

Hardcover Book

K1347 / 272 pages

U.S. \$22.95

Spirituality, Death & Dying

ISBN-10: 1-59179-701-2

ISBN-13: 978-1-59179-701-2

UPC: 600835-134781

Browse inside the book at

Google Book Search

<http://tinyurl.com/ougg9y>

Also see

www.livingfullydyingwell.org



Edward W. Bastian, Ph.D

www.spiritualpaths.net



Tina L. Staley, LCSW, MSW

PathfindersInternational.org

Wholesale Orders, contact

sales@soundstrue.com

800-303-9185 ext 130

SOUNDS TRUE

Many voices. One journey.

Living Fully, Dying Well

Reflecting on Death to Find Your Life's Meaning

By **Edward W. Bastian, Ph.D. & Tina L. Staley, LCSW**

With **Rabbi Zalman Schachter-Shalomi • Joan Halifax Roshi
Dr. Ira Byock • Tessa Bielecki • Mirabai Starr • Marilyn M. Schlitz**
Edited by **Netanel Miles-Yepetz**

“How can you take the fear of death and turn it into something profound, something positive? What is the alchemy that allows someone who is in a metaphorical desert to turn around and see a flower?” —From Living Fully, Dying Well

Most of us try to avoid thinking about death—until the moment we come face to face with it. But when we have the courage to accept our inevitable mortality—and even to contemplate it actively, as a spiritual practice—we open the door to living fully, joyfully, and in complete presence. *Living Fully, Dying Well* is an investigation into the challenge each of us faces: to embrace all of life from the beginning to the end.

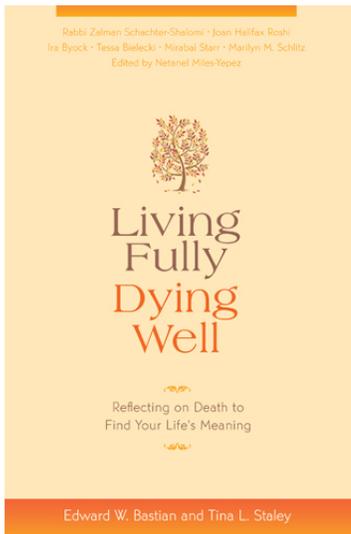
When death approaches, many of us undergo a profound transformation—we let go of old distractions and focus with new clarity on what gives our life meaning. Yet we can invite these profound “deathbed revelations” at any point in our lives by engaging in an honest inquiry into our own mortality. *Living Fully, Dying Well* provides a doorway to begin your own exploration of the mysteries of death—from the cultural myths about dying, to the personal fears we all share, to the question of what becomes of us beyond this life.

Living Fully, Dying Well unfolds as a dialogue between spiritual leaders and medical healers, each of whom brings a unique perspective to the universal human experience of death. These luminaries offer their stories, their insights, and their most valuable practices—all to transform death from a source of fear to an opportunity.

The second part of the book is an independent collection of resources: guided meditations, life-review practices, affirmations, and reflections.

According to the editor, “we wanted to illustrate how combining these perspectives on dying might enable us to live with more vitality and compassion, while also imparting wisdom to help our family, friends, and colleagues go on without us.”

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
Press kit online: <http://tinyurl.com/livingfullydyingwell>



Hardcover Book
ISBN-13: 978-1-59179-701-2
UPC: 600835-134781



Edward W. Bastian, Ph.D
www.spiritualpaths.net



Tina L. Staley, LCSW, MSW
PathfindersInternational.org

SOUNDS TRUE
Many voices. One journey.

About the Authors

By Edward W. Bastian, Ph.D. & Tina L. Staley, LCSW

Edward W. Bastian, Ph.D., is a Buddhist scholar and teacher and was executive producer for a series of award-winning BBC and PBS programs about religion and three films about Tibetan Buddhism for the National Endowment for the Humanities. He taught classes about world religion and directed the biodiversity program at the Smithsonian Institution. He is president of the Spiritual Paths Foundation (www.spiritualpaths.net), which offers a two-year certificate program about InterSpiritual Wisdom, weekend retreats, and programs about spirituality and the environment.

