

**Presenting**  
*The Adventures of Living & Dying*



1

**The adventures of death, birth & Transcendence**  
**Day 1 Saturday**

- Entering the Circle – Welcome
- Meditation from Eckhart Tolle
- What is transcendence
- Choosing partners
- Death Cafe

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**Day 2 Sunday**

- Psychospiritual Dimensions of Death and Dying
- Death & rebirth
- Ram Das - Going Home

Breathwork 1

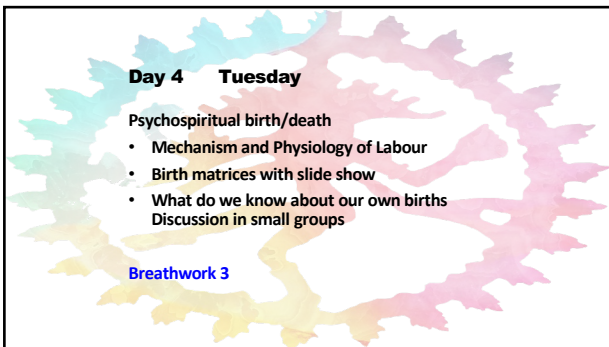
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**Day 3 Monday**

- To die before we die – Fears and trepidations
- A journey towards how we feel about preparing for our own dying
- Phyllida Anam Aire - Zoom guest speaker
- In the footsteps of Elizabeth Kublar-Ross

Breathwork 2

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**Day 4 Tuesday**

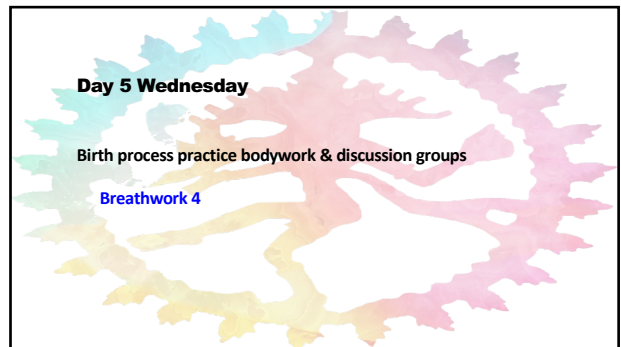
Psychospiritual birth/death

- Mechanism and Physiology of Labour
- Birth matrices with slide show
- What do we know about our own births

Discussion in small groups

Breathwork 3

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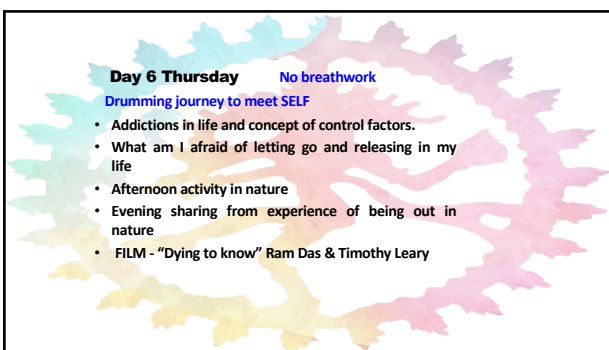


**Day 5 Wednesday**

Birth process practice bodywork & discussion groups

Breathwork 4

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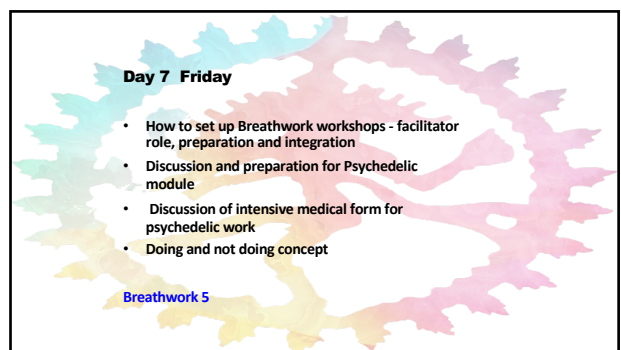


**Day 6 Thursday** No breathwork

Drumming journey to meet SELF

- Addictions in life and concept of control factors.
- What am I afraid of letting go and releasing in my life
- Afternoon activity in nature
- Evening sharing from experience of being out in nature
- FILM - "Dying to know" Ram Das & Timothy Leary

