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Life to Death: Harmonizing the Transition: A Holistic and Meditative Approach for Caregivers and the Dying

Richard W., Ph.D. Boerstler, Hulen S., R.N. Kornfeld

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Written for the terminally ill and their families as well as for hospice workers and others involved in the care of the dying, *Life to Death* introduces the technique of co-meditation: a method for helping a patient maintain a “clear mind and peaceful heart” during the process of dying. For centuries Tibetan lamas have used special breathing techniques and shared meditation practices to maintain a calm mental state in the dying person and ensure a safe transition. Adapting these powerful principles of consciousness transformation to modern Western needs, the authors have made accessible to all a profoundly compassionate technique for helping those most in need.

In addition to easing the suffering of the terminally ill, co-meditation provides families and other loved ones with a meaningful and constructive way of supporting the dying person.

The book covers a wide range of topics associated with death and dying and provides comfort and coping stategies.

Hospice staffs, AIDS volunteers, caregivers, and those who are facing death themselves will find this guide invaluable. A separate chapter addresses the special needs of those with AIDS and other debilitating conditions and those who care for them.

Life to Death also includes a script for a co-meditation session, complete with relaxation and visualization techniques.

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