



Loving Someone and Healing

Loving and healing are two very different ways we can open ourselves to others – friends, clients, anyone. Many of the people I interact with either have a life-threatening illness or are grieving the loss of a loved one, situations that cry out for spiritual healing – merging my mind with the one mind and then merging my mind with the mind of the client or friend. In no way am I doing the healing, nor am I focusing on the illness or suffering or imbalance, but instead resting in inherent wholeness and realizing that my friend also is inherently whole. Basically just remembering God, dissolving into that essence and then remembering my friend in her wholeness. Resting in wholeness is the deepest healing practice.

Maharaji said “*I see no impurities.*” and “*It is a mistake to teach by looking at individual differences in people.*” Can we, at least at times, go beyond the differences and the stuck places that are so easy to focus on when with another person and instead rest in this place of wholeness that allows healing to unfold? This healing may be healing into death, into health, into whatever God/karma/ the universe has in store. The outcome isn’t up to us. Rather than addressing the person or condition causing suffering, we are invited to acknowledge the illusion that we and our friend are separate and impure. I am always uplifted when I “do” this practice.

Yet I am not able to rest in this wholeness all the time. Very, very few of us can. Love is cultivated



and deepened during the experience of humanness and finiteness. Suffering is real as well though also suffering is grace. Rather than focusing on wholeness or basic goodness, we open with compassion to the suffering we see in and around us. Relationship is fundamentally different from healing into wholeness. We are meeting suffering directly. Compassion supporting love. To love someone we must understand and honor their suffering. We are simply distracting ourselves from our own suffering when

we attempt to love without having compassion for the other. To try to love without compassion separates us from the other and often wounds.

Compassion without wisdom is mushy and fragile. Compassion without wisdom leads to compassion fatigue. Wisdom without compassion is dry and brittle. The Dalai Lama says, “*Without the unity of wisdom and compassion, we can fall into despair.*” We may feel something that we mistake for compassion but this feeling leads to despair because it is not grounded in true wisdom.

What is the wisdom that supports compassion? It is the wisdom that sees reality clearly. Suffering is not caused by cancer or by painful emotions. Suffering is caused by resistance or attachment to cancer and to painful emotions. It is the recognition that we are not separate. The wisdom that there is not a solid “I” that exists beyond concepts. Compassion supported by wisdom is not an emotion. Compassion supported by wisdom is a spacious

heart not lost in concepts; a heart connected to self, to other, to God; a heart that can equalize and switch yourself with another person.

Truly loving someone requires understanding their suffering and having compassion for them, a compassion balanced with wisdom. A heart that can love is the gateway to spiritual healing.

— Dale Borglum

Awakening is to realize the infinite value of each moment of your own life as well as other beings, then continue to act accordingly.

Kazuaki Tanahashi

*Even in the midst of great pain,
Lord, I praise you for that which is.
I will not refuse this grief
or close myself to this anguish.
Let the shallow pray for ease;
"Comfort us; shield us from sorrow."
I pray for whatever you send me,
and I ask to receive it as your gift.
You have put a joy in my heart
greater than all the world's riches.
I lie down trusting the darkness,
for I know that even now you are here.*

Psalm 4. version by Stephen Mitchell

*What in your life is calling you,
when all the noise is silenced,
the meetings adjourned...
the lists laid aside,
and the wild iris
blooms by itself in the dark forest...
what still pulls on your soul?*

Rumi



In Blackwater Woods

*To live in this world
you must be able to do three things:
to love what is mortal;
to hold it
against your bones knowing
your own life depends on it;
and, when the time comes to let it go,
to let it go.*

Mary Oliver

The Deepest Comfort

No more machines, no more beeping, no more whooshing, no more alarming alarms. No more red robins, no more chucks, no more diaper panties. No more suctioning, no more G/J tubes, no more busted balloons. No more waking in the middle of the night in a panic leaping out of bed running down the hall to see what's wrong. No more hating to leave you, no more wanting to get outta there, no more walks in the neighborhood sobbing into my phone. No more wanting and hoping for a blink in response. No more thrill at being on the same wavelength, the teeniest, tiniest movement of the eyelids being all you could muster. No more holding your hand, playing with your fingers, stroking your head. No more lying next to you quietly, tuning into your rhythm, questioning my own ability to give you what you need, struggling to trust my intuition. No more getting up in the morning and discovering I've slept through a middle of the night problem with the ventilator or the G/J tube or the feeding machine or the suction machine that my brother came up from his bedroom to successfully assess and problem solve. No more relief that you look peaceful, that you are sleeping restfully. No more being able to look into your eyes and see the light of pure love shining.