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**Day 7 Friday**

- How to set up Breathwork workshops - facilitator role, preparation and integration
- Discussion and preparation for Psychedelic module
- Discussion of intensive medical form for psychedelic work
- Doing and not doing concept

Breathwork 5

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**Day 8 Saturday**  
 Morning Breathwork 6

Shaking process - TRE  
 Sharing stories, songs, poetry  
 Ecstatic Dance /

**DAY 9 Sunday**  
 Integration  
 Discussion of student organising  
 Grof breathwork workshops  
 Closing ceremony - Rites of Nature

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**The Five Agreements**

- Confidentiality
- Stay for the full module
- Containing sexual projections
- Do not hurt yourself, others or property
- Refrain from taking any psychedelic substances

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**The Adventures of Living & Dying**

by Kate Curtis

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**Ram Das**

*"Going home" (movie)*  
*'As souls, we are not under time or space. We are infinite. The Souls go through birth, death, birth, death.*  
*All of us - one consciousness. That's the way this world can right itself.*  
*Start with your love, peace, compassion. Love everything. Let's all walk each other home'*

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### Dying - to die before we die

- Why would I want to practice dying?
- Rites of passage – psychospiritual birth and death process
- People may be very spiritually advanced and yet surprised by their own fear of death
- What are your own thoughts and emotions about dying
- What are you afraid of losing in life and leaving behind

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- Dying to old parts of yourselves and to the various roles we played
- Dying to old ways of living and being
- Who would you like to be with you during your dying process?
- Is there anyone who you need to forgive with whom you still hold resentment or to whom you have not expressed your love
- Time to share last thoughts, wisdom, teachings, sharing your love

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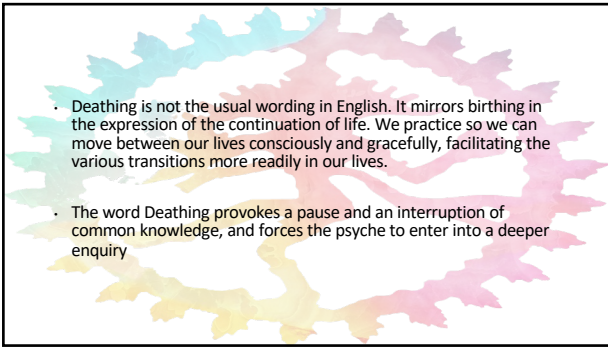
- What method of disposal would you choose for your precious body?
- What type of ritual would you like?
- What music would you like? Would you like to create your own special playlist
- Choose one or two songs which you would really like to have at your death bed
- What would you like to be remembered for?
- Have you completed my life's purpose?

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### Deathing

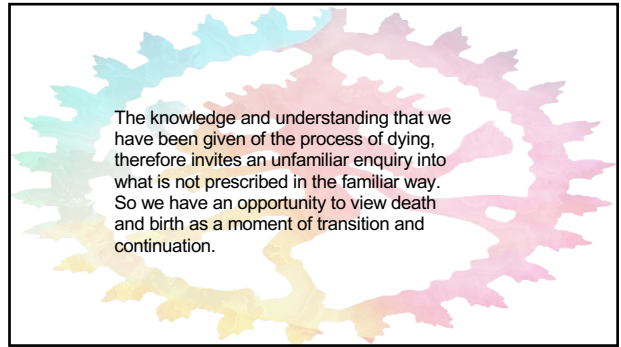
- An Marbhu – The Deathing - Translation from the Old Gaelic
- “An Marbhu inis sea”. The Dead say Yes = it is done

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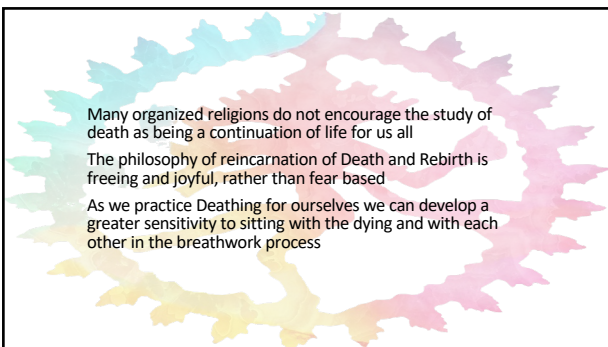
- Deathing is not the usual wording in English. It mirrors birthing in the expression of the continuation of life. We practice so we can move between our lives consciously and gracefully, facilitating the various transitions more readily in our lives.
- The word Deathing provokes a pause and an interruption of common knowledge, and forces the psyche to enter into a deeper enquiry

