

INTERNATIONAL TESTIMONIES for the SACRED ART OF LIVING & DYING

I enthusiastically endorse the Sacred Art of Living & Dying series because spirituality is the most overlooked factor in relieving pain
Dame Cicely Saunders, MD, Founder, St. Christopher's Hospice, London

What's happening in the Sacred Art of Living & Dying programs is important and timely in reinvigorating the rest of our culture...
Ira Byock, MD, Author, Palliative Care Pioneer, Dartmouth, NH

The Sacred Art of Living & Dying is renewing the ancient wisdom of healing and transformative spirituality for our time...
John O'Donohue, Celtic Poet & Philosopher, Author of Anam Cara

The teachings of the Sacred Art of Living & Dying programs continue the vision of Cicely Saunders... I am pleased that this work is spreading throughout Asia and the South Pacific.
Shigeaki Hinohara, MD, Medical Director, St. Luke's Hospital, Tokyo

Sacred Art of Living & Dying workshops are supporting a more holistic model by introducing a common language for all caregivers in naming and responding to spiritual suffering...
San Diego Hospice & The Institute for Palliative Medicine, San Diego CA

The wisdom of the Sacred Art of Living & Dying teachings creates a path of respect for people of all spiritual traditions renewing the old and making sacred the new...
Nadya Gross, Jewish Renewal Rabbi & Hospice Doula, Boulder CO

While the physical aspects of health care are well understood, the psycho-spiritual dimensions are least recognized and absent from leading medical journals. Sacred Art of Living & Dying presents a much needed model for the relief of total pain and suffering.
Michael Kearney, MD, Author & Hospice Med. Director, Santa Barbara CA

I am honored to be associated with the Sacred Art of Living & Dying because its work is about healing the healers...
Richard Rohr, Acclaimed Author & Spiritual Teacher, Albuquerque NM

Sacred Art of Living & Dying is necessary in our times because it takes much more than medicine to ease human suffering.
Letter from Mother Theresa of Calcutta to Sacred Art of Living Center

For information on program registration or to host a Pilot Site for your organization or community, contact—

Sacred Art of Living Center
P.O. Box 8720

Bend Oregon 97702 USA

Toll Free 888.383.4171 www.sacredartofliving.org



Sacred Art of Living

Center for Spiritual Formation



Sacred Art of Living & Dying Workshop and Retreat Series

Sacred Art of Living Center for Spiritual Formation

“HEALING THE HEALERS”

Since 1997 more than 15,000 persons from the Americas, Europe, Africa Asia and the South Pacific have participated in the Sacred Art of Living & Dying program series. Health care and hospice professionals, faith community leaders from all spiritual traditions and the general public consistently evaluate these programs as one of “their most significant life experiences” —

- ◆ Offering a holistic model for healing that draws from the great wisdom traditions while respecting contemporary science and depth psychology
- ◆ Presenting a universal language regarding the nature and treatment of spiritual pain that has not been available in most professional training
- ◆ Teaching clinically-proven practices that respect the total person — regardless of age, culture, gender and spiritual tradition and,
- ◆ Creating a learning model that addresses suffering and loss in transformative and life-giving ways.

We invite you to participate in this unique educational process that supports persons from all professionals and backgrounds. The core teaching of the Sacred Art of Living & Dying series is that WE ARE ALL HEALERS— to ourselves, each other and the world around us. Here is an opportunity to transform life’s inevitable fear and pain— by awakening the healing potential when the sacred is discovered in everyday experience.

A PERSONAL REFLECTION

Recently, the profound beauty and meaning of this work has come home for me in a very personal way. In 2009 Mary Groves died after living for nearly a decade with a terminal diagnosis. Both as spouse and co-founder of the Sacred Art of Living Center, Mary worked tirelessly to co-create these programs with me— living with extraordinary grace and vitality. Her legacy in both life and death are a remarkable teacher about why the lessons of Sacred Art of Living & Dying are essential for every person.

Richard F. Groves

Professor Richard Groves, Co-Founder
Sacred Art of Living Center
Bend, Oregon USA
www.sacredartofliving.org



SALC Worldwide

Sacred Art of Living & Dying Programs are conducted worldwide. Participants benefit from global wisdom and international perspectives.

Program Locations have included—

Numerous sites throughout the United States and Canada. International programs include Mexico, Costa Rica, United Kingdom, Ireland, Austria, Germany, Italy, Holland, Switzerland, Morocco, Japan, China, Thailand, Taiwan, The Philippines and India.

New program series are planned for Australia, New Zealand, South Africa, Turkey & Israel

Free* Program Introduction

Contact Sacred Art of Living Center to bring a half or full day workshop to your organization or community

*Depending on location, some travel costs for facilitator may apply



Program Facilitators

An international faculty of specially-skilled Program Facilitators offers participants many years of experience and training in the Sacred Art of Living & Dying



A creative and practical antidote for persons in the helping, healing and teaching professions who experience burnout and compassion fatigue

Sacred Art of Living & Dying Series PROGRAM EXCELLENCE

“Sacred Art of Living Center programs are setting a new standard for quality in teaching, depth of experience and life-changing impact...”

