



Introduction of myself

- Numb to death. Nobody ever taught me what death was...I knew when my grandfather died at the age of 3 what that meant the very moment my dad told me, I don't ever remember it being something I processed or felt I needed to process. At some point death became numb. At 16, I lost 3 grandparents, 2 to cancer, 1 to a heart attack. I lost a few friends to suicide over the years. On 9/11, I watched ¼ mile uptown the world trade center collapse...first one, then the other. For me, it was like there were no people in those buildings. On those planes. There was not much 'feeling'...which is not to say things weren't devastating to me when I lost people, but there was a veil and it got thicker and thicker.
- One day, I was in the shower, which is a place I often get 'spirit hits' is what I call them. And I just started sobbing and weeping. It was guttural. So sad. So much sadness. In those moments, I realized how scared I was to die. How all these people have suffered horrific deaths and I couldn't imagine suffering even for one moment in their shoes....and that I didn't want to die like that.
- A week later, I was praying outside and reflected on that moment in the shower of the fear of death. That pain was there again, not as severe, but the fear. It was there. I walked in the house and in those moments, Greg connected with me about doing this workshop!
- I saw this as a clear opportunity for me to work on my perspective of the dying process.



Using Holistic Care Through Conscious Dying....

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Chinese Medicine: Microcosm of the Macrocosm

Eastern philosophy is based on the idea that the human body is a smaller universe, within the larger universe.

- Humanity cannot be separated from nature, we **are** nature.
- Earth has rivers and streams:

Bodies have rivers of Qi that correspond to certain organ systems-these are the basis for the 14 meridians.

- A person both exemplifies and interacts with cycles (daily, monthly, seasonal, and lifelong)




Wu Xing: Five Elements or Five Phases


- Describes the 5 transformational processes and how energy moves within the natural world
- No True Beginning, No True Ending. Constant motion and change
- Each phase is unique and different, yet they are complementary and cannot live without the other.
- Each phase corresponds to a different quality of energy, organ, season, emotion, color, flavor, direction, etc
- Wood, Fire, Earth, Metal, Water
Wood→Fire→Earth→Metal→Water

Five Phases

<u>Element</u>	<u>Wood</u>	<u>Fire</u>	<u>Earth</u>	<u>Metal</u>	<u>Water</u>
<u>Yin</u>	Liver	Heart	Spleen	Lung	Kidney
<u>Yang</u>	Gallbladder	S. Intestine	Stomach	L. Intestine	Urinary Bladder
<u>Sense Organ</u>	Eyes	Tongue	Mouth	Nose	Ears
<u>Tissues</u>	Ligaments, Sinews	Blood and Vessels	Muscles	Skin, Mucous Membrane	Bones, Teeth, Marrow, Nerves
<u>Emotion</u>	Anger	Joy	Worry	Grief, Sadness	Fear
<u>Season</u>	Spring	Summer	Indian Summer	Autumn	Winter



4 Elements and 8 Stages of Death

- 8 Stages of Death
 - 4 Elements: Earth, Water, Fire, Air
 - Dissolutions: Where the layers of consciousness are peeled away and absorbed into the light.
 - First Four: Outer dissolutions (Earth, Water, Fire, Air)
 - Last Four: Inner dissolutions (subtle consciousness)
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“Dissolution of the Great Chain of Being”

Tibetan Book of the Dead

Outer Dissolutions

Earth(Spleen/Stomach): Body weakness and muscle atrophy, sallow complexion, body is heavy, cheeks sink, dark stains on teeth. Mind is agitated and delirious, then drowsy

Earth→ Water (shimmering mirage)

Water (Kidneys/Bladder): body fluids dry up, lose control of our body fluids, runny nose, no tongue movement, Thirst. Mind is hazy, frustrated, and irritable.

Water→Fire (smoke, haze)

Fire (Heart/S. Intestine): Mouth and nose dry up, body becomes cold from limbs to center, shallow breathing, no appetite, lack of smell. Mind goes from clarity to confusion. Loss of recognition of family and friends.