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The knowledge and understanding that we have been given of the process of dying, therefore invites an unfamiliar enquiry into what is not prescribed in the familiar way. So we have an opportunity to view death and birth as a moment of transition and continuation.

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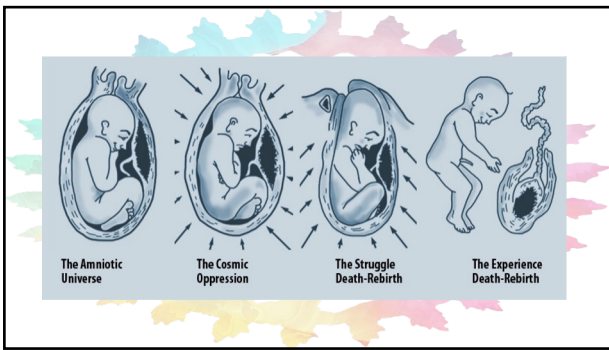
Many organized religions do not encourage the study of death as being a continuation of life for us all  
The philosophy of reincarnation of Death and Rebirth is freeing and joyful, rather than fear based  
As we practice Deathing for ourselves we can develop a greater sensitivity to sitting with the dying and with each other in the breathwork process

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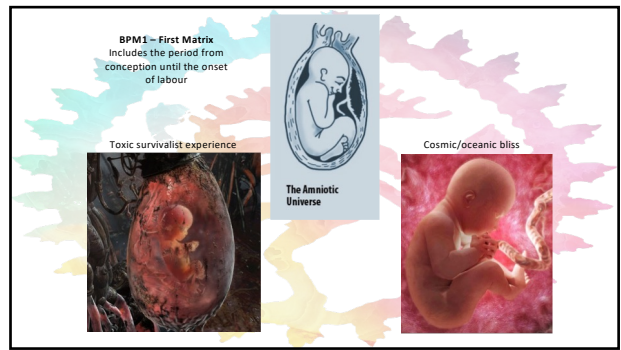


## 4 Basic Perinatal Matrices

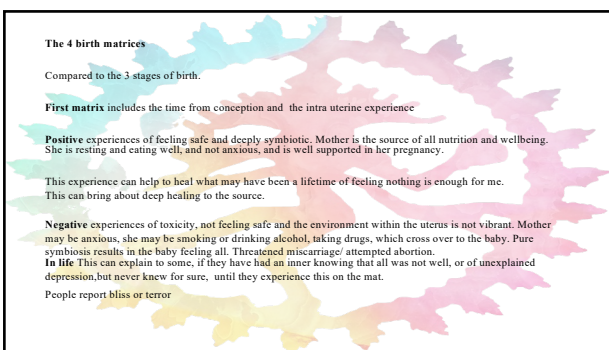
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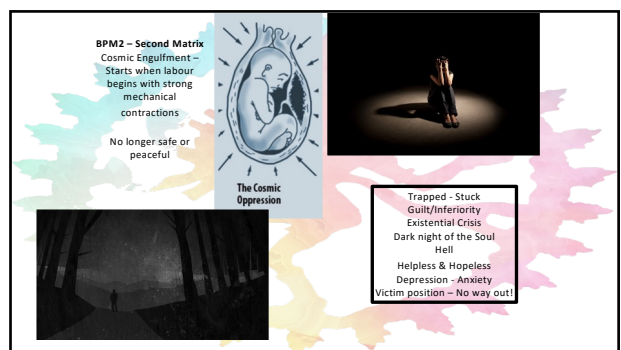
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**Second matrix** – Contractions of the uterine muscles begin, opening cervix gradually from zero to 10 cm in diameter, through which the baby will pass through. The baby finding best way to come through the narrow tunnel. Searching for a way towards light.