Tina L. Staley, LCSW, MSW, is director of Pathfinders at Duke University Comprehensive Cancer Center. She co-founded the Pathfinder program in Aspen, Colorado, for empowering cancer patients and their families to rediscover their inner strengths and take back their lives. Visit PathfindersInternational.org

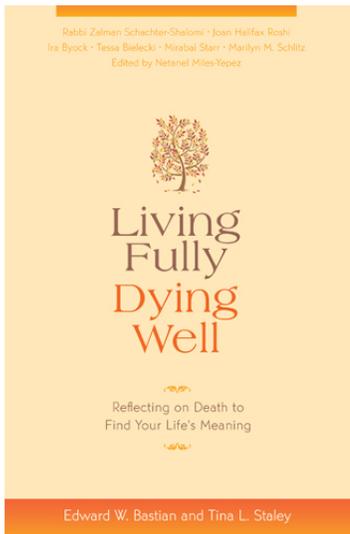
Contributors

**Rabbi Zalman Schachter-Shalomi • Joan Halifax Roshi
Dr. Ira Byock • Tessa Bielecki • Mirabai Starr • Marilyn M. Schlitz
Edited by Netanel Miles-Yeppez**

Tessa Bielecki was (until 2005) cofounder and Mother Abbess of the Spiritual Life Institute, a Carmelite community with retreat centers in Colorado and Ireland. She studied languages for a career in international relations at Trinity College in Washington, D.C., before entering a monastery in 1967. Tessa is actively involved in Buddhist-Christian dialogues and international initiatives exploring world peace and planetary survival. She is the author of *Teresa of Avila: Ecstasy and Common Sense*; *Holy Daring: An Outrageous Gift to Modern Spirituality from Saint Teresa, the Grand Wild Woman of Ávila*; and *Teresa of Ávila: Mystical Writings*, and she recently recorded *Wild at Heart* for Sounds True and *Teresa of Avila: The Book of My Life* for Shambhala. She now lives alone in a log cabin in Crestone, Colorado, and is the cofounder of The Desert Foundation (www.desertfound.org), a circle of friends who explore the wisdom of the world's deserts, with a special emphasis on reconciliation between the three Abrahamic traditions that grow out of the desert, Judaism, Christianity, and Islam.

Dr. Ira Byock became involved in hospice and palliative care in 1978, during his family practice residency. At that time he helped found a hospice home care program for the indigent population served by the university hospital and county clinics of Fresno, California. Ira is a past president (1997) of the American Academy of Hospice and Palliative Medicine. He was a founder and principal investigator for the Missoula Demonstration Project, a community-based organization in Montana dedicated to the research and transformation of end-of-life experience locally, as a demonstration of what is possible nationally. From 1996 to 2006, he served as director of Promoting Excellence in End-of-Life Care, a national program of the Robert Wood Johnson Foundation. Ira is currently director of Palliative Medicine at Dartmouth-Hitchcock

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
Press kit online: <http://tinyurl.com/livingfullydyingwell>



Hardcover Book

K1347 / 272 pages

U.S. \$22.95

Spirituality, Death & Dying

ISBN-10: 1-59179-701-2

ISBN-13: 978-1-59179-701-2

UPC: 600835-134781

Browse inside the book at

Google Book Search

<http://tinyurl.com/ougg9y>

Also see

www.livingfullydyingwell.org

SOUNDS TRUE

Many voices. One journey.

Medical Center in Lebanon, New Hampshire. He is a professor at Dartmouth Medical School in the departments of Anesthesiology and Community & Family Medicine.

Ira's first book, *Dying Well* (1997), has become a standard in the field. His most recent book, *The Four Things That Matter Most* (Free Press, 2004), is a tool for helping people mend, tend, and nurture their most important relationships. Ira has long been a public advocate for the rights of dying people and their families. He has authored numerous journal articles on the ethics and practice of hospice, palliative, and end-of-life care. Many of these are available at the DyingWell.org website (www.dyingwell.org). His essays have appeared in the *Washington Post* and *The Wall Street Journal*.

