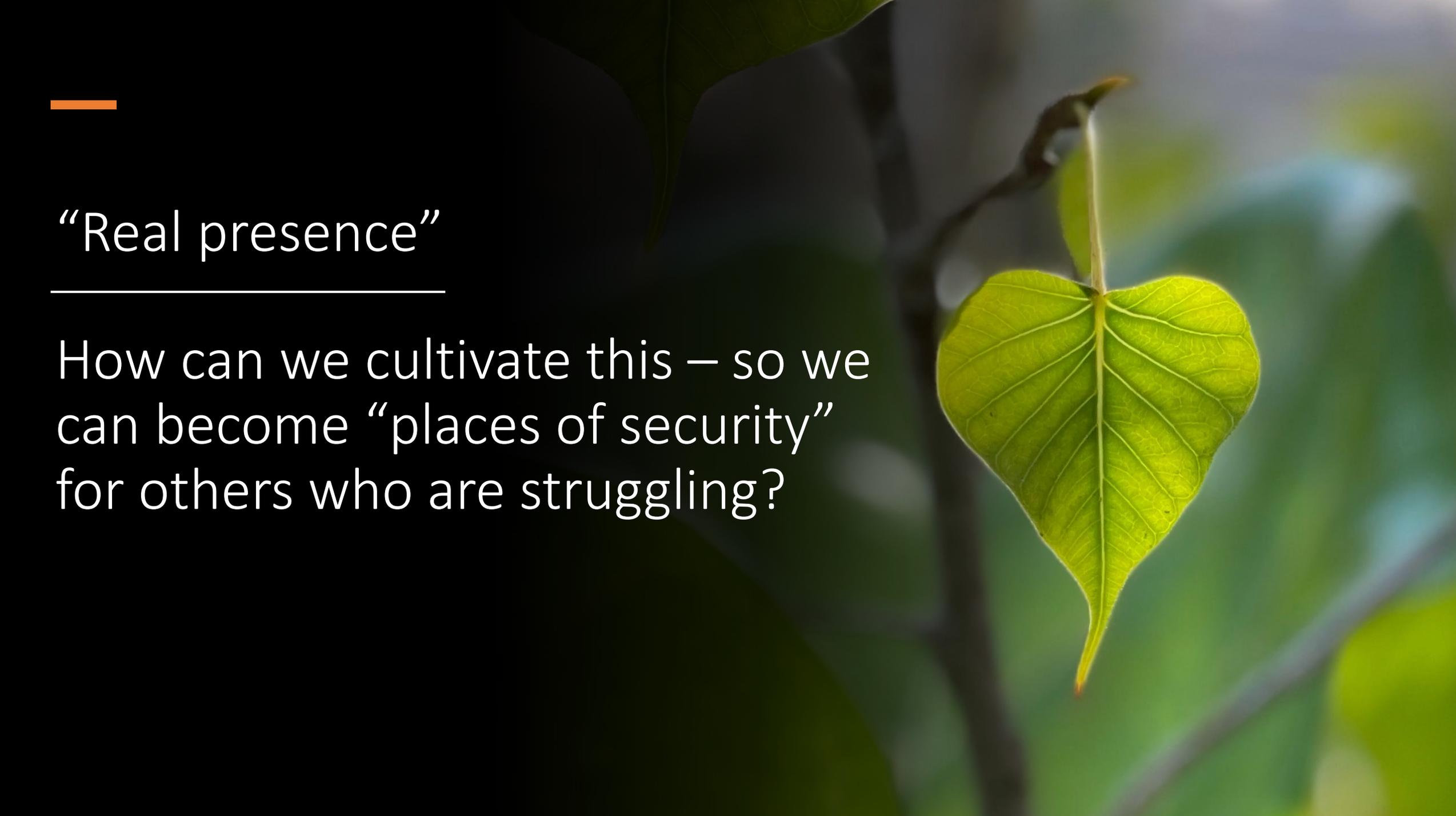


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“Real presence”

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How can we cultivate this?



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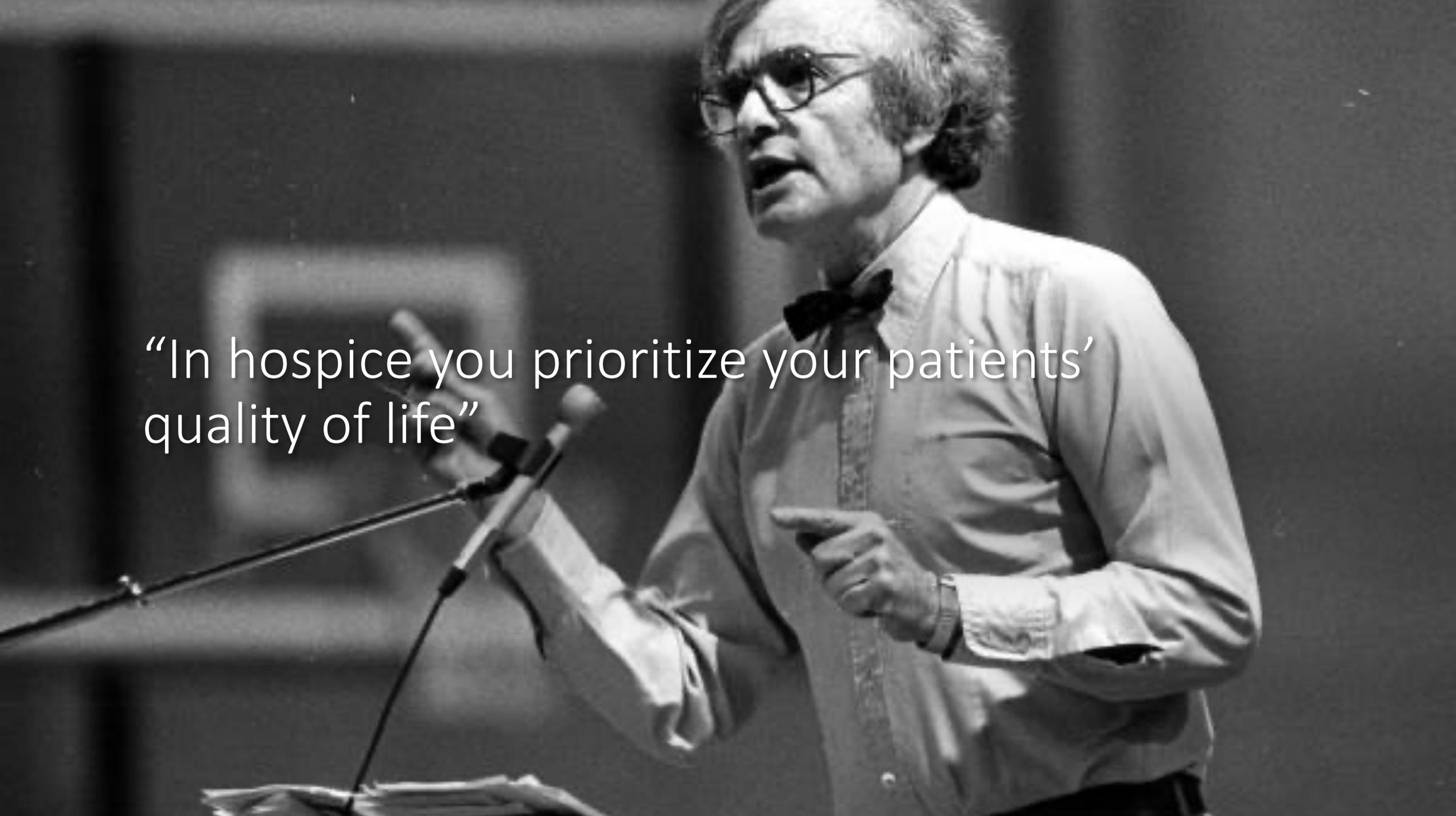
“Real presence”

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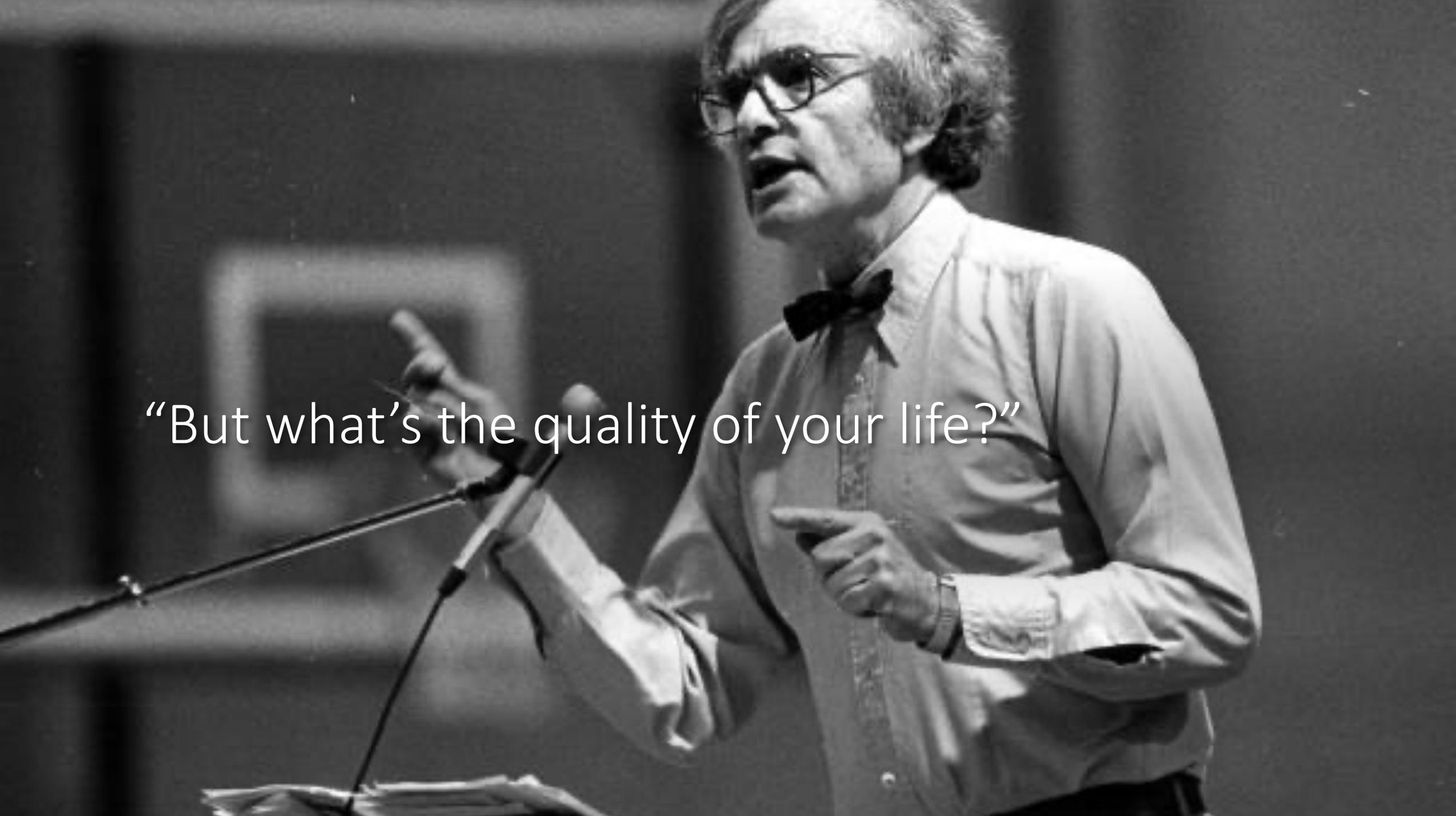
How can we cultivate this – so we can become “places of security” for others who are struggling?

Robert Jay Lifton

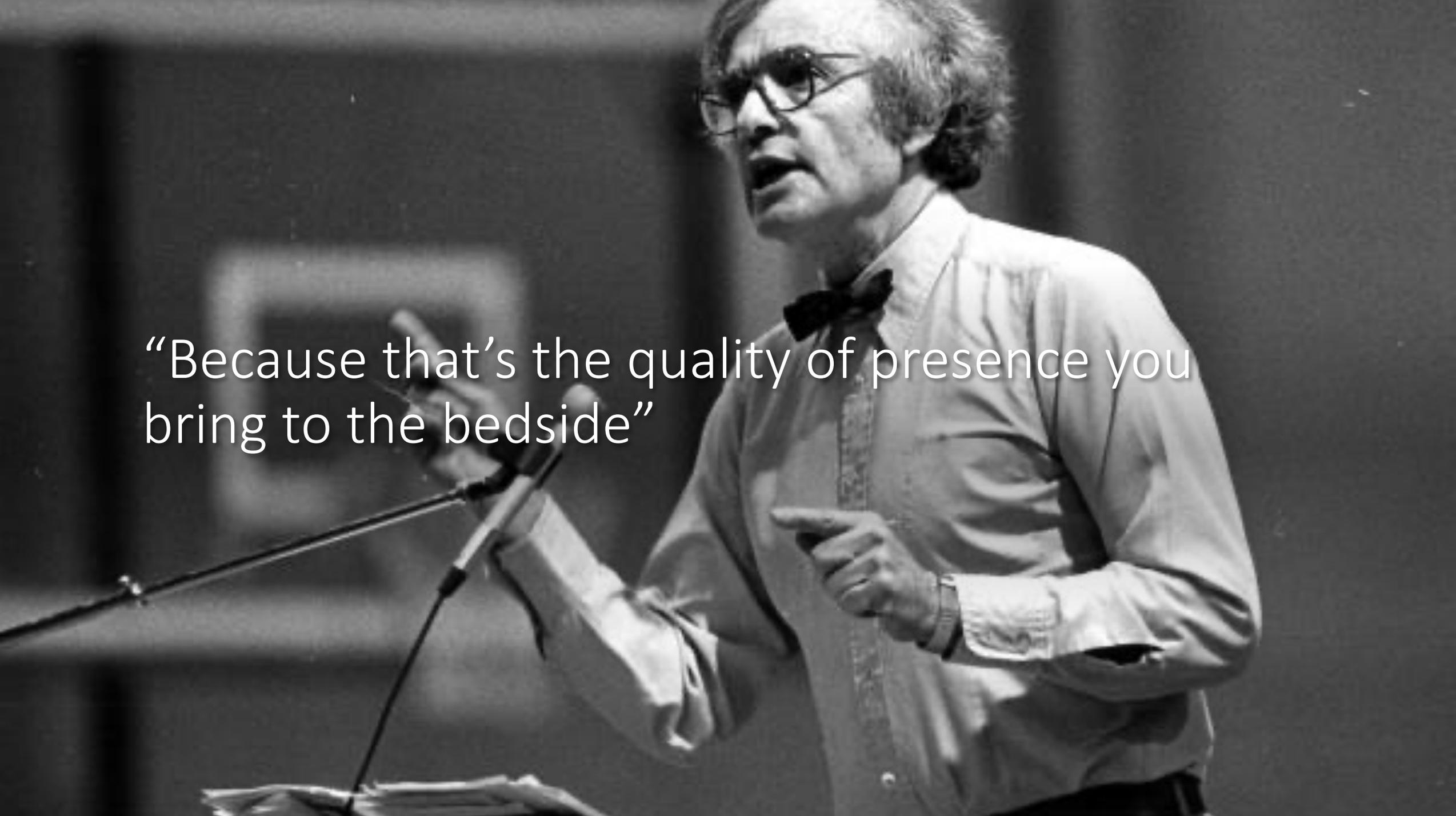




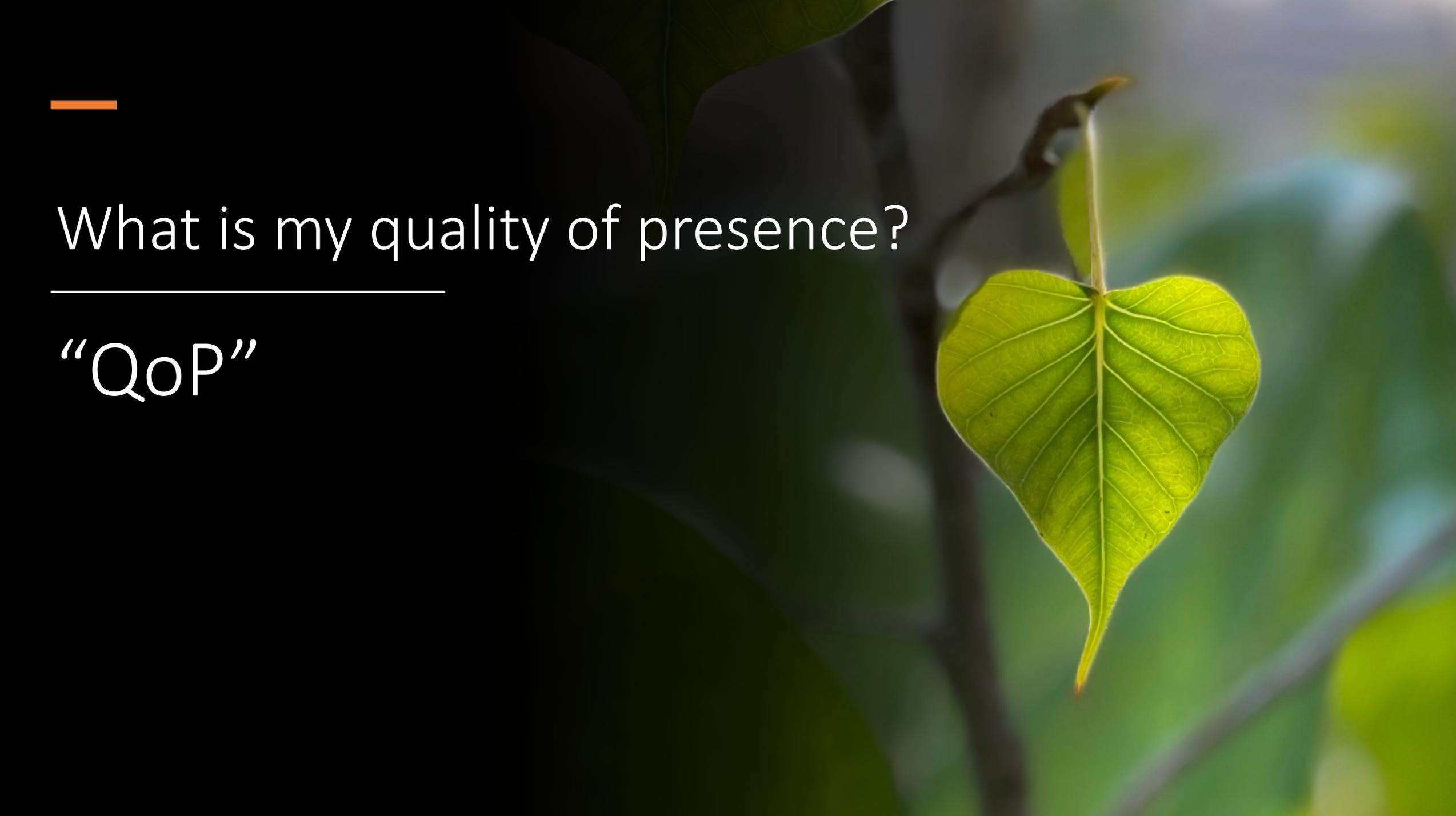
“In hospice you prioritize your patients’  
quality of life”

A black and white photograph of a man with glasses, wearing a white long-sleeved shirt and a dark bow tie. He is standing at a podium with a microphone, gesturing with his hands as if speaking. The background is dark and out of focus.

“But what’s the quality of your life?”



“Because that’s the quality of presence you bring to the bedside”



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What is my quality of presence?

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“QoP”



Is this my QoP?





Or this?



There's a time  
when we need to  
have the generals  
at the bedside

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And there's a time  
when we need a warm  
supportive presence



Someone who's there for us when we're feeling small, alone, and vulnerable

and there is another dimension to presence









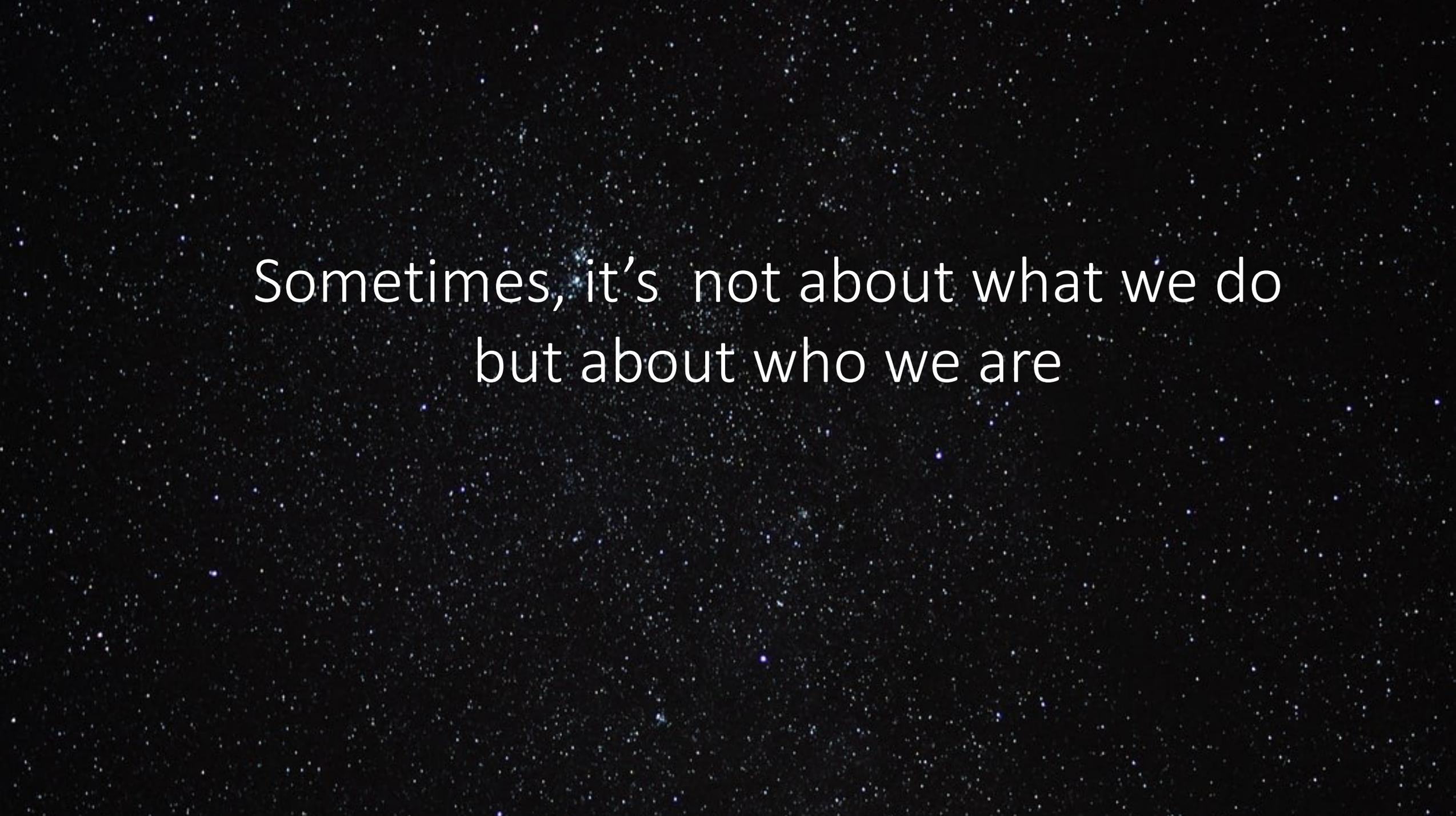












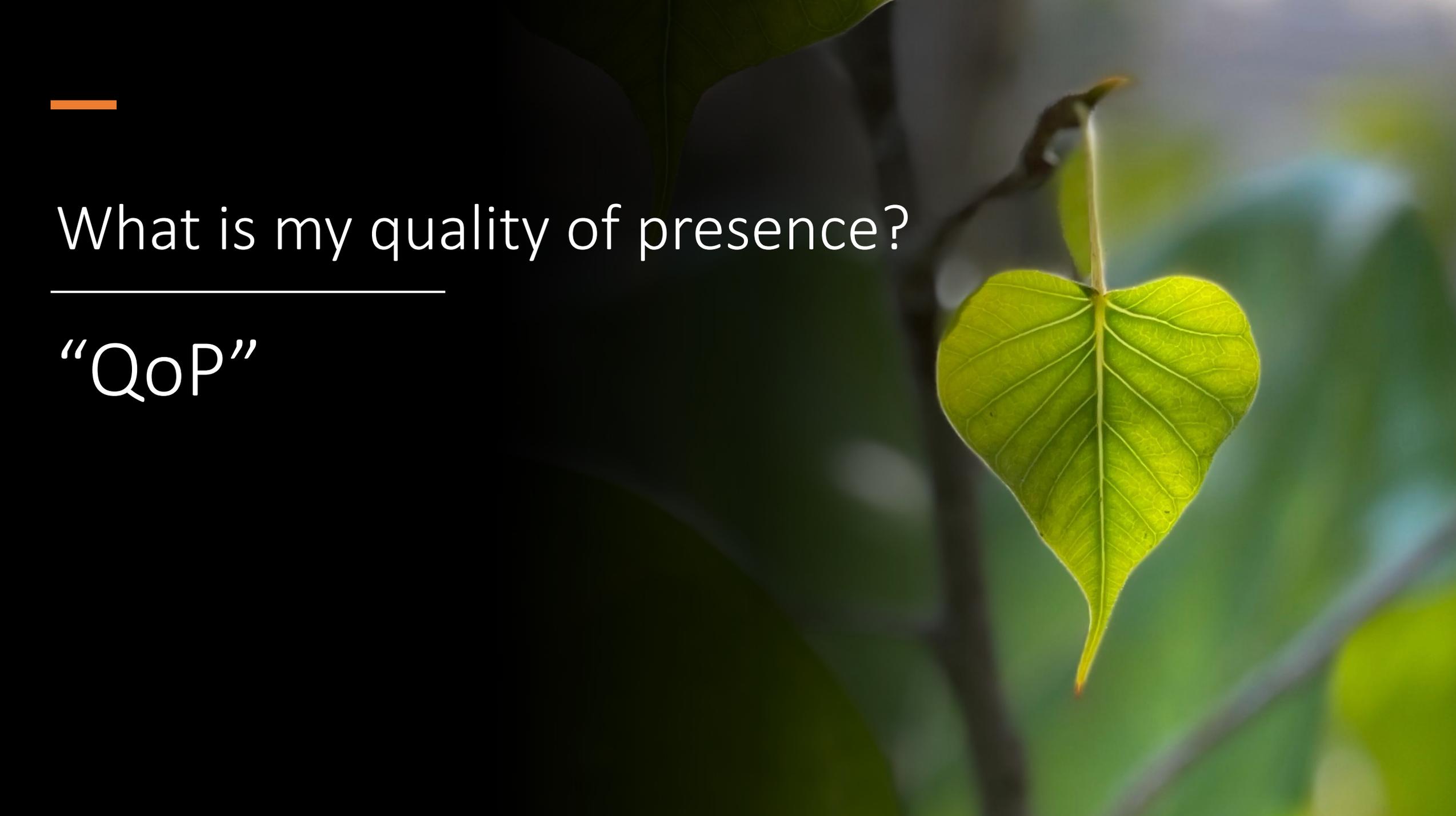
Sometimes, it's not about what we do  
but about who we are

“Deep calls to deep in the roar of waters”

Psalm 42

“We are the medicine”

Michael Balint



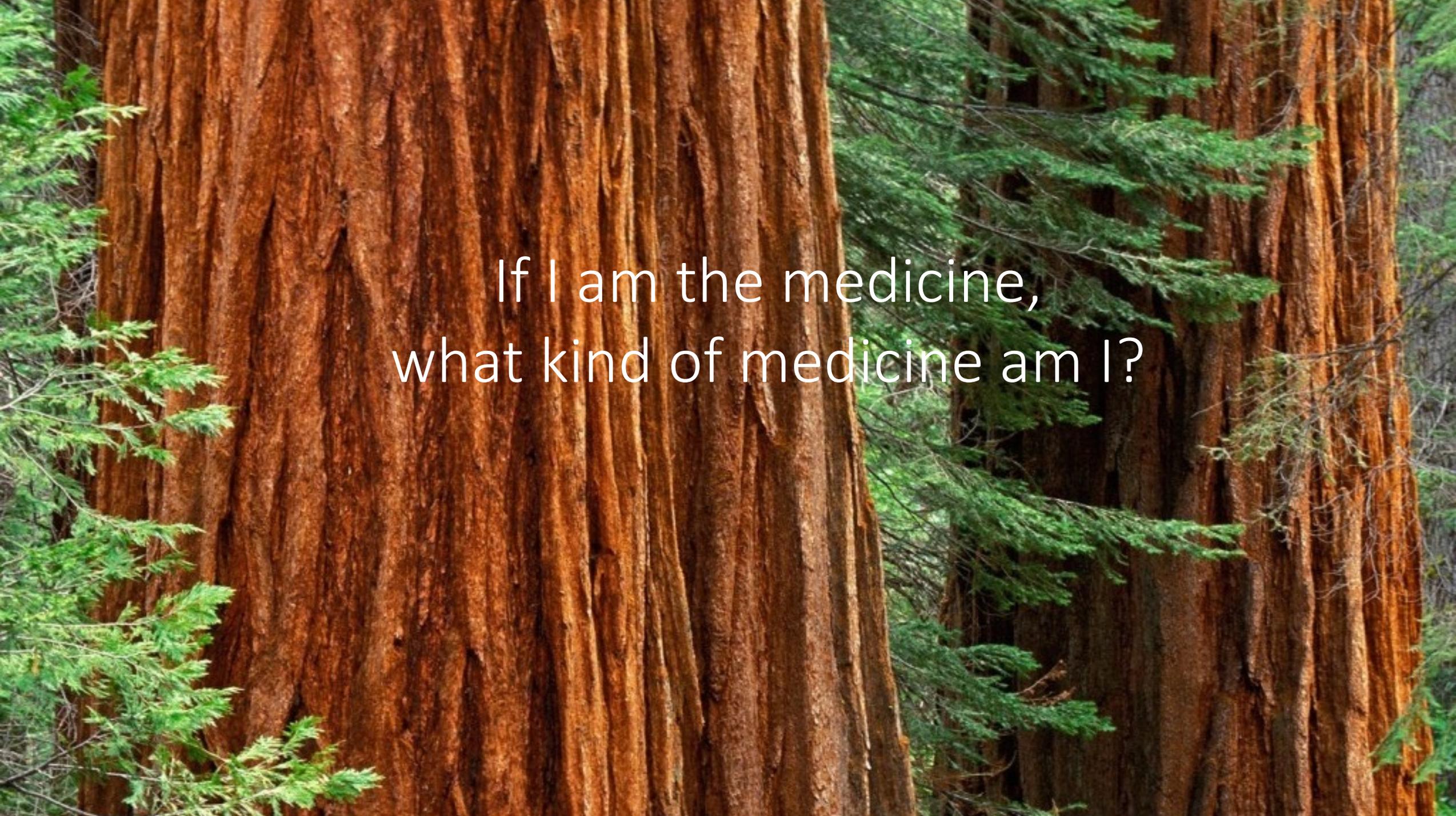
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What is my quality of presence?

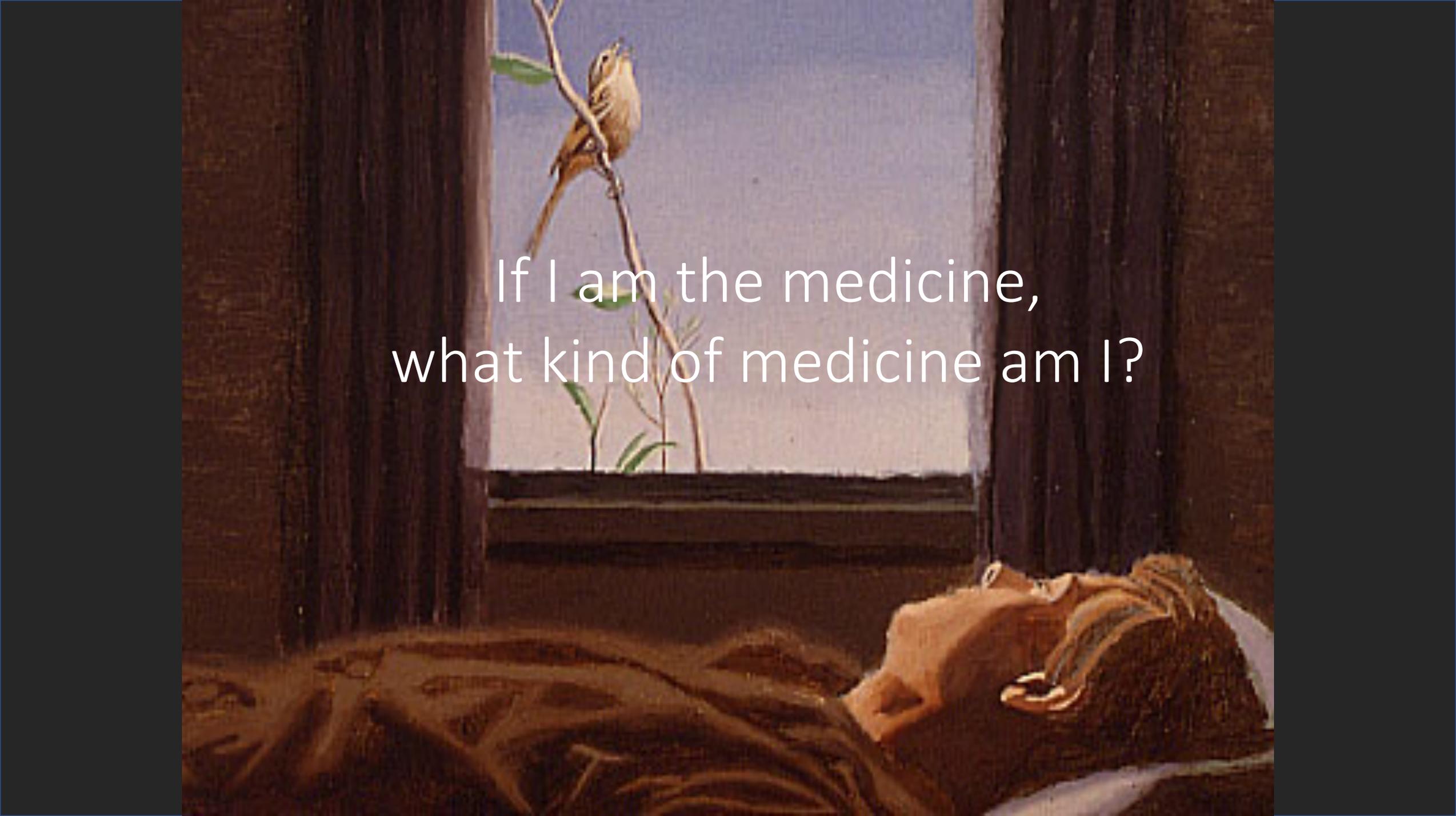
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“QoP”

If I am the medicine,  
what kind of medicine am I?

