



AWAKE,  
ALIVE,  
CONNECTED



MEDITATION



LET'S  
REVIEW...

# HOW TO BE WITH OUR PAIN



*OPENING RETREAT*

*MICHAEL KEARNEY M.D.*

# TWO WAYS I KNEW FROM LIFE AND WORK

## THE HEROIC



## THE WOUNDED HEALER







THE NEST IS IN THE STREAM

**Original Article**

## Healing Connections: On Moving from Suffering to a Sense of Well-Being

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**Abstract**

*Life-threatening illness is an assault on the whole person—physical, psychological, social, and spiritual. It frequently presents caregiver and sufferer with a paradox—suffering does not correlate with physical well-being alone. Drawing on a purposive sample of 21 participants, a phenomenological study was carried out to explore the relevance of the existential and spiritual domains to suffering, healing, and quality of life (QOL). The phenomenological method was used to achieve an in-depth description of both existential suffering, and conversely, the experience of integrity and wholeness, in persons with life-threatening illness; identify “inner life” and existential contributors to suffering and subjective well-being in advanced illness; and develop a narrative account of these QOL extremes. The importance of meaning-based adaptation to advanced illness was supported, as were Frankl’s sources of meaning and Yalom’s sources of existential anguish. Divergent themes characteristic of the two QOL extremes were identified. Four types of “healing connections” involving a sense of bonding to Self, others, the phenomenal world, and ultimate meaning, respectively, were identified. They situated the participant in a context that was greater and more enduring than the self, thus leading to enhanced meaning and QOL. The assumptions underlying the construct “health-related QOL” are questioned. J Pain Symptom Manage 2007;33:372–388. © 2007 U.S. Cancer Pain Relief Committee. Published by Elsevier Inc. All rights reserved.*

**Key Words**

*Suffering, healing, quality of life, response shift, meaning, qualitative research*

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**Introduction**

Life-threatening illness is an assault on the whole person—physical, psychological, social, and spiritual. It frequently presents caregiver and sufferer with a paradox—suffering does not correlate with physical well-being. The patient may have significant pain or other symptoms but no anguish, no suffering. Conversely, the patient may be free of physical symptoms, yet suffer terribly. Suffering is experienced by whole persons, not bodies. It is subjective

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## WHAT ARE YOUR HEALING CONNECTION PRACTICES?

- WHAT MAKES YOU MOST AWAKE, ALIVE, CONNECTED?
- WHAT BRINGS YOU INTO A SENSE OF LIGHTNESS OF BEING?
- WHAT BRINGS YOU PEACE OF HEART?
- WHAT BRINGS YOU INTO GRATITUDE?
- WHAT BRINGS YOU INTO A SENSE OF DEEP BELONGING?
- WHAT AWAKENS IN YOU A LONGING TO CARE FOR ALL BEINGS - THE MOST VULNERABLE, AND OUR GRANDCHILDREN'S GRANDCHILDREN
  
- *WHAT HEALING CONNECTION PRACTICES ARE ALREADY PART OF YOUR LIFE?*
- *AND WHAT HEALING CONNECTIONS PRACTICES WOULD YOU LIKE TO MAKE MORE PART OF YOUR LIFE?*

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# DEEP NATURE CONNECTION: MONTH 1





© René Dumoulin

"THE WORK OF THE EYES IS DONE, NOW  
GO AND DO THE HEARTWORK"

RAINER MARIA RILKE

A scenic view of a river flowing through a forested area. The water is clear and reflects the surrounding greenery and the golden light of the setting or rising sun. Large, dark rocks are scattered in the river, creating small rapids and white water. The background shows a steep, grassy hillside with some trees and a fallen log. The overall atmosphere is peaceful and natural.

WHAT IS, AND HOW CAN WE COME INTO, DEEP  
NATURE CONNECTION?

# NATURE CONNECTION

- A HEART-BODY-MIND-SPIRIT SENSE OF CONNECTION WITH OTHER-THAN-HUMAN NATURE
- HAPPENS BY PAYING SENSORY ATTENTION TO A NATURAL PROCESS/ BEING
- ATTITUDE – RESPECT, OPENNESS, GRATITUDE
- “INNER” (E.G. MOB) AND “OUTER” (E.G. SENSE MEDITATION)