Joan Halifax Roshi is the head teacher and founder of Upaya Zen Center, a Zen Buddhist center in Santa Fe, New Mexico. A Ph.D., anthropologist, Buddhist teacher, and writer, Halifax has worked with dying people since 1970. She has been on the faculties of Columbia University, the University of Miami School of Medicine, the New School for Social Research, the Naropa Institute, and the California Institute for Integral Studies. Her books include *The Human Encounter with Death* (with Stanislav Grof); *Shamanic Voices*; *Shaman: The Wounded Healer*; *The Fruitful Darkness: A Journey Through Buddhist Practice and Tribal Wisdom*; and *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*. She founded The Ojai Foundation (an educational center), in 1979, and Upaya Zen Center (a Buddhist study center) in 1990. In 1994, she created the Project on Being with Dying as a way to train health-care professionals in contemplative care of the dying. Visit www.upaya.org

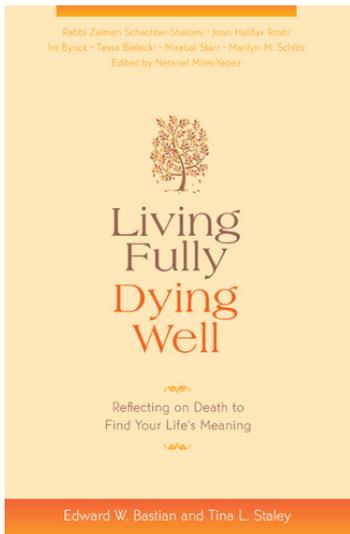
Netanel Miles-Yepetz was born in Battle Creek, Michigan, in 1972, and is descended from a Sefardi family of crypto-Jews (*anusim*, "forced" converts) tracing their ancestry from Mexico all the way back to medieval Portugal and Spain. He studied History of Religions at Michigan State University and contemplative religion at Naropa University, specializing in nondual philosophies and comparative religion. Unsatisfied with academics alone, Netanel moved to Boulder, Colorado, to become reacquainted with his family's lost tradition of Judaism and to study Hasidism and Sufism under Rabbi Zalman Schachter-Shalomi's personal guidance. Today, he is a *murshid* ("guide") and cofounder of the Desert Fellowship of the Message: The Inayati-Maimuni Tariqat of Sufi-Hasidim with Reb Zalman, fusing the Sufi and Hasidic principles of spirituality espoused by Rabbi Avraham Maimuni in thirteenth-century Egypt with the teachings of the Ba'al Shem Tov and Hazrat Inayat Khan. Netanel is currently the executive director of the Reb Zalman Legacy Project (www.rzlp.org), executive editor of *Spectrum: A Journal of Renewal Spirituality*, an advisor and editor for the Spiritual Paths Foundation and the Spiritual Paths Institute, and the author and editor of *Wrapped in a Holy Flame: Teachings and Tales of the Hasidic Masters* (Jossey-Bass, 2003); *The Common Heart: An Experience of Interreligious Dialogue* (Lantern Books, 2006); and *A Heart Afire: Stories and Teachings of the Early Hasidic Masters* (Jewish Publication Society, 2009). He lives with his wife, Jennifer, in Boulder, Colorado.

Rabbi Zalman Schachter-Shalomi, better known as Reb Zalman, was born in Zholkiew, Poland, in 1924. Raised largely in Vienna, his family fled the Nazi oppression in 1938 and finally landed in New York City in 1941, settling in Brooklyn, where he enrolled in the yeshiva of the Lubavitcher Hasidim. He was ordained by Lubavitch in 1947. He received his master of arts degree in the Psychology of Religion in 1956 from Boston University and a Doctor of Hebrew Letters degree from Hebrew

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.

Press kit online: <http://tinyurl.com/livingfullydyingwell>

page 3 of 10



Hardcover Book

K1347 / 272 pages

U.S. \$22.95

Spirituality, Death & Dying

ISBN-10: 1-59179-701-2

ISBN-13: 978-1-59179-701-2

UPC: 600835-134781

Browse inside the book at

Google Book Search

<http://tinyurl.com/ougg9y>

Also see

www.livingfullydyingwell.org

Union College in 1968. He taught at the University of Manitoba, Canada, from 1956 to 1975 and was professor of Jewish Mysticism and Psychology of Religion at Temple University until his early retirement in 1987, when he was named professor emeritus. In 1995, he accepted the World Wisdom Chair at Naropa University in Boulder, Colorado, and officially retired from that post in 2004.

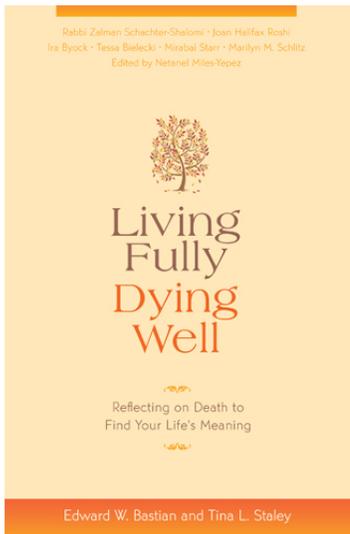
Throughout his long career, Reb Zalman has been an unending resource for the world religious community. He is the father of the Jewish Renewal and Spiritual Eldering movements, an active teacher of Hasidism and Jewish mysticism, and a participant in ecumenical dialogues throughout the world, including the widely influential dialogue with the Dalai Lama, documented in the book, *The Jew in the Lotus*. One of the world's foremost authorities on Jewish mysticism, he is the author of *Jewish with Feeling: A Guide to Meaningful Jewish Practice* (Riverhead Books, 2005) and *A Heart Afire: Stories and Teachings of the Early Hasidic Masters* (Jewish Publication Society, 2009). Reb Zalman currently lives in Boulder, Colorado, and continues to be active in mentoring his many students the world over. For more information, visit www.rzlp.org.

Marilyn Schlitz, Ph.D., is president of the Institute of Noetic Sciences and senior scientist at the Geraldine Brush Cancer Research Institute at the California Pacific Medical Center. Trained in medical anthropology and psi research, Marilyn has published numerous articles on cross-cultural healing, consciousness studies, distant healing, and the discourse of controversial science. Marilyn has conducted research at Stanford University, Science Applications International Corporation, the Institute for Parapsychology, and the Mind Science Foundation; she has taught at Trinity, Stanford, and Harvard universities, and has lectured widely, including talks at the United Nations and the Smithsonian Institution. She serves on the Editorial Board of *Alternative Therapies*, is the leader of Esalen's Center for Theory and Research Working Group on Distant Healing Intentionality, and is on the Scientific Program Committee for the Consciousness Center at the University of Arizona, Tucson. Visit www.noetic.org

Mirabai Starr is an adjunct professor of philosophy and religious studies at the University of New Mexico and a certified grief counselor. She has studied a wide variety of religious traditions, including Hinduism, Judaism, Buddhism, Sufism, and Christianity, and is a critically acclaimed translator of the Spanish mystics, St. John of the Cross and St. Teresa of Avila. Her translations include *The Dark Night of the Soul* by St. John of the Cross, and *Interior Castle* and *The Book of My Life* by St. Teresa of Avila. She is also the editor of a series of devotional books from Sounds True: *St. Teresa of Avila*, *Saint Francis of Assisi*, *Saint Michael the Archangel*, *Saint John of the Cross*, *Our Lady of Guadalupe*, and *Hildegard of Bingen*. Visit www.mirabaistarr.com

SOUNDS TRUE
Many voices. One journey.

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
Press kit online: <http://tinyurl.com/livingfullydyingwell>



Hardcover Book

K1347 / 272 pages

U.S. \$22.95

Spirituality, Death & Dying

ISBN-10: 1-59179-701-2

ISBN-13: 978-1-59179-701-2

UPC: 600835-134781

Browse inside the book at

Google Book Search

<http://tinyurl.com/ougg9y>

Also see

www.livingfullydyingwell.org

Advance Praise for *Living Fully, Dying Well*

“*Living Fully, Dying Well* offers a thought-provoking series of discussions about the meaning of life and death by noted spiritual thinkers and teachers from both Eastern and Western traditions. These conversations are refreshingly free of religious and materialistic dogma, and they delve into theoretical issues such as the nature of consciousness and the possibility of life after death, then they proceed to practical advice on how to live life to the fullest—including the final phase of life known as death. This book is bound to benefit many readers seeking greater fulfillment.”

—B. Alan Wallace, author of *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*

“In this age, when more than one-third of all deaths in North America take place in a hospice setting, we are in need of wise resources and practical tools for creating a spiritually inspired approach to dying and death. Edward W. Bastian and Tina L. Staley have created such a resource book. *Living Fully, Dying Well* offers a rich contribution to 21st-century understanding of the multi-dimensional aspects of the human encounter with death.”

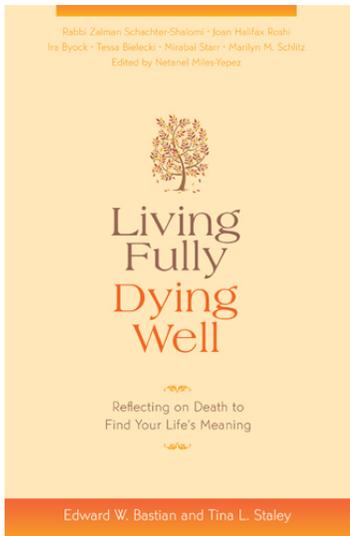
—Simcha Raphael, author of *Jewish Views of the Afterlife*

“The fact of death and the art of dying are subjects that every human being would do well to reflect upon. That this book offers reflections from an interspiritual perspective contributes to its unique value. We should be grateful that these wise beings have come together on the theme of *Living Fully, Dying Well*.”

—Kabir Helminski, author of *The Knowing Heart and Living Presence*

SOUNDS TRUE
Many voices. One journey.

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
Press kit online: <http://tinyurl.com/livingfulldyingwell>



Hardcover Book
 K1347 / 272 pages
 U.S. \$22.95
 Spirituality, Death & Dying
 ISBN-10: 1-59179-701-2
 ISBN-13: 978-1-59179-701-2
 UPC: 600835-134781

Browse inside the book at
Google Book Search
<http://tinyurl.com/ougg9y>

Also see
www.livingfullydyingwell.org

SOUNDS TRUE
 Many voices. One journey.

Annotated Table of Contents for *Living Fully, Dying Well*

The following table of contents describes the questions posed in each chapter, to help suggest story ideas. Any chapter in Part I (in dialogue format among the experts) or Part II (exercises and practices) are available as excerpts.

Introduction by Dr. Edward W. Bastian xv
 Co-author Edward Bastian tells the story of his first near-death experience from a bee sting after which he awakes in the hospital, glad to be alive, humbled and a bit humiliated by having “died” so unconsciously, without any spiritual prayers or meditation. A few years later, he has two more brushes with death, but this time is prepared. This chapter shares how his personal quest to understand death resulted in this book full of stories, reflections and discussions among experts.

Part I : Dialogue and Reflection on Living Fully and Dying Well

One: Coming to Terms with Our Mortality 3
 Dr. Edward W. Bastian, Joan Halifax Roshi, and Rabbi Zalman Schachter-Shalomi

In facing the best- and worst-case scenarios of our own death, how can we confront our fears head on, rather than avoiding them?

Two: A Life of Deaths, and More Life! 11
 Dr. Edward W. Bastian, Tessa Bielecki, and Rabbi Zalman Schachter-Shalomi

What is “daily dying” and the “life failure” that may occur if we do not engage death consciously? Can we live fully when we fear death? Can having “little deaths” throughout life help us when we encounter death itself?

Three: Care from the Heart 25
 Dr. Edward W. Bastian, Dr. Ira Byock, Tina L. Staley, and Joan Halifax Roshi

How do we approach death in our conventional health-care facilities and how we might change this approach for the better? How can we work with this possibility of dying in a hospital or nursing home? Can we avoid demoralizing ourselves and others with this attitude? Can we promote ways to work within the system?

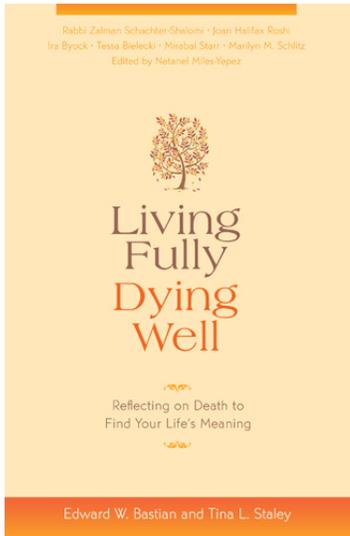
Four: Living Through Our Dying 43
 Dr. Edward W. Bastian, Dr. Ira Byock, and Tina L. Staley

How do embrace the process of continuing to “live” even as we are dying? How can we assess and enhance quality of life for the person who is dying?

Five: The Great Opportunity 57
 Dr. Edward W. Bastian, Dr. Ira Byock, Tina L. Staley, and Joan Halifax Roshi

How do you move through the layers of "taking leave" at the end of life? What “baggage” of life do we bring into the dying process? What are the Buddhist approaches to dying?

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
 Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
 Press kit online: <http://tinyurl.com/livingfullydyingwell>



Hardcover Book
 K1347 / 272 pages
 U.S. \$22.95
 Spirituality, Death & Dying
 ISBN-10: 1-59179-701-2
 ISBN-13: 978-1-59179-701-2
 UPC: 600835-134781

Browse inside the book at
Google Book Search
<http://tinyurl.com/ouqg9y>

Also see
www.livingfullydyingwell.org

SOUNDS TRUE
 Many voices. One journey.

Six: Purgatory and the River of Light and Gaia, Samsara, Narnia..... 71
 Dr. Edward W. Bastian, Rabbi Zalman Schachter-Shalomi, and Tessa Bielecki

A rabbi and a nun discuss alternative visions of Heaven, Hell, and Purgatory and their respective functions. Together, they explore the question: What happens to us when we die?

Six: Purgatory and the River of Light and Gaia, Samsara, Narnia..... 71
 Dr. Edward W. Bastian, Rabbi Zalman Schachter-Shalomi, and Tessa Bielecki

A rabbi and a nun discuss alternative visions of Heaven, Hell, and Purgatory and their respective functions. Together, they explore the question: What happens to us when we die?

Seven: Life After Life?..... 89
 Dr. Edward W. Bastian, Dr. Marilyn Schlitz, and Rabbi Zalman Schachter-Shalomi

Discussing the possibility that consciousness *may* extend beyond the confines of the physical body.

Eight: Afterlife and Reincarnation Reconsidered 103
 Dr. Edward W. Bastian, Dr. Marilyn Schlitz, and Rabbi Zalman Schachter-Shalomi

Dr. Schlitz gives a précis of some scientific research being carried out on reincarnation, while Rabbi Schachter-Shalomi discusses different perspectives on reincarnation in the mystical tradition of Judaism.

Nine: Final Thoughts: The Concluding Dialogue 111
 Tina L. Staley, Dr. Edward W. Bastian, Rabbi Zalman Schachter-Shalomi, Dr. Ira Byock, Tessa Bielecki, Joan Roshi, and Dr. Marilyn Schlitz

All the teachers and experts talk about the possible relationships between their respective disciplines around the issues of living fully and dying well.

Ten: Are You Living Fully? 143
 Tina L. Staley

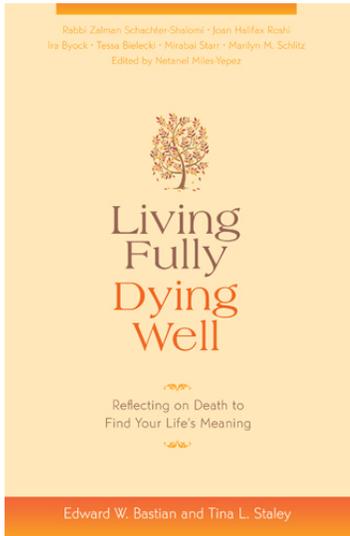
Rather than wait for an life-altering event to bring our life into focus, showing us how precious it really is, what if we altered our own life by facing our fears now, reaping the benefits for the rest of our life? Co-editor Tina Staley shares her personal story of overcoming an intense fear (not of death) and challenges readers with the concluding question, “Are *you* living fully?”

Part II : Resources for Living Fully and Dying Well

Eleven: Life Review Exercises 153
 by Zalman Schachter-Shalomi

The Cycles of Our Life 153
The Turning Points 157
The Journey to Our Future Self 158

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
 Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
 Press kit online: <http://tinyurl.com/livingfullydyingwell>



Hardcover Book
 K1347 / 272 pages
 U.S. \$22.95
 Spirituality, Death & Dying
 ISBN-10: 1-59179-701-2
 ISBN-13: 978-1-59179-701-2
 UPC: 600835-134781

Browse inside the book at
Google Book Search
<http://tinyurl.com/ougg9y>

Also see
www.livingfullydyingwell.org

SOUNDS TRUE
 Many voices. One journey.