New York Times

PARTICIPANT EVALUATIONS

Based on more than 15,000 Participant Evaluations*



1=Exceeded Expectations 2=Met Expectations 3=Did not Meet Expectations

	1	2	3
⇒ Overall Program Experience	97.4%	2.5%	0.1%
⇒ Practical Usefulness of the Series	94.1%	4.5%	1.4%
⇒ Met Program Goals/Objectives	95.0%	4.5%	0.5%
⇒ Applicability for Clinical Practice	97.5%	2.5%	0.0%
⇒ Useful for Personal/Spiritual Development	96.5%	3.5%	0.0%

PILOT SITE EVALUATIONS

⇒ Re-dedication to the organization's mission	95.3%	3.1%	1.6%
⇒ Improved employee morale/dedication to mission	97%	2.1%	0.9%
⇒ Enhanced quality of service for care receivers	95.3%	3.1%	1.6%
⇒ More integrated approaches to body-mind-spirit wellness	98.1%	1.4%	0.5%
⇒ Positively impact relationships in the workplace and at home	93.0%	5.0%	2.0%

*Participant Vocations

MDs= 16% RNs= 22% Mental Health= 21% Chaplains/Clergy= 19% General Public= 22%

PARTICIPATING IN THE SACRED ART OF LIVING & DYING SERIES

INDIVIDUAL PARTICIPATION

- ◇ Programs are appropriate for both professional and lay caregivers and anyone serious about personal growth
- ◇ It is best to take the four program units in sequence although exceptions are possible
- ◇ Register on-line for any program or location worldwide: programs@sacredartofliving.org



PROFESSIONAL DEVELOPMENT

- ◇ Training is especially suitable for hospice workers, health care professionals or persons living with or working with the sick or elderly.
- ◇ Especially appropriate for clergy, chaplains and faith community volunteers of all traditions
- ◇ Continuing Education Credits are available for most health-related professions



SPONSORING ORGANIZATIONS & COMMUNITIES

- ◇ Health Care organizations, hospices, faith-based and geographical communities are encouraged either to host or become a Pilot Site for the Sacred Art of Living & Dying
- ◇ Bringing the Sacred Art of Living & Dying units to your own location provides even greater benefit to your neighbors and colleagues in transforming the culture of care giving.
- ◇ For more information on how to sponsor a program, please contact Sacred Art of Living Center for a resource packet. Pilot Sites benefit from special tuition discounts and a supervised monthly study group program for participants.



GATEWAY TO THE ANAMCARA APPRENTICESHIP

Sacred Art of Living & Dying workshops are a pre-requisite for participating in the Anamcara Project's Apprenticeship Program



The Art, Science & Practice of Sacred Relationship

For information about this first-of-a-kind internship experience—
go on-line: www.sacredartofliving.org

The Sacred Art of Living and Dying Workshop & Retreat Series

"May you have the commitment to know what has hurt you,
to allow it to come closer to you, and in the end,
become one with you."

The 'Ars Moriendi,' Sacred Art of Living & Dying, 11th century

Sacred Art of Living & Dying is more about living than about dying. This series of four internationally acclaimed workshops/retreats—called program units—draws from the wisdom of our ancestors that the quality of life is enhanced when we do not live in fear or denial of suffering and mortality. The results of facing or “leaning into” existential-spiritual pain are profound and can include—

- Physical and emotional well being
- Enhanced capacity for healing
- Improved pain and symptom-control
- Peace of mind and improved relationships

Each program unit is an interactive and inspirational learning experience appropriate both for professionals and everyday caregivers. Participants explore universal patterns of spiritual and emotional suffering with time-tested ways to relieve them. All programs are a creative blend of best practices, instruction, personal reflection, hands-on experience, multi media presentation and creative rituals from the world's great wisdom traditions.



Unit 1 – Understanding Spiritual Pain “We are the Medicine”

- ◇ Learn about the rich cultural history and clinically effective practices for detecting and alleviating spiritual and emotional distress in times of loss, transition, illness and at the end of life.
- ◇ Discover a Total Pain Management model with results that include reduced anxiety, improved quality of living and more effective pain management.
- ◇ Explore the distinction between religion and spirituality with perspectives from Quantum Science, Depth Psychology and the world's great mystical traditions.
- ◇ Encounter valuable tools and insights in order to— examine life's priorities, address death anxiety and re-connect one's 'soul and role.'



Unit 2 – Diagnosing Spiritual Pain “The best way out is always through...”

- ◇ Study the four classical dimensions of psycho-spiritual health and suffering—Forgiveness, Meaning, Relatedness and Hope.
- ◇ Experience the ‘art’ of diagnosing spiritual pain in oneself before attempting to assist with the suffering of another
- ◇ Recognize the implications of spiritual and religious abuse as well as the role of healthy culture and spirituality in body-mind-spirit healing.
- ◇ Celebrate the gifts of growth and transformation that are possible in spite of suffering, loss and the dying process.



Unit 3 – Healing Spiritual Pain “We are not wounded alone nor do we heal alone”

- ◇ Learn about a spectrum of creative and effective tools for dealing with the inevitable suffering in and at the end of life.
- ◇ Experience well-tested, holistic therapies including guided visualization, coma communication and working with persons in altered states.
- ◇ Explore the powerful potential of ritual during times of life transitions and at the end of life and create your own meaningful ritual experience.
- ◇ Discover the wisdom from ancient healing practices when applied for contemporary care giving needs— tailored to the spiritual beliefs of any person or circumstance.



Unit 4 – Transforming Spiritual Pain “Healing is always possible”

- ◇ Learn about the essential quality of compassion and “exquisite empathy” in care giving through the meta-skills of contemplative practice and enhanced self-awareness.
- ◇ Work with the classical tools of spiritual discernment with a focus on learning how to ask courageous questions.
- ◇ Re-discover the time-tested skills necessary for maintaining a centered, healthy presence in both the professional and personal worlds.
- ◇ Experience a variety of creative healing modalities through: yoga movement, haiku poetry, mandala drawings from the soul, sculpting and the healing effects of music therapy.

“Sacred Art of Living & Dying is as groundbreaking
as the work of Elisabeth Kübler-Ross in her time...”

National Public Radio