# WHAT DOES NATURE CONNECTION DO?

HELPS US TO REMEMBER WHO WE ARE AS WE EXPERIENCE  
OUR INTER-BEINGNESS AND OUR INTERDEPENDENCE

ALLOWS US TO EXPERIENCE OTHER-THAN-HUMAN NATURE AS

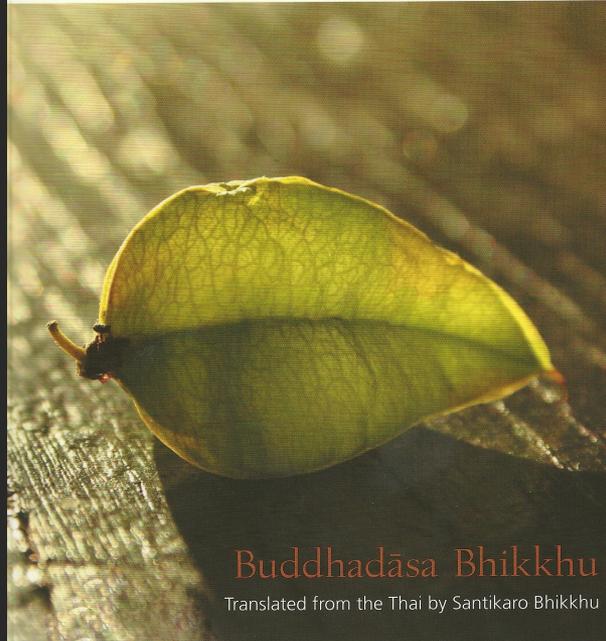
*"IT'S ALL ALIVE,  
IT'S ALL INTELLIGENT,  
IT'S ALL CONNECTED,  
IT'S ALL RELATIVES"*

*AS WE DO, WE MAY KNOW A DIFFERENT KIND OF POWER,  
A SENSE OF BELONGING AND KINSHIP,  
AND A CARING AND DESIRE DO WHAT WE CAN TO RELIEVE ANOTHER'S  
SUFFERING*

ĀNĀPĀNASATI

Mindfulness  
WITH BREATHING

*A Manual for Serious Beginners*



Buddhadāsa Bhikkhu

Translated from the Thai by Santikaro Bhikkhu

# BREATH AS CONNECTION



DAVID ABRAM

"TO BRING AWARENESS TO THE AIR AS IT RIDES IN AND OUT OF OUR NOSTRILS IS TO DISSOLVE OUR DETACHED THOUGHTS IN THE ONGOING EXCHANGE, THE MEETING, THE RECIPROCITY, BETWEEN OUR BODY AND THE BIOSPHERE."

# KABIR

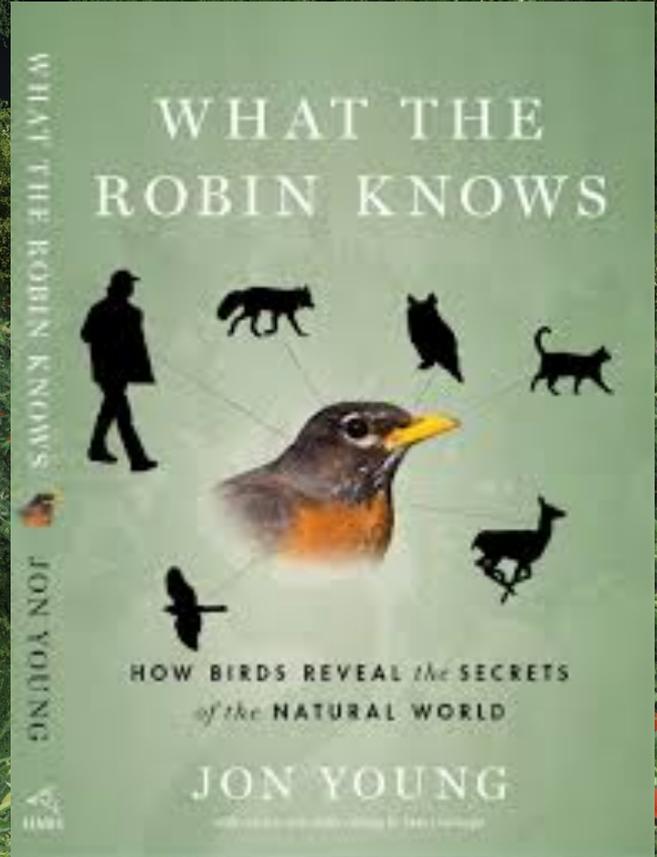
*"SOMETHING INSIDE ME  
HAS REACHED THE PLACE  
WHERE THE WORLD IS  
BREATHING."*



*KABIR 1398-1518*



JON YOUNG



WHAT THE ROBIN KNOWS

JON YOUNG

IBR

# WHAT THE ROBIN KNOWS



HOW BIRDS REVEAL *the* SECRETS  
*of the* NATURAL WORLD

JON YOUNG

with a new introduction by the author

*OUTER DEEP NATURE CONNECTION*

BECOMING FAMILIAR WITH PLACE AND  
"OTHER-THAN-HUMAN NATURE"

"SIT-SPOT"



DEEP NATURE CONNECTION:  
MONTH 2





WHAT WAS THIS "YEARNING" TO CROSS OVER  
TO BE WITH THE WOLF?