Fire→Wind (Shimmering red sparks dancing above an open fire, fireflies)

Wind (Lungs/L. Intestine): can no longer move, decreased breathing, inbreaths are short, outbreaths are long. Lack of taste. incoherent speech and thought. We will either have haunting visions or blissful, depending on the quality of the life.

Wind→Inner Dissolutions (Flaming Torch) Winds unite and dissolve into consciousness.



Inner Dissolutions



- **Appearance:**

White light through the crown down to the heart; thoughts and emotions dissolve

- **Increase:**

Red light through the lower dan tian, surges upwards to heart

- **Full attainment:**

Nothingness, State of Emptiness; ignorance and delusion have ended.

- **Clear Light:**

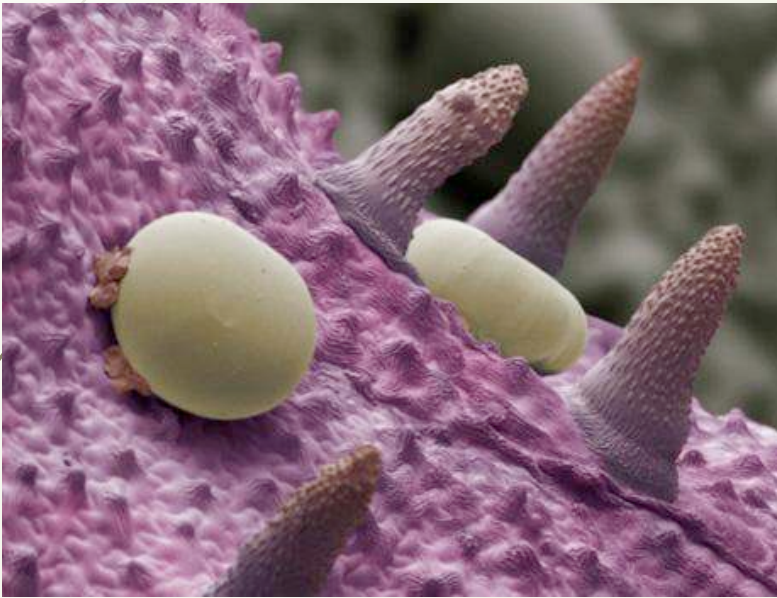
Giving up all attachment to body, Recognizing the true self is key to enlightenment



Natural Solutions at Your Fingertips

Using Essential Oils for the Phases of Dying

What is an Essential Oil



- Extracts from Plants
- Found from seeds, bark, stems, roots, flowers and other parts of plants
- Highly Concentrated (less is more!)
- 50-70x more potent than their herbal counterpart

How to Use Essential Oils

Aromatic

- Respiratory Support
- Emotional and Mood Support
- Purifies the Air with a diffuser

Topical

- Pain and Inflammation
- Local and Surrounding Area, Bottom of Feet, Spine, Chest, Wrists, etc.
- Works fast, enters the bloodstream within 30 seconds.
- Dilute, especially for sensitive skin and children 10 and under.

Internal

- Consume as a dietary supplement for targeted wellness.
- Supports body systems and maintains health
- Drinks, Cooking, Vegetable Capsules

