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This item: Awake at the
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In Awake at the Bedside,
pioneers of palliative and
end-of-life care as well as
doctors, chaplains,
caregivers and even poets
offer wisdom that will
challenge, uplift,
comfort—and change the way
we think about death.

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Awake at the Bedside:
Contemplative Teachings on

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It's about caring and what giving care really means. In Awake at the Bedside, pioneers of palliative and end-of-life care as well as doctors, chaplains, caregivers and even poets offer wisdom that will challenge, uplift, comfort—and change the way we think about death. Equal parts instruction man. This book isn't about dying.

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Awake at the Bedside:
Contemplative Teachings on
Palliative and End-of-Life
Care brings together an
extraordinary group of
teachers who share their
wisdom and insights into the
great issue of our lives:

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Teachings On Palliative
And End Of Life Care

how to understand the dying process in a way that allows for grace and peace as we transition into what for most of us is the great mystery. This volume will certainly be of help for accompanying others in their journeys as well as providing a deeper understanding of our own.

Awake at the Bedside | New
York Zen Center For ...

Awake at the Bedside:
Contemplative Teachings on
Palliative and End-of-Life
Care, edited by Koshin Paley
Ellison and Matt Weingast
and to be published May 25,
2016 by Wisdom Publications,

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is not a book about dying. “It’s about life and what it can teach us when we are truly present for each other,” says Zen teacher Koshin Paley Ellison, who co-founded New York Zen Center for Contemplative Care (NYZCCC) in 2007 with Robert Chodo Campbell.

About The Book - Awake at the Bedside
Contemplative care and meditation groups were run by our volunteer chaplains, with over 22,092 people attending 0 men and women from the general public have received education in topics such as death and dying,

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Buddhist approaches to
death, addictions and
spirituality, and
contemplative practices.

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Care - Kindle edition by
Ellison, Koshin Paley,

Weingast, Matt, Karmapa.

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Palliative & EOL Care. Help
me to help others! The
Diversity Equity and
Inclusion Practice Group of
the NY Zen Center is having
a Sit-a-Thon, to raise
support for our scholarship
fund making the dharma
accessible to all.

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Care Paperback - May 24 2016
by Ogyen Trinley Dorje
Karmapa (Foreword), Koshin

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Paley Ellison (Editor), Matt Weingast (Editor) 4.8 out of 5 stars 47 ratings See all 2 formats and editions

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Awake At The Bedside - Zen
and the Art of Dying

05/23/2016 08:50 am ET

Updated Dec 06, 2017 The

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editors of *Awake at the Bedside: Contemplative Teachings on Palliative and End-of-Life Care* want to make one thing very clear: this book is not about dying, it's about life and what it can teach us, it's about caring and what giving care really means.

Awake At The Bedside - Zen
and the Art of Dying |
HuffPost

awake at the bedside “The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense

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of well-being. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease.

This book isn't about dying. It's about life and what life has to teach us. It's about caring and what giving care really means. In *Awake at the Bedside*, pioneers of palliative and end-of-life care as well as doctors, chaplains, caregivers and even poets offer wisdom that will challenge, uplift, comfort—and change the way we think about death. Equal parts instruction manual and spiritual testimony, it

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Teachings On Palliative
And End Of Life Care

includes specific
instructions and personal
accounts to inspire,

counsel, and teach. An
indispensable resource for
anyone involved in hospice
work or caregiving of any
kind. Contributors include
Anyen Rinpoche, Coleman
Barks, Craig D. Blinderman,
Bhikkhu Bodhi, Joshua
Bright, Ira Byock, Robert
Chodo Campbell, Rafael
Campo, Ajahn Chah, Ram Dass,
Kirsten DeLeo, Issan Dorsey,
Mark Doty, Norman Fischer,
Nick Flynn, Gil Fronsdal,
Joseph Goldstein, Shodo
Harada Roshi, Tony Hoagland,
Marie Howe, Fernando Kawai,
Michael Kearney, Elisabeth
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Stephen and Ondrea Levine,
Judy Lief, Betsy MacGregor,
Diane E. Meier, W. S.

Merwin, Naomi Shihab Nye,
Frank Ostaseski, Rachel
Naomi Remen, Larry
Rosenberg, Rumi, Cicely
Saunders, Senryu, Jason
Shinder, Derek Walcott,
Radhule B. Weininger.

