



### **Desktop Finger Labyrinth**

**Keep this labyrinth on your desk. When you are stressed and need to relax, use your finger to slowly trace the path into the center and then out to the entrance. The spiraling path of the labyrinth teaches us to slow down and refocus as we become more centered and balanced.**

## One Question Care Plans for the Dying

The typical care plan is designed to address any-and-every possible problem that any-and-every possible person could have. Yet most governing/reviewing agencies ask for a care plan that addresses a particular *individual's needs, concerns, expectations, and priorities*. If we are willing to be creative, we can do what is being demanded of us in just one sentence rather than several pages. The following one question care plans better address the requests of those governing/reviewing agencies than the typical multi-page care plan.

1. Given your current capabilities (whatever they might be), what is the best way you can imagine spending the rest of your life?
2. For you, what is the best thing that can come from our relationship (nurse to patient, social worker to patient, chaplain to patient, etc)?
3. If I could grant you three wishes concerning your future, what would those wishes be?
4. In the next couple weeks, what are your most important needs, concerns, expectations, and priorities?

How a person answers any of the above questions is his/her care plan. How nice it would be if that was also the caregiver's care plan.



## Guided Imagery: A Buddhist Conversation

The following guided imagery could be read to the participant or recorded for the participant's use.

Close your eyes and imagine yourself meeting Gautama in his youth, before he had ever witnessed suffering, before he had ever witnessed death. Imagine him in his protected environment, removed from all hardships and pain, isolated within his wealthy family's compound... Look upon this protected, innocent youth named Gautama... This young man turns to you and asks, "What can I do for you?"... You look at him in all his innocence and say, "Please tell me how you feel at this time in your life." Imagine how Gautama would describe this time of his life...

Now imagine yourself meeting Gautama when he first discovers suffering and death. Imagine his shock at discovering pain for the very first time... Look upon this shocked and disturbed young man, this man whose protected world has just been dramatically challenged by the existence of pain and death... This now disturbed young man turns to you and asks, "What can I do for you?"... You look at him and say, "Please tell me how you feel at this time in your life." Imagine how Gautama would describe his discovery of pain and death...

Now imagine yourself meeting the Buddha just as he has gotten up from sitting under the bodhi tree. Imagine his whole being aglow with the realization of enlightenment... Look upon the Buddha, this man who has now become aware of the way to overcome suffering, the way to transcending pain and death... The Buddha turns to you and asks, "What can I do for you?"... You look at the Buddha in the glow of his enlightenment and say, "Please tell me how you see death." Imagine how the Buddha would describe his enlightened perspective of death...

## Guided Imagery: A Naturalist Conversation

Close your eyes and imagine yourself standing before a great oak tree in the middle of the season of Summer. This great oak tree towers before you with its deep, strong roots, and its branches reaching out in all directions, each branch lavishly decorated with thousands of green leaves... