The acclaimed ‘Sacred Art of Living & Dying’ programme is more about living than about dying. The series of six-month units draws from the wisdom of our ancestors, and shows that the quality of life is enhanced when we do not live in fear or denial of suffering and mortality.

**Sacred Art of Living & Dying**

**Personal and/or Professional Spiritual Development**

Now taking registration for Units 3 & 4 for which attendance at Unit 1 & 2 is not required.

<table>
<thead>
<tr>
<th>Unit number &amp; title</th>
<th>Time period</th>
<th>2-day workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Understanding Spiritual Pain</td>
<td>Complete</td>
<td>Complete</td>
</tr>
<tr>
<td>2. Diagnosing Spiritual Pain</td>
<td>Complete</td>
<td>Complete</td>
</tr>
</tbody>
</table>

Each programme unit is an interactive and inspirational learning experience; appropriate both for personal and professional growth. It is especially relevant for health care staff and caregivers, whether professional or otherwise. All programmes are a creative blend of best practices, instruction, personal reflection, hands-on experience, multimedia presentation and creative rituals from the world’s great wisdom traditions.

This programme will enable participants to
- Explore the nature and inter-relationship of human health and suffering including the physical, emotional and psycho-spiritual dimensions.
- Explore the universal aspects of meaning, forgiveness, hope and core relationships.
- Live with enhanced purpose and meaning through all of the stages and transitions of living.
- Connect or reconnect the ‘soul and role’ in their lives.

Various Continuing Professional Development / Accreditation

**Venue & Registration Details**

**Education & Research Centre**
**Our Lady’s Hospice & Care Services**
Harold’s Cross, Dublin 6w
01-4068 806  education@olh.ie
www.olh.ie

Prof. Richard Groves, internationally acclaimed teacher, author and leader of the Sacred Art of Living & Dying programme, which has reached more than 20,000 people in America, Asia and Europe. A chaplain for thirty years, he has degrees in theology, ethics, world religions and law. He and his late wife, Mary, are co-founders of the Sacred Art of Living Centre in Oregon, USA.
<table>
<thead>
<tr>
<th>Unit 1</th>
<th>Understanding Spiritual Pain</th>
<th>Unit 2</th>
<th>Diagnosing Spiritual Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>We are the medicine</td>
<td>Workshop held</td>
<td>The best way out is always through.</td>
<td>Workshop held</td>
</tr>
<tr>
<td></td>
<td>15 &amp; 16 Nov 2013</td>
<td>27 &amp; 28 Jun 2014</td>
<td></td>
</tr>
<tr>
<td>Note: Attendance is not required for registration for subsequent units</td>
<td>Note: Attendance is not required for registration for subsequent units</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Learn about the rich cultural history of healing and the effective practices for detecting and alleviating spiritual and emotional distress in times of loss, transition, illness and at the end of life.

Discover a Total Pain Management model with results that include reduced anxiety, improved quality of living and effective pain management.

Explore the distinction between religion and spirituality with perspectives from the world’s great mystical traditions as well as from Quantum Science and Depth Psychology.

Encounter tools and insights to examine life’s priorities, address death anxiety and reconnect the soul and role.

<table>
<thead>
<tr>
<th>Unit 3</th>
<th>Healing Spiritual Pain</th>
<th>Unit 4</th>
<th>Transforming Spiritual Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>We are not wounded alone nor do we heal alone.</td>
<td>Starts with workshop on</td>
<td>Healing is always possible.</td>
<td>Starts with workshop on</td>
</tr>
<tr>
<td></td>
<td>21 &amp; 22 Nov 2014</td>
<td></td>
<td>26 &amp; 27 Jun 2015</td>
</tr>
<tr>
<td>Time: 09.00 – 17.00 hrs.</td>
<td>Time: 09.00 – 17.00 hrs.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Acquire knowledge about a broad spectrum of creative and effective tools for dealing with the inevitable suffering in and at the end of life.

Experience holistic therapies including guided visualisation, coma communication and working with persons in altered states.

Explore the powerful potential of ritual during times of life transitions and at the end of life, and create your own meaningful ritual experience.

Discover the wisdom from ancient healing practices when applied to contemporary care giving needs tailored to the spiritual beliefs of any person or circumstance.

Learn about the essential quality of compassion and exquisite empathy in care-giving through the skills of contemplative practice and enhanced self-awareness.

Work with the classical tools of spiritual discernment with a focus on learning how to ask courageous questions.

Rediscover the time-tested skills necessary for maintaining a centered, healthy presence in both the professional and personal worlds.