**Positive experiences** – The mother is coping well, and is feeling empowered. The contractions are working well and there is good communication between mother and baby. Mother and baby working strongly together and able to get through the point of resistance together.

**In life**, there may a sense of ease and a person may have no sense of needing to replicate this stage during the breathwork .

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**Negative experiences** - People experience feeling compressed and closed in- panicked and no way out.

The cervical neck of the uterus is closed. It will open later to allow the baby through – or not.

They can become very restless on the mat and also may ask to leave the workshop due to intense feelings of being trapped

**In life** this can be replicated with ongoing feelings of depression and hopelessness. Ongoing tumultuous relationship between mother and self. Tug of war with neediness and yet also needing separation, leading to anger driven relationships with a background of deep lack of healthy communication of needs

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**BPM3 – Third Matrix**  
 Death/Rebirth Struggle – Begins when cervix is sufficiently dilated for the fetus to begin the passage down and through the birth canal  
 War Zone  
 Now "light at the end of the tunnel" - Movement  
 Wild Adventurer/Warrior



The Struggle  
 Death-Rebirth



Resolution seems a possibility even if difficult and uncertain

Powerful emotions, sexual feelings, aggression, anxiety, fury, pain, period of intense struggle, fight for freedom



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- **Third matrix** – Delivery of the baby's head or buttocks,
- **Positive experiences** – strong sense of power and connectedness and ability to push through
- **Negative experiences** – Feelings of great fear panic with no strength and loosing hope, equated possibly with mothers fears and panic
- Receiving sedative type pain relief, which sedates both mother and baby. Possible lost sense of direction and needing assistance, and rescuing from this frightening and potentially dangerous situation
- Various complications may have arisen leading to forceps or vacuum delivery or emergency Caesarian section
- **In Life** this can be replicated with a sense of stuckness, or the inability to complete tasks, moving in and out of relationships, depressive states

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**BPM4 – Fourth Matrix**  
 Death/Rebirth (Ego death) –  
 birth, cutting of the  
 umbilical cord, reconnection  
 to the mother through  
 nursing

The infant experiences  
 successful passage,  
 completion and relief – a  
 coming home

**The Experience**  
 Death-Rebirth

Sudden unexpected breakthrough,  
 cosmic ecstasy,

Expansion & emergence into light

Effort and pain then reconnection and pleasure  
 Successful bonding and nursing

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**Forth Matrix** - The birth of the baby and final break through, with big release. Birthing through into a different realm, a different world, a new way of being, a creative force, dying to something old and giving birth to something new. These are all possibilities.

**Positive experience** – Baby is brought up onto mothers breast to suckle, and cord is cut in a relaxed way. Lights are dimmed and there is celebration . Both parents are there, or other close birth companion

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**Negative experience** – Emergency scenario, of mothers health, leading to a rapid cutting of the cord, and baby brought away to a different part of the room or to a different room completely. Not held by father, or another member of family, but left in a cot. The mother being anxious and alone in her experience or mother asleep due to sedation. Baby needing emergency treatment and separated from mother, placed in incubator, tubes, oxygen etc. No connection with mother. No connection with father or significant other

**In Life** The concept of Omission / Commission plays a part here

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**All of these scenarios may be reenacted on the mat, and the feelings as strong as if for the first time**

**Facilitators and sitters act as caring loving people who are present for the first time to heal this original trauma**

**Both Omission and Commission of needs being met by the energy of loving kindness and compassion**

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### The Mechanism of labour during Birth

The mechanics of labour describe the forces required for fetal descent and the movements the fetus must make to overcome the resistance met by the maternal bony pelvis and soft tissues.

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### Normal Birth

The shoulders rotate externally, aligning their widest dimensions with those of the pelvis

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### 3 Stages of labour

- **First stage** – Onset of painful regular uterine contractions with dilatation of cervix - from 0-10 cm
- **Second stage** – From 10cm dilation to delivery of fetus
- **Third stage** – Delivery of placenta

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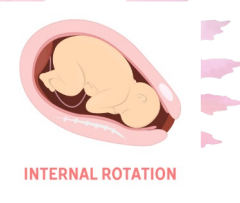
### Movements of the Head during labour

- **First movement is Flexion**
- The head usually enters the pelvis in transverse position and flexes.