A close-up photograph of a large tree trunk with reddish-brown bark, surrounded by green evergreen branches. The text is centered over the image.

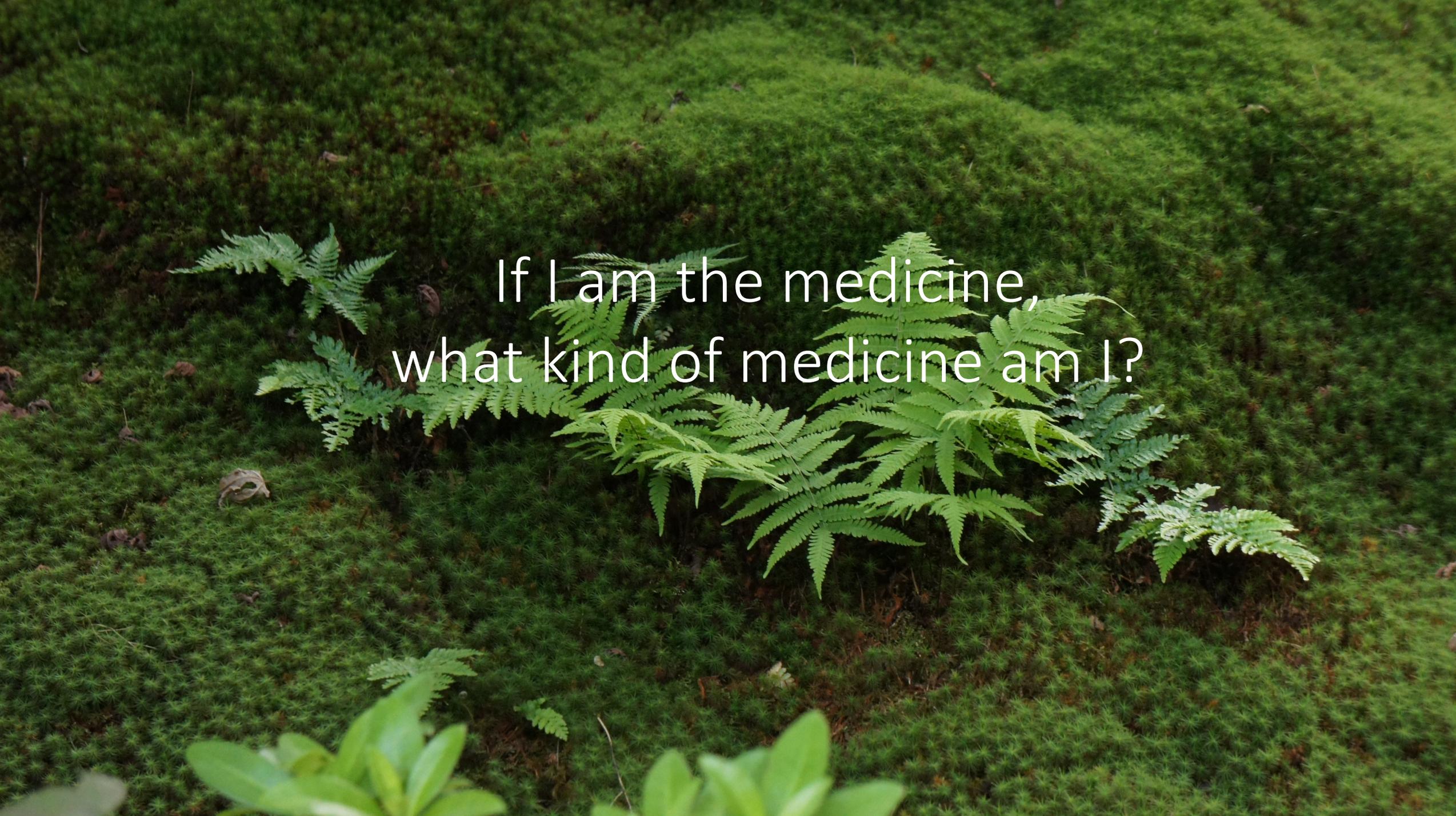
If I am the medicine,  
what kind of medicine am I?

A painting depicting a person sleeping in a bed, viewed from the side. The person is lying on a patterned blanket, with their head resting on a pillow. The room is dimly lit, with a window in the background. Outside the window, a small bird is perched on a thin branch with a few green leaves. The overall mood is quiet and contemplative.

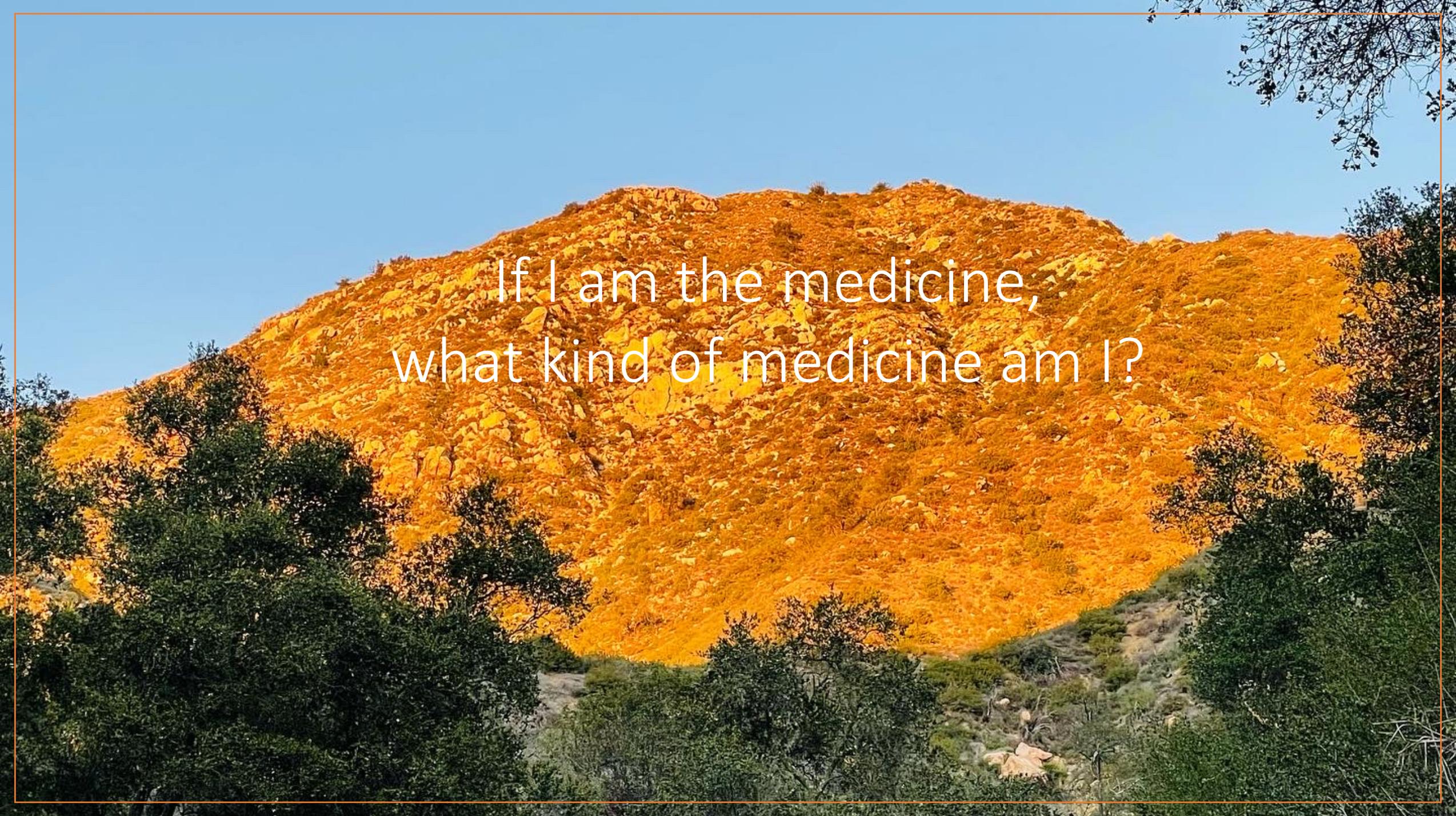
If I am the medicine,  
what kind of medicine am I?

A photograph of a wolf standing in a field of red berries. The wolf is the central focus, looking towards the camera. The background is a soft, out-of-focus landscape with more berries and some greenery. The text is overlaid in the center of the image.