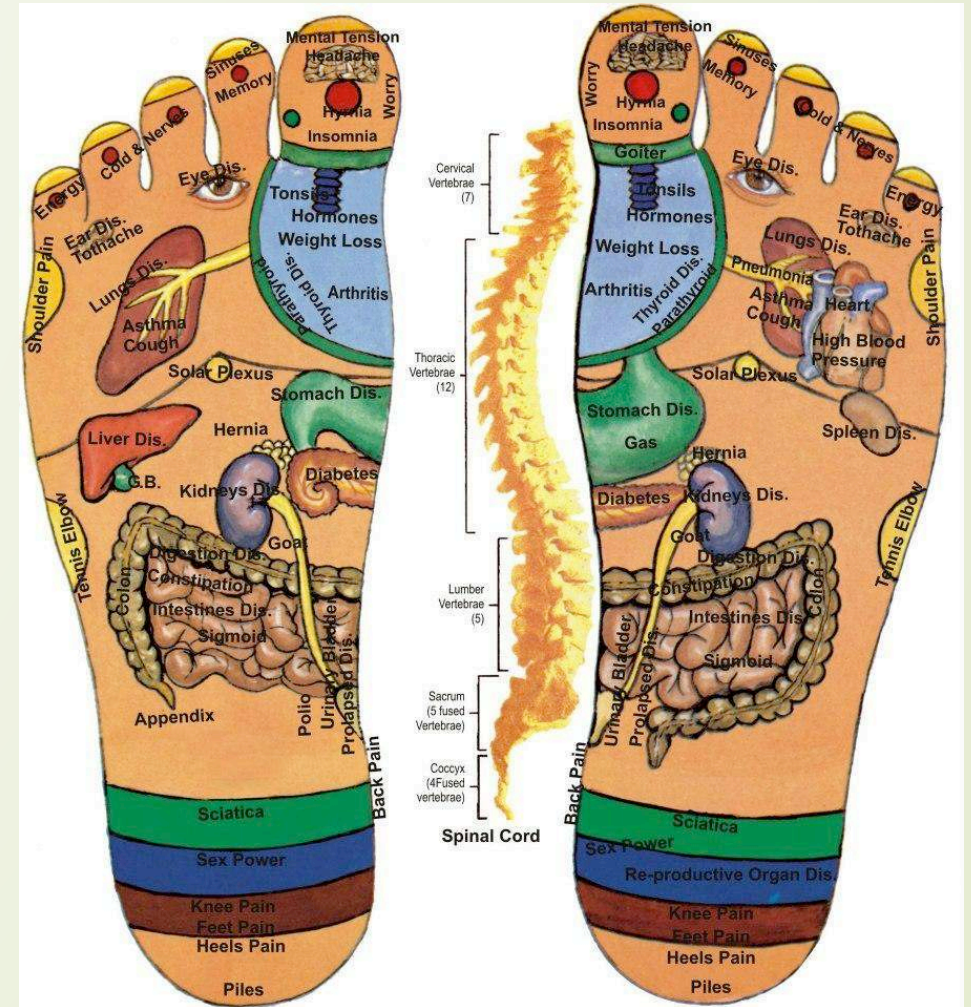


Essential Oil Tips and Safety

- Keep out of Eyes, Ears, and other Sensitive Areas
- Dilute with Fractionated Coconut oil or vegetable oil, Never with Water!
- Follow Label Directions
- Use Internally only if bottle has Supplement Facts
- *None of these statements in the presentation have been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent disease*

Popular Topical Locations for Oil Application

- Chakras: 1~7
- Common Acupoint Locations:
P6 (Wrist Crease), YinTang, SJ 17, DU 14~16, Ren 17, Ren 8, LU 5, LI 11 (Elbow Crease)
- Foot Reflexology:
Corresponding reflex points
- Areas of Pain, Trauma



Lavender

- Helps ease Feelings of Tension
- Soothes Occasional Skin Irritations
- Add a few drops of lavender to pillows, bedding, or bottoms of feet for a restful night's sleep.
- Add to bath water to soak away feelings of stress



Lemon

- Cleanses and Purifies the Air and Surfaces
- Naturally Cleanses the Body and Aids in Digestion
- Supports Healthy Respiratory Function
- Diffuse to uplift mood



Peppermint



- Promotes Healthy Respiratory Function and Clear Breathing
- Helps reduce Bloating and gas, and occasional indigestion.
- Diffuse when feeling fatigued or low energy

Melaleuca

- Renowned for its cleansing and rejuvenating effects on the skin.
- Promotes Healthy Immune function
- Helps support the immune system and protect against seasonal threats



Oregano



- Maintains Healthy Immune System
- Supports Healthy Digestion
- Powerful Cleansing and purifying agent

Frankincense



- Supports Cellular Health Function
- Reduces the appearances of Blemishes and helps to Rejuvenate Skin
- Eases Physical and Emotional Tension



Supporting the Emotional Process of Dying

- **Shock and Trauma**: Helichrysum and Juniper Berry
- **Anger**: Lavender, Geranium, Cardamom, Thyme
- **Grief**: Bergamot, Lavender, Respiratory support oils
- **Family Lineage**: White Fir or Douglas Fir, Petitgrain
- **Peaceful and Meditative Oils**: Cedarwood, Sandalwood, Frankincense, Marjoram, Roman Chamomile
- **Love and Light**: Melissa, Rose, Geranium