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### Movements of the Head during labour

- **Second movement is Internal Rotation**
- This involves **transverse rotation** of the occiput anteriorly
- The fetus head is facing the mothers back and allows for easy descent through the pelvic outlet
- The shoulders enter the inlet of the pelvis in transverse position

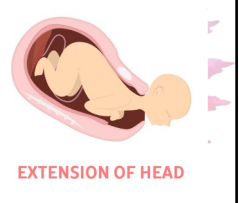


**INTERNAL ROTATION**

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### Movements of the head during labour

- **Third movement is extension**
- The nape of the head passes under the symphysis pubis and the resistance of the mothers soft tissue, pushes the head upwards creating the head to extend.

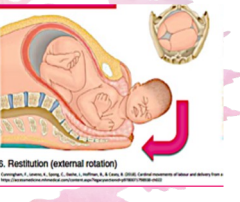


**EXTENSION OF HEAD**

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### Movement of Body & Head during labour

- **Fourth movement is external rotation of the shoulders & head**
- The fetal body and shoulders are now in the middle of the pelvis and can rotate into the largest Anteroposterior plane of the outlet.
- The fetal head can be seen to rotate to face the mothers right or left thigh
- Followed by delivery of the fetus



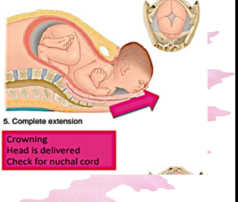
**6. Restitution (external rotation)**

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### Crowning of the head

- **Crowning** is when the baby's head starts to emerge bit by bit during each contraction, during the second stage of labour
- As each contraction of the uterine muscle tightens and relaxes to help the baby pass through the birth canal, as the mother pushes the baby's top of head appears.
- Between each contraction, the head withdraws back into the vagina, until it is ready to come through fully, which is then called **Crowning**



**5. Complete extension**

**Crowning**  
Head is delivered  
Check for nuchal cord

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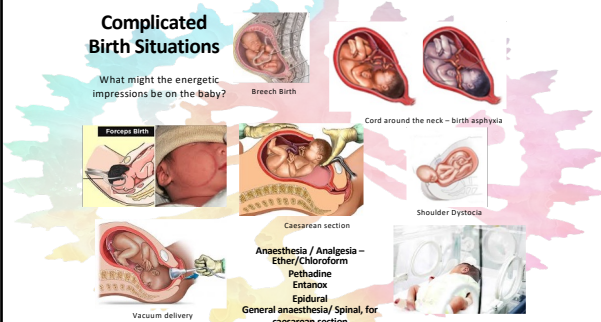
### Cutting the cord and delivery of placenta

- The cord is clamped in two places and it is cut with a scissors-
- Immediately when the baby is born
- Or
- When the cord stops pulsating and the placenta has reduced in size to facilitate ease of delivery
- Ideally the baby will have been brought to mothers breast for skin to skin contact

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### Complicated Birth Situations

What might the energetic impressions be on the baby?



Breech Birth

Cord around the neck - birth asphyxia

Shoulder Dystocia

Caesarean section

Anaesthesia / Analgesia - Ether/Chloroform, Pethidine, Entonox, Epidural, General anaesthesia/ Spinal, for caesarean section

Vacuum delivery

Incubation - separation from mum

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### Control - What am I afraid of releasing

- What am I afraid of letting go and releasing, in my life experience so far
- To what extent is my fear of letting go related to my fear of death or of birth
- Am I afraid of birthing and letting go to death. Of dying and letting go into new life.
- Rites of passage - Dying to the old in me and birthing to a new part in me.