These are not the first no-mores we experienced.

Those so many years ago. So many years ago, there was no more running in the sand back and forth playing with the edge of the ocean's waves. No more dancing with your friends on stage or dancing in the living room or dancing at family parties. No more singing and talking and eating with great gusto. No more going to California Pizza Kitchen together or cooking with Daddy and Grandma Rose. So many years ago, there was no more laying in the tent in the back yard together, looking at the sky while I sing to you. No more laying on top of me and falling asleep for your afternoon nap. No more hearing you sing, watching you dance, answering your spoken questions, taking a walk together to the nursery around the corner looking at plants. No more laughing, no more crying, one day, no more smiling.



Jessica Leoni
July 6, 1997 - August 9, 2021

So what's left?

What's left is what never left and what still hasn't left

Your light. Your love. Your sweetness. Your goodness. Your kindness. Your generosity. Your wisdom. Your presence.

Her light. Her love. Her sweetness. Her goodness. Her kindness. Her generosity. Her wisdom. Her presence.

Light. Love. Sweetness Goodness. Kindness. Generosity. Wisdom. Presence.

Light

— Deborah Leoni
Jessica's Aunt

Project News 2021

- We have free-of-charge, volunteer-based spiritual support services for persons with life-threatening illnesses. Due to these pandemic times our services mostly are offered virtually, not in person, and are available to all regardless of location. When appropriate we will work with local clients in person. If you or anyone you know could benefit from this support, please call our office at **415-456-3915**. Dale also works with individual clients.
- We have a large, very sweet, every-other Saturday zoom spiritual support group, 9-11 AM Pacific Time. Email the Project if you would like to be on the roster.
- The small ongoing groups that Dale has been facilitating locally are now online/zoom groups due to covid and are open to all regardless of location. These meditation/spiritual support groups meet Monday evening, Tuesday afternoon and Wednesday evening. See the **Live Events** section of *Offerings* on our website.
- There are over 70 podcasts by Ram Dev/Dale on the **Be Here Now Network** at <https://beherenownetwork.com/category/ram-dev/>.
- Finally, an in-person workshop **Healing at the Edge: Conscious Living, Conscious Dying** scheduled for June 3-5 at Esalen Institute in Big Sur California! Registration information at www.Esalen.org available in March.
- Dale will be facilitating weekend workshops/volunteer training programs via Zoom in January and February of 2022. CEUs are available for LCSW, LMFT, RN, LAc & Psychologist. Please see the following page of this newsletter for details.
- Dale is writing a book awaiting approval at the publishers, how to live your life to prepare for a conscious death. Our new Associate Director Aurora Leonard is helping Dale create a multimedia course on this topic. Aurora has also updated and streamlined our website. Check it out.
- Hopefully by the time newsletter is released, Dale will be the Buddhist counselor/meditation teacher at San Quentin's Death Row.

*Nothing is as it appears to be,
nor is it otherwise.*

Lankavatara Sutra

HEALING AT THE EDGE CONSCIOUS LIVING / CONSCIOUS DYING

ZOOM WORKSHOPS FOR CAREGIVERS, THERAPISTS, NURSES, ACUPUNCTURISTS AND ANYONE WANTING TO DEEPLY EXPLORE HEALING



Sponsored by the **Community Institute for Psychotherapy**, a ZOOM workshop offered by the **Living/Dying Project**. Participants seeking continuing education as Psychologist, Licensed Marriage and Family Therapist and Licensed Clinical Social Worker are directed to **cipmarin.org**. Please select *Professional Development*, choose *Continuing Education for Professionals* and click on the course title. The **Living/Dying Project** offers C.E.U.s for nurses and licensed acupuncturists. A flyer for the workshop may be found at the **Living/Dying Project** website at **livingdying.org**

Why do some people experience wholeness as they approach death, while others lose themselves in denial, depression, distraction? Why is it that some of the most alive and awake Westerners I've known have been, almost without exception, people near death? Is there some powerful truth about life and about healing that you and I can receive from these few who, as they went through the process of dying, deeply realized their own wholeness?