Twelve: Exercises for Facing Our Mortality..... 161
 by Zalman Schachter-Shalomi

Examining Our Ideas About Death 161
Doing Our Philosophical Homework 163

Twelve: Exercises for Facing Our Mortality..... 161
 by Zalman Schachter-Shalomi

Examining Our Ideas About Death 161
Doing Our Philosophical Homework 163
Scripting Our Last Moments on Earth 164
Letters of Appreciation 166
A Voice for the Planet 168

Thirteen: Exercises for Healing Emotional Wounds and Forgiveness 171
 by Zalman Schachter-Shalomi

Healing a Painful Memory 171
Giving Ourselves the Gift of Forgiveness 173
A Testimonial Dinner for Severe Teachers 175

Fourteen: Practices for Transforming Pain and Suffering 179
 by Joan Halifax

Transforming Pain Through Awareness 179
Transforming Pain with Affirmations of Loving-Kindness 181
Transforming Pain with Affirmations of Compassion 181
Transforming Pain with Affirmations of Equanimity 182
Acceptance of Pain and Surrendering 182
Transforming Pain Through the Elements 183
Affirmations for Forgiveness 185

Fifteen: Meditations and Preparation for the Moment of Death 187
 by Joan Halifax

The Body Scan Meditation 187
The Dissolution of the Body Meditation 194

Sixteen: Practices for the Caregiver and the Bereaved..... 207
 by Joan Halifax

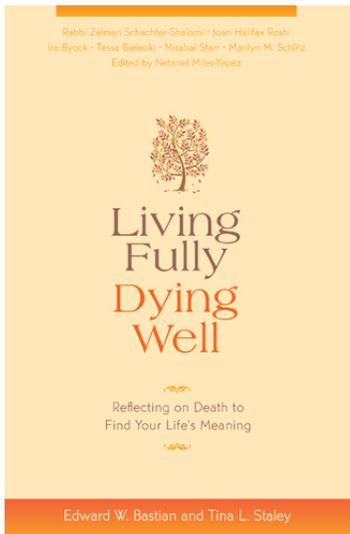
Practicing with a Dying Person 207
Giving and Receiving: A Practice of Mercy 209
Preparing the Body after Death 222
Facing Loss 225

Seventeen: Visualizations for Emotional Healing 229
 by Tina L. Staley

The Path 229
Forgiveness 231
Light 233

Eighteen: Ministering to the Bereaved 237
 by Mirabai Starr

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
 Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
 Press kit online: <http://tinyurl.com/livingfullydyingwell>



Hardcover Book

K1347 / 272 pages

U.S. \$22.95

Spirituality, Death & Dying

ISBN-10: 1-59179-701-2

ISBN-13: 978-1-59179-701-2

UPC: 600835-134781

Browse inside the book at

Google Book Search

<http://tinyurl.com/ougg9y>

Also see

www.livingfullydyingwell.org

SOUNDS TRUE

Many voices. One journey.

Quotes from the Teachers & Experts on why it matters to have new conversations about “dying well”

Edward Bastian (p xxx): That night I was prepared to die. I had been preparing for this night ever since my “death” by bee sting and, it seems, many years before that. After five hours of writing, meditating, and praying, the sun rose in the east, and I was still alive. I had lived through the night and the many nights that followed, and I am now deeply grateful for this opportunity to rehearse the moment of my death. This predeath experience was a kind of practicum where I could try to put into service my years of training and preparation.

Reb Zelman (p 9): Coming to terms with one’s mortality is important work, especially for elders today; if we, as elders, don’t come to terms with our mortality, we aren’t going to do the eldering work that is necessary for the health of the planet. We’ll just “get old,” wasting years in a protracted dying, “killing time” while we could be living and giving what we know back to the planet. (See *Zalman Schachter-Shalomi’s A Voice for the Planet in “Exercises for Facing Our Mortality” on page 168.*)

Tina Staley: (p 48-49) I think we tend to assume that the nearness of death itself diminishes someone’s quality of life. And so, to protect them — or maybe just to shield ourselves — we tiptoe around the issue. The very fact of death, of an end to our time in this life, makes many of us very uncomfortable. We go to great lengths to avoid or sidestep it. Then, because we don’t talk about death, especially not with the one who is dying, death becomes, as you mentioned earlier, the proverbial elephant in the room. Everybody sees it, everybody navigates around it, but nobody mentions it. Many patients come to me with a great hunger to talk about their own death as a result of this avoidance.