"Koshin Paley Ellison, a Zen
priest, gives a plain-
English commentary on the
traditional sixteen precepts
of Soto Zen"--

This book isn't about dying.
It's about life and what
life has to teach us. It's
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at the Bedside, pioneers of palliative and end-of-life care as well as doctors, chaplains, caregivers and even poets offer wisdom that will challenge, uplift, comfort—and change the way we think about death. Equal parts instruction manual and spiritual testimony, it includes specific instructions and personal accounts to inspire, counsel, and teach. An indispensable resource for anyone involved in hospice work or caregiving of any kind. Contributors include Anyen Rinpoche, Coleman Barks, Craig D. Blinderman, Bhikkhu Bodhi, Joshua Bright, Ira Byock, Robert

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Most people would rather die

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at home, surrounded by familiar sights and cared for by our loved ones, than in a hospital. But most of us, too, would be overwhelmed, even frightened, at the prospect of having to provide such caregiving. Of the many books available about death and dying, this is the first to explain in detail how caring for a dying loved one can be a life-expanding experience when done mindfully and from the heart. At Home with Dying is a practical guide the physical, emotional, and spiritual skills needed to care for someone who is terminally ill, based on the

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principles that guide the
Zen Hospice Project of the
San Francisco Zen Center.

Merrill Collett explains
step-by-step how to feed,
clean, and take care of a
dying person—in a way that
benefits both patient and
caregiver. The instructions,
which include ancient wisdom
teachings as well as modern
practical nursing methods,
include: Mindfulness skills
Effective pain treatments
Appropriate cooking and
feeding techniques Household
organization and visitor
management Preparation for
the moment of death Working
with grief

An excellent, practical

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Introduction to Zen meditation. Written in a warm and easily accessible style, the book appeals to anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The book emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practice Zen meditation on your own. The book includes easily followed exercises to help the reader along. For anyone looking to uncover a clear and insightful path into the philosophy and practice of Zen meditation, this book

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represents the culmination
of that search.

Powerful and life-affirming, this watershed volume brings together the voices of pioneers in the field of contemplative care--from hospice and hospitals to colleges, prisons, and the military. Illustrating the day-to-day words and actions of pastoral workers, each first-person essay in this collection offers a distillation of the wisdom gained over years of compassionate experience. The stories told here are sure to inspire--whether you are a professional caregiver or simply feel inclined

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toward guiding, healing, and
comforting roles. If you are
inspired to read this book,
or even one touching story
in it, you just might find
yourself inspired to change
a life.

The Buddhist approach to
death can be of great
benefit to people of all
backgrounds—as has been
demonstrated time and again
in Joan Halifax's decades of
work with the dying and
their caregivers. Inspired
by traditional Buddhist
teachings, her work is a
source of wisdom for all
those who are charged with a
dying person's care, facing
their own death, or wishing

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to explore and contemplate the transformative power of the dying process. Her teachings affirm that we can open and contact our inner strength, and that we can help others who are suffering to do the same.

Are a person's perceptions and values altered when facing the end of life? Do the dying see the world in a way that could help the rest of us learn how to live? This book takes us into the lessons of the dying. Through the words and circumstances of the terminally ill, we become immersed in their wisdom and in our own mortality. The

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dying speak to us in direct and personal ways, pointing toward a wise and sane way to live. In everyday language we can all understand, Rodney Smith extends the conversation about death to people of all ages and states of health. Through exercises and guided meditative reflections at the end of each chapter, the lessons of the dying become a blueprint for our own growth.

Using the traditional form of Japanese writing called *nikki bungaku*, the author contemplates his quest to seek a mountain lion in the mountains of northern

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A trusted companion and go-to resource for everyone supporting someone at the end of life--from the moment we first learn that someone is dying through the time of death and beyond. Present through the End offers the guidance and essential wisdom we need when we are struggling to support someone who is nearing death. This book helps us meet the many challenges ahead and navigate through difficult times with clarity and kindness--both for the person who is dying and also for ourselves. Inspired by decades of experience caring

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for the dying and years
teaching contemplative care
around the world, Kirsten
DeLeo shares down-to-earth
advice and offers short,
simple "on the spot" tools
to help us handle our
emotions, deal with
difficult relationships,
talk about spiritual
matters, practice self-care,
listen fully, and more. This
book offers insight and
encouragement when we are
unsure what to do or say and
shows us how to be present
even though we may feel
utterly helpless, love when
loss is just around the
corner, and be fully alive
to each moment as time runs
out.

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