Experience a variety of creative healing methods such as movement, haiku poetry, mandala drawings, the healing arts and music therapy.
I enthusiastically endorse the Sacred Art of Living & Dying series because spirituality is the most overlooked factor in relieving pain.

Dame Cicely Saunders, MD, Founder, St Christopher’s Hospice, London

The Sacred Art of Living & Dying is renewing the ancient wisdom of healing and transformative spirituality for our time.

John O’Donohue, Celtic Poet & Philosopher, Author of Anam Cara & Benedictus

While the physical aspects of health care are well understood, the psycho-spiritual dimensions are least recognised and absent from leading medical journals. Sacred Art of Living & Dying presents a much needed model for the relief of total pain and suffering.

Dr. Michael Kearney, MD Author & Hospice Medical Director, Santa Barbara USA

I am honored to be associated with the Sacred Art of Living & Dying because its work is about healing the healers.

Fr. Richard Rohr, Acclaimed Author & Spiritual Teacher, Albuquerque USA

Sacred Art of Living & Dying is necessary in our times because it takes much more than medicine to ease human suffering.

Letter from Mother Theresa of Calcutta to Sacred Art of Living Center

Despite Ireland’s recognised historic link with spiritual care, this programme is the first of its kind to be offered here or in the UK. It provides an exceptional opportunity for the personal and professional spiritual reawakening that is so needed in our contemporary society.

Prof. Philip Larkin, UCD & Our Lady’s Hospice & Care Services, Dublin

Testimonies from Programme Participants (Dublin, 2008-2010)

Participation in the monthly small group meetings gave me time to reflect and to consider my own need for support and spiritual structure in my life.

The SALD programme increased my personal self-awareness, enhancing presence of kindness and compassion towards myself and therefore towards all those I meet in my everyday life.

I feel more confident in my role and have a greater understanding of the need for the holistic care of every patient and their families. I believe that the SALD programme confirmed my own belief in the importance of spiritual care.

SALD has made me much more aware of myself and of the value of presence.

I feel privileged to be doing it and wish my colleagues could also have the opportunity to experience it … It is such a personal journey of discovery.

This programme should be made a central part of school curriculum.

Profound and beautiful experience that touched the depths of who I am.
**Sacred Art of Living and Dying**

*Registration Form*

**PLEASE TICK IF YOU HAVE COMPLETED  UNIT 1 ☐  UNIT 2 ☐**

Full Name: ____________________________

Home Address: ____________________________

Tel. (Day): ____________________________ Mobile: ____________________________

Email (PLEASE PRINT): ____________________________

Any special requirements (i.e. diet, facilities, etc.)

<table>
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**PAYMENT OPTIONS (Choose one)**

<table>
<thead>
<tr>
<th>Payment Method</th>
<th>Payment to be received by latest</th>
<th>Amount</th>
<th>Saving</th>
<th>Tick selected option</th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>Pay for Unit 3 (Early Bird)</td>
<td>15-Sept-14</td>
<td>€450</td>
<td>€50</td>
</tr>
<tr>
<td>ii</td>
<td>Pay for Units 3 &amp; 4 (Early Bird)</td>
<td>15-Sept-14</td>
<td>€810</td>
<td>€90</td>
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<tr>
<td>iii</td>
<td>Pay for Unit 3</td>
<td>31-Oct-14</td>
<td>€500</td>
<td></td>
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<tr>
<td>iv</td>
<td>Pay for Units 3 &amp; 4</td>
<td>31-Oct-14</td>
<td>€900</td>
<td></td>
</tr>
</tbody>
</table>

**PAYMENT METHODS (choose one)**

- □ 1. Cheque, postal order or cash  Amount € ____________
- □ 2. Invoice to organisation  Amount € ____________
- □ 3. Electronic Fund Transfer (EFT)  Amount € ____________

To facilitate identification include your name as a payment reference and inform us when completed.

**Bank Details**

- Our Lady’s Hospice, Education & Research Account
- Sort Code: 90-02-52
- IBAN: IE59 BOFI 9002 5282 2377 48
- BIC: BOFIIE2D

Please note our Cancellation Policy on [www.olh.ie/11-education-and-research-centre](http://www.olh.ie/11-education-and-research-centre)

Signature ____________________________ Date __________________

**Return to**

Education and Research Centre, Our Lady’s Hospice & Care Services, Harold’s Cross, Dublin 6W

Tel: +353 1 4068 806 / 810  Fax +353 1 4068 856  email: education@olh.ie  www.olh.ie