

A WORKSHOP
DANCING WITH GRIEF
LOSS SORROW AND DYING

A WRITER'S
PASSAGE

SEPTEMBER 17 / 18
AT THE SANCTUARIA IN ASHEVILLE



A THIRD MESSENGER
BEING WITH DYING DOULA OFFERING

When dying, loss, grief, or sorrow awakens in our life, in the night of our heart, it is like a cold dawn breaking within us – a heartbreak. Yet it is also intimacy, a rhythm with grace. When dying, loss, grief or sorrow awakens in our life, it is like a slow dying that is bringing forth a rebirth, a new beginning, it is called BEING with DYING or DYING to LIVE – a rebirth. This two day experience is an immersive journey into our death, loss, grief and sorrow easing those shared human soft belly places of suffering, relaxing fear, turning our laments into expressions of love. We listen to the sufferings of others, we tune into our hearts, we learn in the mindfulness of our breath, the stillness between our inhalation and exhalation. We find purpose in our being, in our sorrow, loss, grief – in our dying.

Why Purpose? In the Sacred Art of Being with Dying

Death is not one to be compromised it comes when and how it chooses and yet it is our greatest teacher. Dying to live, letting go as in loss, grieving that which is no longer, can become a sacred art of being. Being with dying brings into sharp focus having a life of fulfillment of purpose.

Why? Because without purpose life simply lacks a luster of heartfulness. True shadows carry light and that light too transforms with purpose. The happiest people are the ones living a life of true purpose and service. How do we find purpose and fulfillment? By soul making, achieving one's personal dreams, discovering new passions and sharing a legacy through playing, writing, speaking, images, poetry, creativity and storytelling. By continually awakening into improving our spiritual, physical, emotional, and mental awareness and by deepening caring loving relationships. Finally by valuing life as a sacred gift and death as intergal to that gift. By gratefulness.

In the Writes of Passage Workshop you will have the opportunity through reflective inner practices to:

- ❖ identify emerging potential and sense of calling
- ❖ explore states of awakening
- ❖ sharpen Reflective listening/writing skills
- ❖ develop a rich creative dialogue, a journey into active imagination through narrative between the conscious and unconscious, a harmonic intermingling of heart and mind
- ❖ create a process of integration bringing to the forefront a living breathing relationship with the Sacred rites of passage
- ❖ explore creating your own end of life plan
- ❖ answer the current call to express creative COMPASSION – LOVE
- ❖ capture one's sense of transformation opening to inner – BEAUTY
- ❖ enrich the inner muses while activating a deeper purpose in answering the call of self-care and care giving

The wound is the place where the light enters you.

— Rumi



Workshop guide José Said Osio

Founder of Spring Cove Sanctuaria a space for inner work and healing for anyone called into End of Life dynamics. Said, is certified as a Sacred Passage End of Life Doula through the Conscious Dying Institute in Boulder. He is the founder of Third Messenger a group of activists including health professionals which brings into community events and performance art around end of life conversations such as Before I Die Wall, Death Cafe, Dying to Live Improv Theatre and Third Messenger Radio Hour. He is also a senior teacher, artist, and retreat guide trained by late Sufi master Pir Vilayat Khan in the Alchemical Retreat process. As a visual artist / image maker / journal keeper he has been using inner art as a catalyst for deeper awakening and healing in the community of Asheville.

Who Should Attend?

One who wants to creatively deal with those matters that one can attend to knowing death takes no prisoners with their own end of life consciously. One who is seeking a deeper meaning and purpose in theirs or a loved one's End of Life Transition. One who seeks being in right relationship with compassionate service and a deepening / awakening into purpose.

One who seeks to be more present in holding conversations around death and creative in being a support for others wanting a conscious death experience – including caregivers, volunteers, hospice nurses and chaplains, doctors, therapists, teachers, doula coaches, social workers and psychologists. Ultimately it is a means for awakening to the inner call OF DYING TO LIVE IN THE END OF LIFE JOURNEY.



Sanctuarium our new venue at 15 Spring Cove in Asheville serves as an informal space, a dedicated caring environment serving those in our community who are called into Being with Dying; honoring the reality that we are part of each other's journey

Sanctuarium a space for integrating the ART OF PRAYER and WORK as a SOCIAL / WELLNESS / CARING / HEALING ACTIVISM to serve the needs of the suffering in Being with Dying; when we work to heal ourselves, we contribute to healing the whole person. Sanctuarium a space for building community by bringing people together through inner practices of spirit mind-body, creativity, play, movement, music, imagery and ENERGY

Dates: September 17/18 2016

at the Sanctuaria

10 am to 4:30

DUE TO THE NATURE OF THIS SPECIAL
OFFERING, WE ARE WORKING WITH AN
INTIMATE SMALL GROUP, SO PLEASE
REGISTER EARLY.

Please RSVP via email to saidosio@gmail.com To
register and pay online paypal go to
thirdmessenger.com events or make check
payable c/o: Said Osio
15 Spring Cove Rd Asheville NC 28804

Cost of workshop: \$66. The cost of workshop supports the
expenses of running Sanctuaria. (bring brown bag lunch, plus one
or two items for the snack table, drinks provided). Because of
intimate nature of this experience and group size of nine, reserving
a space by payment is required (on a first come first serve basis).

Registration Form

Name:
Address:
Email:
Telephone#

We invite your questions : Please e-mail

saidosio@gmail.com or phone Said at

828 450 5188

see thirdmessenger.com

The Heart of Being with Dying A Third Messenger Doula Process

Being with dying a Third messenger Doula's process provides a positive framework in supporting and sometimes creating space for individuals into ways that open up communications and build trust at end of life. Doulas bring part friendship, part open heartedness a loving kindness in preparation for the soulful passage.

Being with Dying , Third messenger Doulas are messengers of positive caring, supporting at a time when balance and love are powerful interventions for all those who are in relationship with the one who is dying.

Thirdmessenger Doulas hold sacred space through intention and a sense of presence; reflective listeners and responders. Third messenger doulas are not about fixing the dying but to serve the dying by holding vigil, by walking one step behind the moving dance of dying holding space for healing and loving compassion. The doula takes the back seat a passenger and holds the dying as the driver, as expert of their lives in their own dying. The doula is attentive to the shared present, to the moment by holding the space as sacred as holy ground.

Third messenger doulas focus is about shifting from today's fear ridden culture of the dying experience as frightening into the fullness/sacredness of death. Death is Dying but having support through a doula's presence, holding a space for the passenger's conscious dying allows for a dying with grace and peace. A thirdmessenger and Conscious Dying Institute collaboration

See: <http://globalnews.ca/news/2754795/death-douglas-transforming-how-we-die-in-canada/>

The name Third Messenger is taken from the informational flow of energy as in biological packets relaying intelligence to living systems. Third Messenger is also a metaphor for creative intelligence found in deep guided imagery and inner journaling as a means to cross the thresholds of unfamiliar landscapes into one's healing journeys.