One patient, Catherine, even pleaded with me, “Please talk to me about dying.” She said, “My friends won’t talk about it. My husband won’t talk about it. My medical team won’t even talk about it. What I want for our session is to talk about dying.” She described herself as a “realist.” Her breast cancer had metastasized throughout her body, and she knew she was going to die from it. But she couldn’t get anyone else to accept this reality. “I feel like I’m screaming inside, and no one wants to hear me.” (See *Life Review Exercises*, pg 153-160)

Dr. Ira Byock (p 54): Talking about the full dimensions of hospice and palliative care, human caring through the end of life, represents a shift that needs to occur in our society and culture’s approach to the end of life. It is a shift from seeing dying solely as a time of misery and suffering, a shift toward understanding that dying is a part of full and even healthy living, and a time of remarkable opportunity.

Tina Staley: (p 144, from Chapter 10, *Are You Living Fully?*) It would be wonderful if each one of us could wake up every morning and remind ourselves that this day will never come again. Every moment of every day would become precious. I think that is what people mean when they talk about quality of life at the end of life—it is a savoring of life’s moments, and an ability to appreciate and enjoy the exquisiteness of each day. But how do we get ourselves to do that? No one should wait to live. So how can we come face-to-face with mortality now, so as to live more fully every moment for the rest of our lives?

Publicity Contact: Shelly Vickroy, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027.
Press kit online: <http://tinyurl.com/livingfullydyingwell>

...You see, one of the curious things about our fears, especially the really big ones, is that we have the sense that we won't live through them. The truth is, we don't live *because* of them.

Tessa Bielecki (p 120-121): I think there is a big difference between *relieving* suffering and *escaping* from suffering... It is our task to relieve it wherever we see it. Sometimes we can, and sometimes we can't; suffering is a profound mystery that we cannot measure; we cannot figure out. We are not in control of it. It is another kind of dying not to be able to help someone relieve their suffering.

Dr. Marilyn Schlitz (p 126): I think if we can begin to “story” together around this issue, it is going to make a difference. For we provide some predictability in our lives through story. I think if we can own the value of this conversation in our “storying” together and begin to see the transformational capacities in storying collectively, we could shift the whole future of medicine, not only in America, but throughout the world.

Dr. Ira Byock (p 128): We can't change the fact that we are prone to illness, injuries, terrible suffering, and death. But we can try to leave nothing left unsaid or undone in any given day. This makes joy possible in the face of loss and impending death. (see *Forgiveness* exercises).

Dr. Marilyn Schlitz (p 129): As I have been listening and thinking about the end of life during this dialogue—and having been with a number of people as they were dying—I have realized it isn't always “the death” as much as “the leaving behind” that is so difficult. And so this idea of preparing yourself and others is important.

I have a young son, and it scares me to think of leaving him alone—it scares me to the very core of my being. And yet, there are things I can do—again, working with this idea of control and predictability—to help prepare for that possibility. And I need to do it now; after all, I'm not ill, I'm in good form and have good cognitive ability, so I need to prepare the path so that at least on the material level, he is taken care of.

Joan Halifax Roshi: (p133): One Zen teacher joked, “Enlightenment is an accident, and practice makes you accident prone.” It kind of hedges your bet. As with the Tibetan yogis, there are many stories of Zen masters who went into the yoga asana (meditation posture) and just left the body, while leaving a death poem to their students. I feel quite open to this possibility. Of course, from the Buddhist perspective, death is the greatest opportunity for liberation; there is no other moment in our lives that has more potential for experiencing complete freedom than the moment of our death. Since I have witnessed on several occasions this miracle in others, as a support to a dying person, I want to live accordingly.

Mirabai Starr (p 240): Grievors are recreating themselves from the inside out. They need their clergy to bear witness to this sacred process, rather than to direct it according to their own unconscious fears and dogma. The spiritual leader may know from experience that the griever is going through a significant spiritual passage and that she will grow as a result, but he needs to keep this image in his own heart as he holds a safe and quiet place for the griever's own journey to unfold.