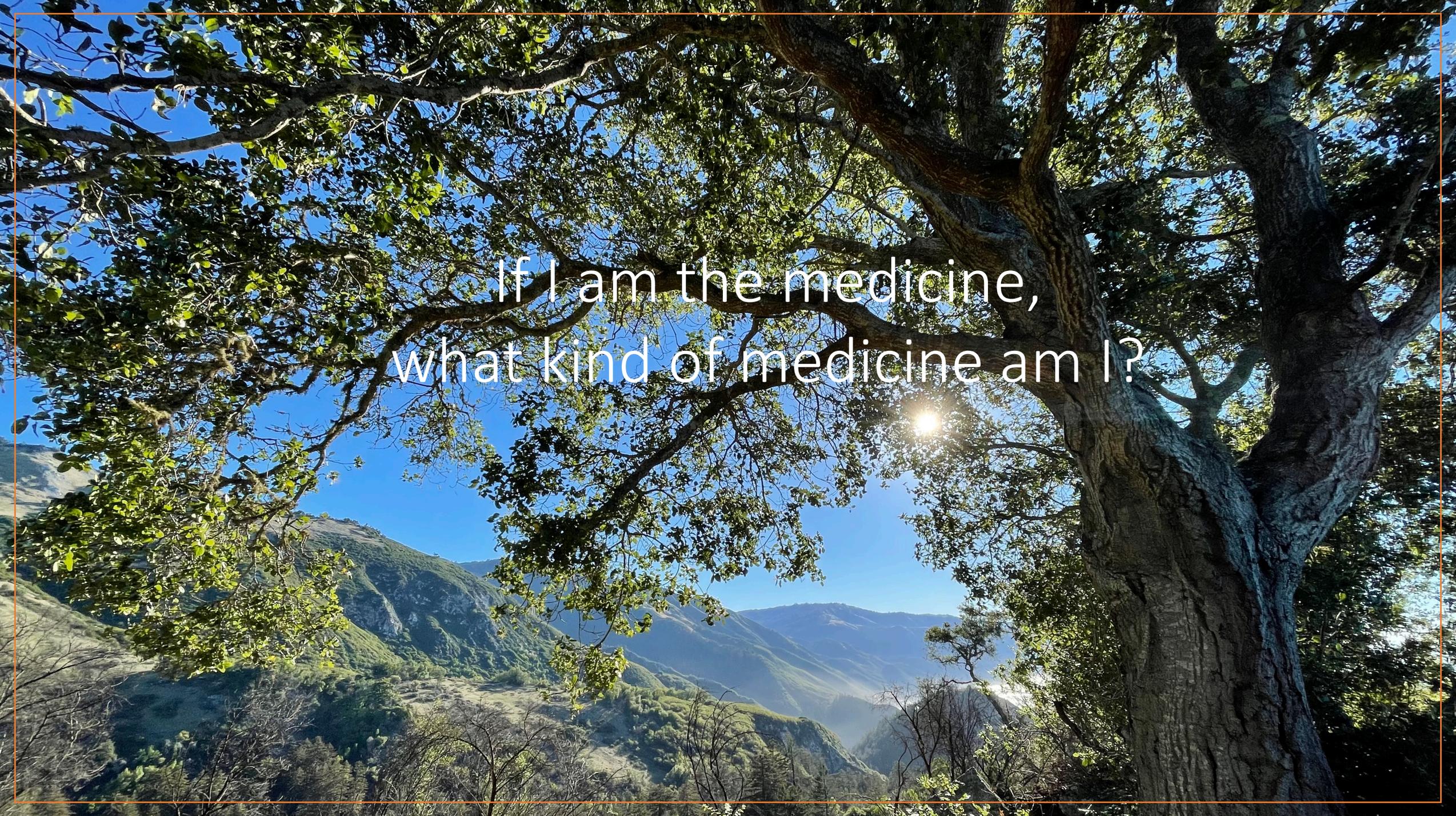
If I am the medicine,  
what kind of medicine am I?

A close-up photograph of a lush, green mossy ground. The moss is a vibrant, textured green, covering most of the frame. Several bright green ferns with delicate, feathery fronds are scattered across the moss, some growing in small clusters. The lighting is soft and even, highlighting the natural textures of the plants. The overall scene is a rich, natural green landscape.

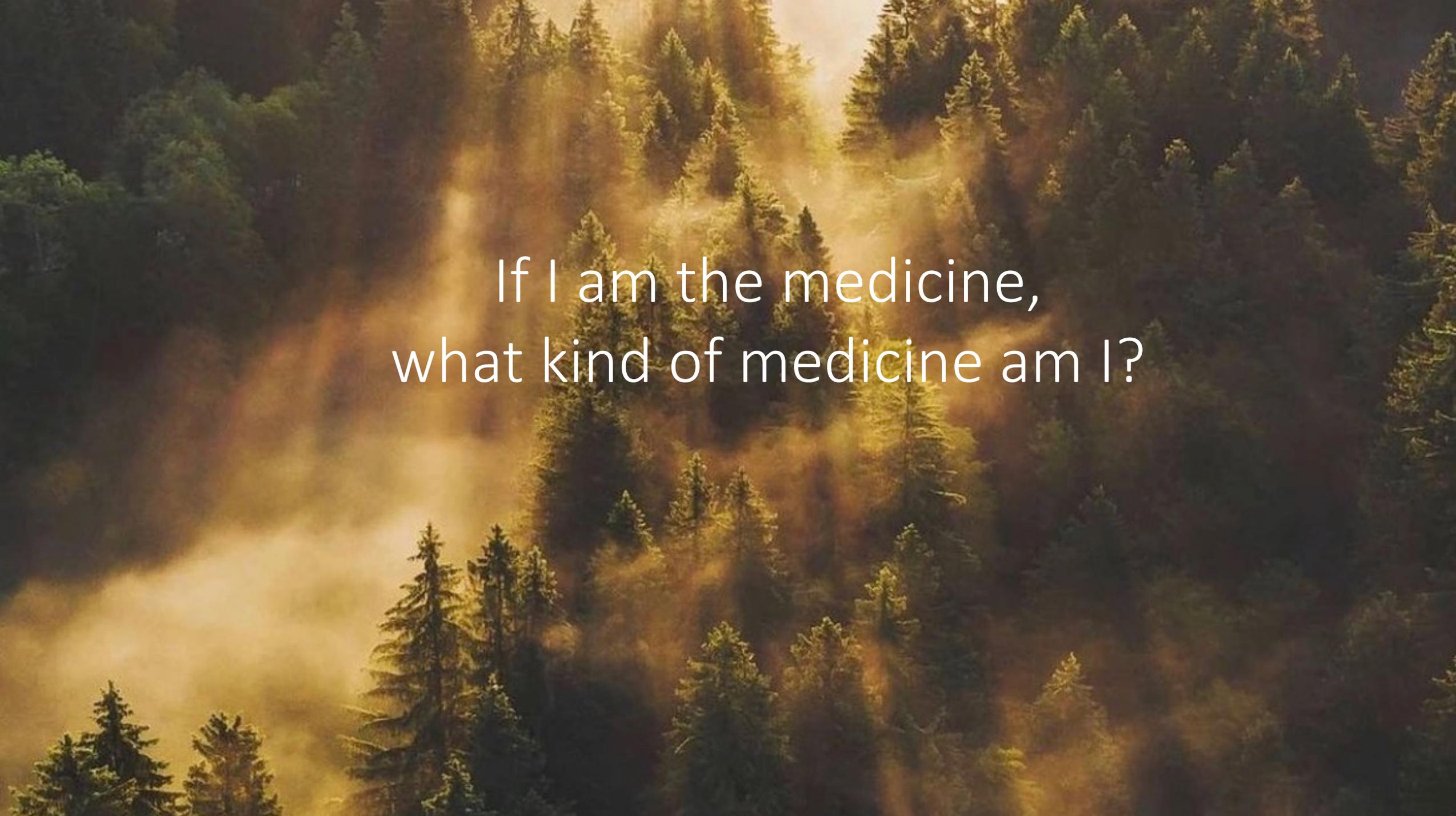
If I am the medicine,  
what kind of medicine am I?



If I am the medicine,  
what kind of medicine am I?

A large, leafy tree in the foreground with a mountain valley in the background under a clear blue sky. The sun is visible through the branches on the right side, creating a lens flare effect. The text is centered over the image.

If I am the medicine,  
what kind of medicine am I?



If I am the medicine,  
what kind of medicine am I?