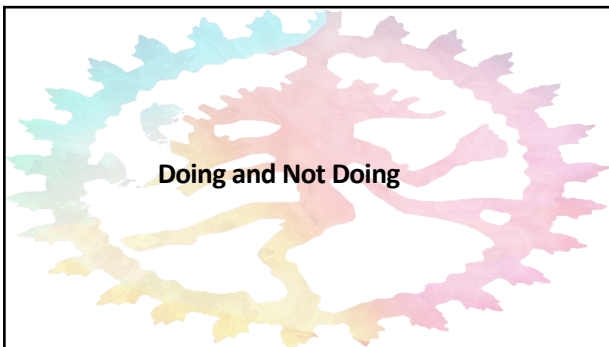
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### Control - What am I afraid of releasing

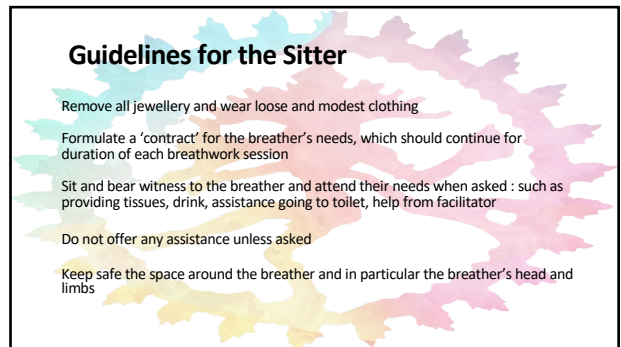
What may be held in our subconscious -

- Memories of previous witnessed death experiences in others, traumatic/ blissful and peaceful
- Memories of past life various experiences - violent and traumatic deaths or ecstatic deaths
- Memories of past life violent and traumatic births or ecstatic orgasmic births
- Memories of dying in childbirth or witnessing

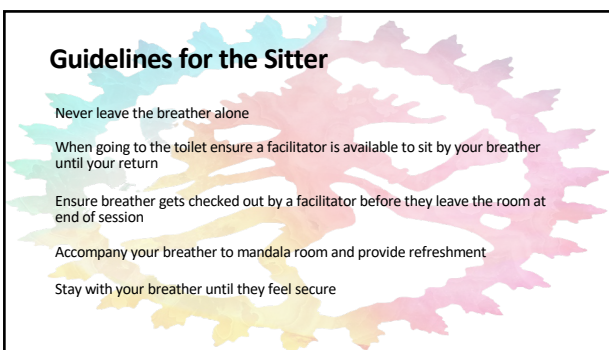
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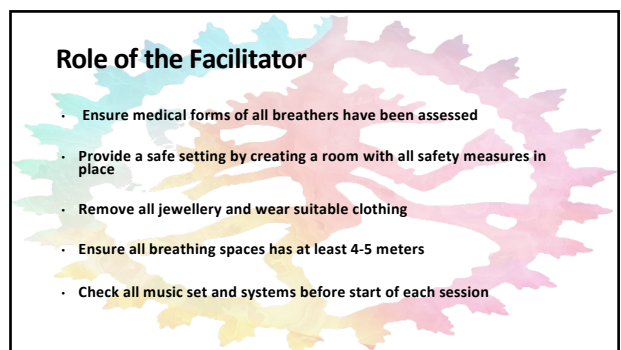
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**Role of Facilitator**

- Be present and alert to the breathers and sitters at all times
- Take sitters position beside the breather when sitter requires a toilet break
- When going out of breathwork room ensure to inform another facilitator
- Keep breathers physically safe in particular their head

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**Role of Facilitator**

Provide earlier assistance only, when intervention is necessary for safety purposes, and in certain other instances.

Use the work STOP to pause a process momentarily if the process requires safety measures

Guidelines when to move in

1. When a breather moves off the mat or encroaching on neighbour
2. Hands to throat
3. Extreme emotion over prolonged time
4. Extreme physical process
5. Hurting self or others

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Awareness Positioning System  
Tav Sparks  
<https://youtu.be/0Gx72NSAkBk>

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**Projection - Awareness Positioning System**

- What triggers us from the external
- What way do I project outwards towards others
- How am I projected onto and how do I act out the part of their projection
- Where have I heard this before, who does this remind me of. What am I responsible for in this dance

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### **Projection - Awareness Positioning System**

- What is truth and what is projection - Is there both
- What I see in you - (external horizontal) is what I can explore in myself (internal vertical)
- TAKE IT VERTICAL - The projection is on the horizontal line
- APS helps to empower us. To take full responsibility for our own projected thoughts, judgements, in relation to the external. It teaches us how to take it inside on the vertical plane, from the horizontal plane where projections arise to and from us