Supporting the Physical Process of Dying

- **Pain, Aches, and Inflammation:**

Frankincense, Lavender, Peppermint, Marjoram, Cypress, Basil

- **Sores and Wounds:**

Lavender, Frankincense, Melaleuca, Cedarwood, Geranium, Helichyris

- **Digestive Support:**

Peppermint, Frankincense, Lavender, Cardamom, Fennel, Wild Orange

- **Respiratory Support:**

Peppermint, Frankincense, Cypress, White Fir, Eucalyptus, Rosemary, Lemon

- **Fatigue:** Peppermint, Rosemary, Lemon, Wild Orange



Essential Oils in Your Daily Life

Discover doTERRA Essential Oils for Optimal Daily Wellness

We will discuss:

- *Personalized Health & Wellness Concerns & Desired Outcomes
- *How the Most Popular Oils may Address Yours and Your Loved Ones' Health Needs

30 minutes:

In-Person (Where Available), Conference Call Online or Phone

*You don't have to buy anything, but if you see something you like, I can help you get it!

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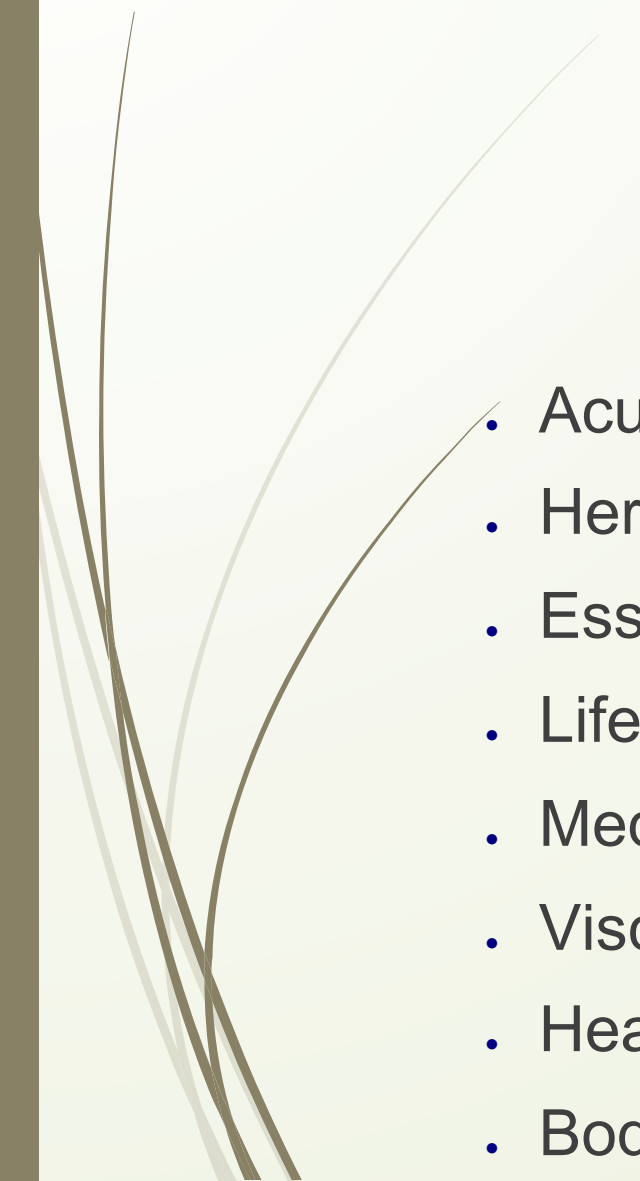
Healing Point Acupuncture and Wellness

Live By The Earth (Coming Soon!!)

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- Acupuncture
 - Herbal Therapy
 - Essential Oils
 - Lifestyle and Nutritional Counseling
 - Medical Qi Gong
 - Visceral Manipulation
 - Healing Touch Therapy, Acutonics
 - Bodywork Therapy