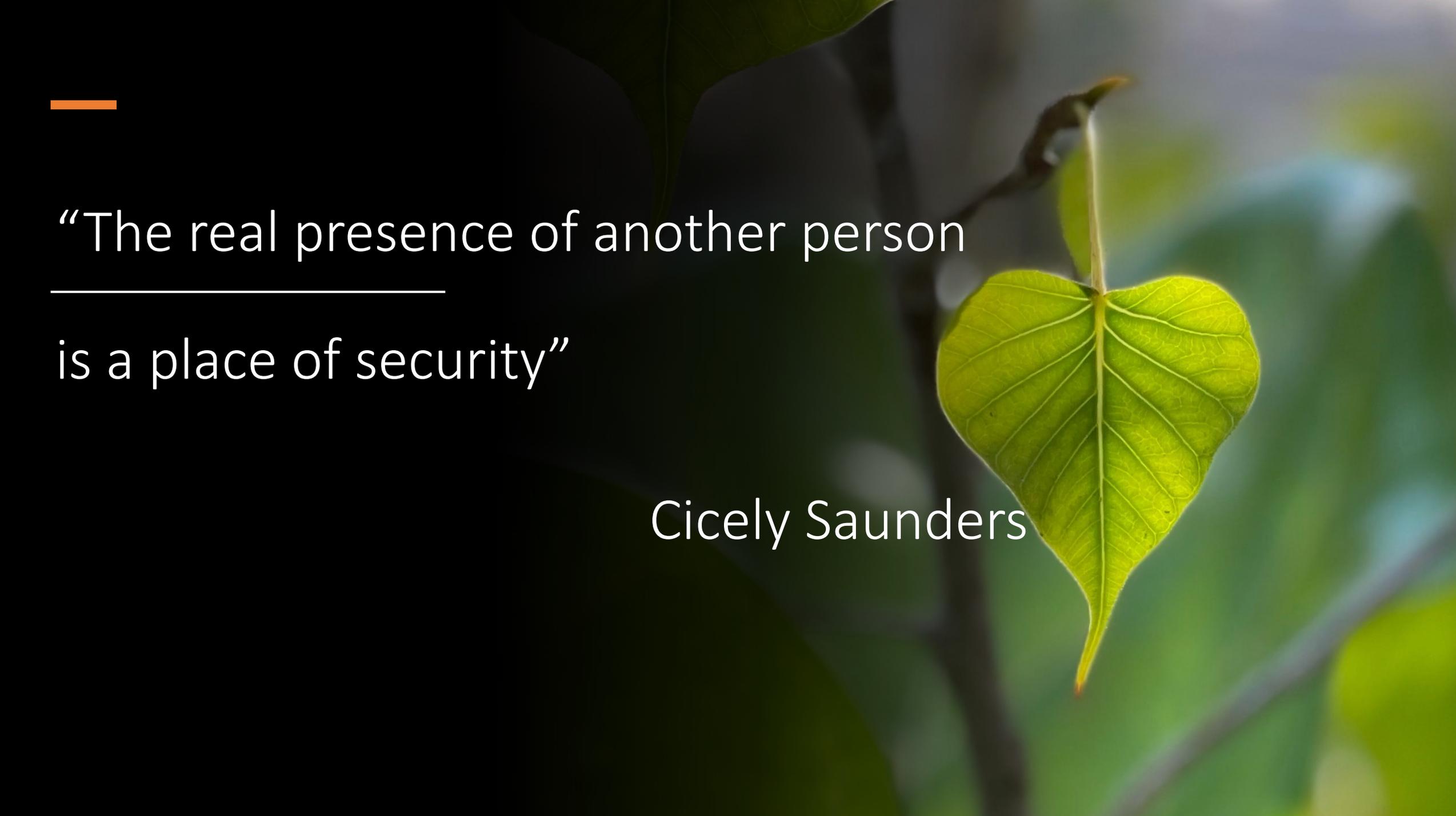
If I am the medicine,  
what kind of medicine am I?











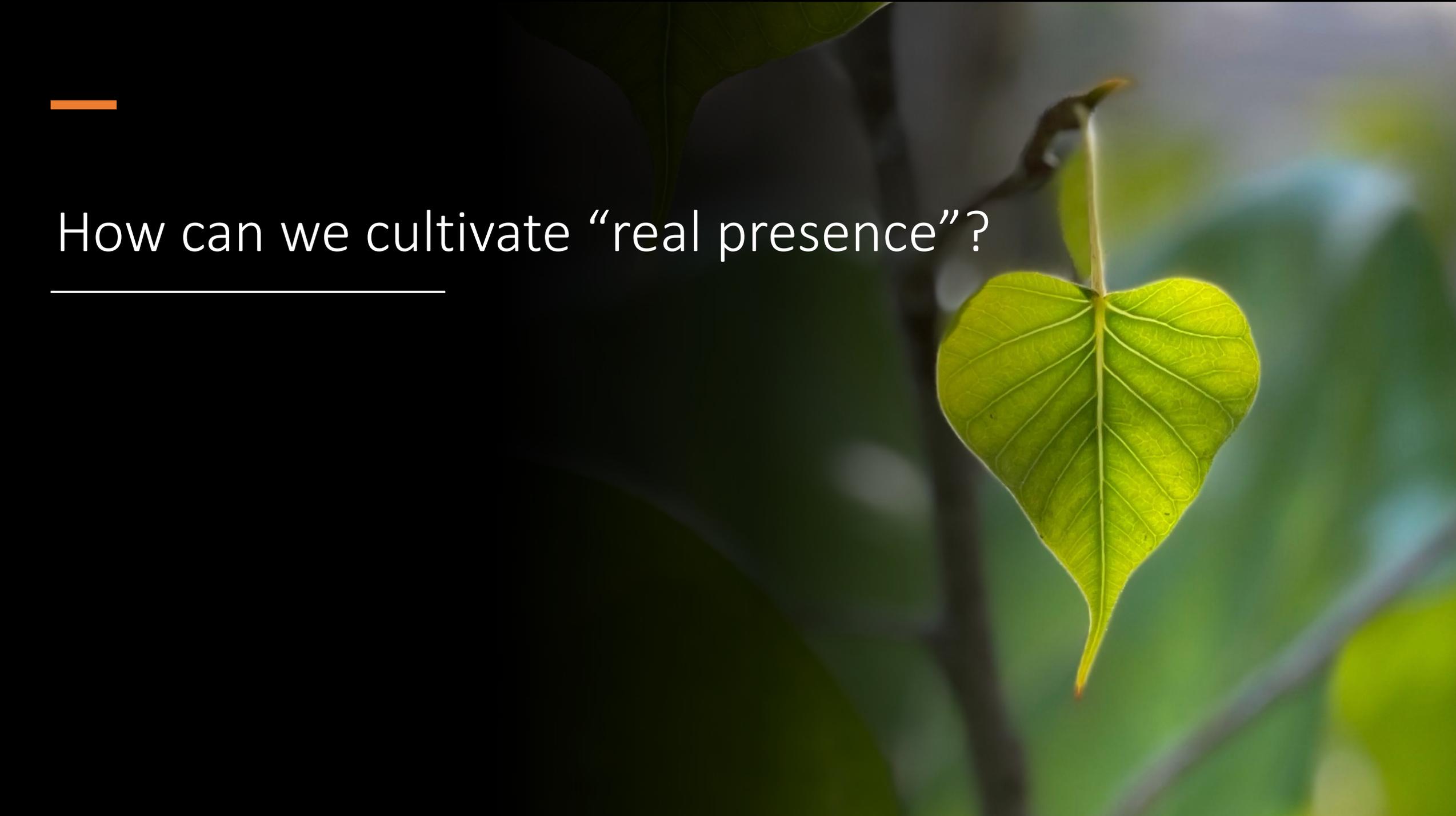
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“The real presence of another person  

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is a place of security”