Bringing emotional/spiritual support to someone with a life-threatening illness is a twofold task. First, help the client realize they are more than that which will die – the finite self – the body and personality. At the same time, honor this finite self, healing its woundedness, its identification with separateness. Rumi said “Grief is the garden of compassion.” This transmuting the separateness of grief into the connectedness of compassion is at the heart of the work. Confusion, anxiety, depression, anger are typical responses arising as the end of a life approaches, both for patients and their families.

This presentation will explore possibilities for realizing wholeness at the edge of life where illness, grief, and loss arise. Both psychological and spiritual tools will be used in the investigation of these profound and challenging issues. We will offer participants the opportunity to explore the deeper questions surrounding death, healing, and the sacred, so that each of us can better embody an enlivened sense of being in the world in each moment rather than a sense of isolation and denial.

January 29 & 30, 2022 | 9:00 am– 5:30 pm (both days)

or

February 26 & 27, 2022 | 9:00 am– 5:30 pm (both days)

or

February 12, 2022 | 9:00 am– 6:00 pm

(One-day summarized version with the same material but less discussion and fewer experiential exercises.)

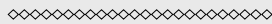
15 HOURS C.E.
\$ 290

8 HOURS C.E.
\$ 175



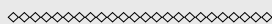
Workshops will be conducted by Dale Borglum, Ph.D., who, with Stephen Levine and Ram Dass, established the Hanuman Foundation Dying Center in Santa Fe, New Mexico, the first center supporting conscious dying in the U.S. Dale directed the center until moving to the San Francisco Bay Area. He is founder and Executive Director of the Living/Dying Project and co-author of *Journey of Awakening: A Meditator's Guidebook* (Bantam Books).

Imagine facing death without fear. Imagine using a life-threatening illness as an opportunity for spiritual awakening. Imagine approaching the unknown with an open heart. We often resist change as a natural part of life. Strength and healing can be found in life's most difficult situations.



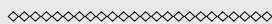
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Mission Statement

The Living/Dying Project offers conscious and compassionate support in the spirit of mutual exploration to those facing life-threatening illness and their caregivers. We also offer education and training in the practices of spiritual healing to those confronting life's most difficult situations and to anyone committed to spiritual transformation.

Supporting Us

The mission of our work is healing, both the healing of that which blocks us from full aliveness and the healing of our collective and individual relationships with death. Fear of death and denial of death separate us from each other and from our own essential selves. This has never been more apparent. Society is out of balance. Especially now it is vital to keep what is most essential and inspiring to us at the motivating center of our actions. Our educational and training services address this imbalance in the most direct way possible. We also offer spiritual support free of charge to those with a life-threatening illness as well as to their caregivers. During the pandemic most of this support is being offered virtually to clients around the world. As the first organization in the Western world whose mission is to cultivate conscious dying, we've offered these services for over thirty five years.

Our operation is simple and our overhead is minimal. A great majority of our budget comes from individual donations. Several of our major donors have discontinued their support due to financial constraints caused by the pandemic. We ask for your support, both financially and your blessings and your prayers. This support allows us to continue the vital work of the Project. Please make a donation in the enclosed envelope (if you receive the printed newsletter). You also can make a donation online using PayPal or credit card by visiting our website www.livingdying.org and clicking the [DONATE](#) link under Ways to Help at the top of the page.

Our heartfelt thanks to all of you who have supported us in any way. May this holiday season and the year to come be filled with wisdom and blessing for you and for those you love. May your actions contribute to peace and healing.

With so much love,

We were made for these times.
Clarissa Pinkola Estes



Credits

Layout and design of this newsletter was done by Curtis Grindahl, Client Services Coordinator for the Project. On page one is a photo by George Ward titled *Vishnu's Temple from South Rim at Dawn, Grand Canyon National Park, Arizona*. The photo of Dale on page seven was taken by Heather Swain.