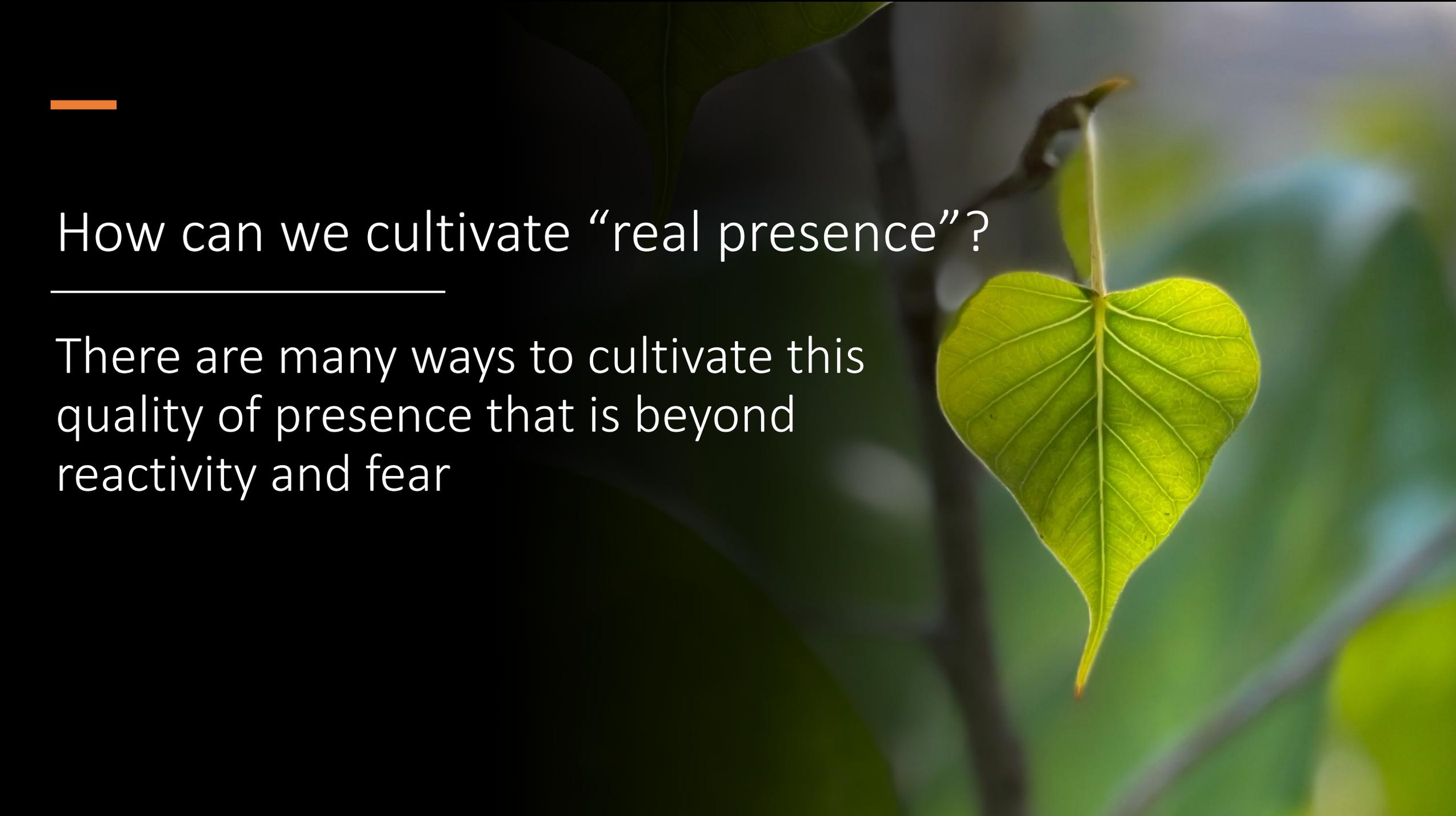
Cicely Saunders



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How can we cultivate “real presence”?

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How can we cultivate “real presence”?

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There are many ways to cultivate this quality of presence that is beyond reactivity and fear

A photograph of a forest path. The path is covered in a thick layer of brown, fallen leaves. The path leads from the foreground towards the background, slightly curving to the right. On the left side of the path, there are several large, dark brown tree trunks with deeply furrowed bark. The trees are tall and slender. The background is filled with dense green foliage, including various types of trees and bushes. The lighting is soft and natural, suggesting a shaded forest environment. The overall mood is peaceful and serene.

# The Path of Nature Connection

# The Path of Awareness

A photograph of a forest path. The path is covered in a thick layer of fallen, golden-brown leaves. The path leads from the foreground into the distance, flanked by tall, slender trees with dark brown trunks. The upper part of the image is filled with dense green foliage, creating a canopy effect. The lighting is soft and natural, suggesting a daytime setting in a wooded area.

# The Path of Nature Connection

## Nature Connection

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- Not just about exercising in nature
  - Not just knowing about nature
  - Not just about appreciating or even loving nature
  - It's about some (or all) of the above as well as realizing that I am loved by - "beloved of" - the Earth
- 



## Nature Connection

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- Mindful connection through sensory awareness with the natural world
  - Receptivity, “Letting nature happen to you”
  - Surrender, “Allowing yourself to be held like a tree in the forest”
  - A process of remembering our deeper, wider, ecological identity
  - Of actively re-remembering this
- 



## “Earth Connection Practices”

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- Evolved at bedside as a form of “inner nature connection”
  - Combines Active Imagination with mindfulness practice
  - Sensory engagement (KEY) – the senses connect through receptivity
  - Some important assumptions...
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## Some important assumptions

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- That the Earth is “alive, intelligent, connected, relatives” (Bioneers)
  - That we are indivisible and inseparable parts of it
  - That if we even make the tiniest move towards the Earth (with respect and curiosity and openness, “beginner’s mind”) - it does not go unnoticed
- 



## False narratives that lead to BO

- “I’m all alone in this”
- “It’s all up to me”
- “I’m responsible for the outcome”
- “I can control the outcome”

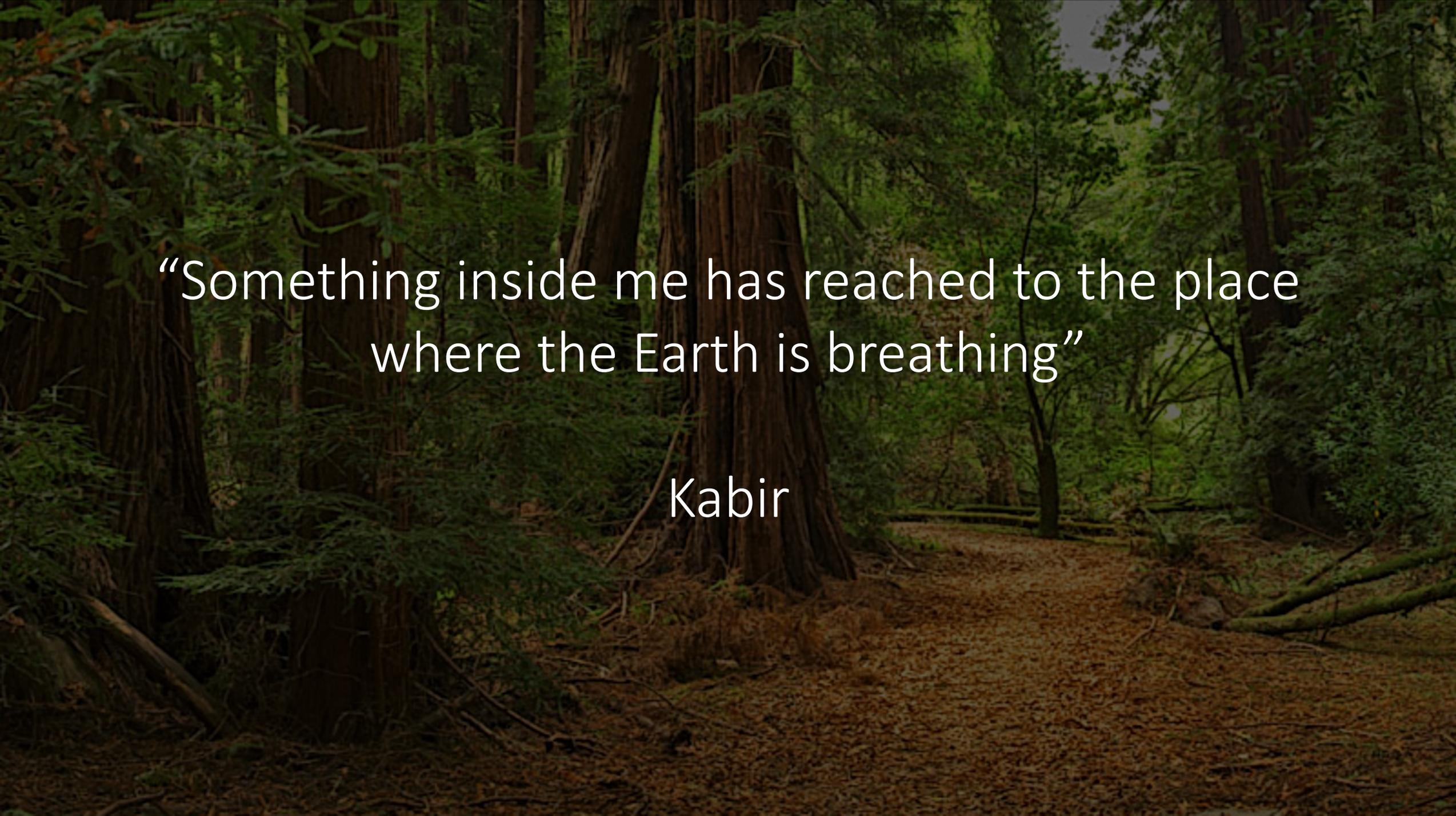


## Possible outcomes of NC and ECP

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- We experience “big mind”
  - We taste interconnectedness and interdependence
  - We realize that we’re not alone
  - We realize that it’s not all up to us
  - We know (as in experiencing) that we and the Earth are indivisible
  - We know (as in experiencing) that we are beloved of the Earth
- 



A photograph of a dense forest. The trees are tall and thin, with a path covered in fallen leaves leading through them. The lighting is soft and natural, suggesting a quiet, serene environment.

“Something inside me has reached to the place  
where the Earth is breathing”

Kabir



# The Path of Awareness





# Deep Security practice

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Sunday morning  
sessions, 10am PTZ

(Zoom link: 5612731921)

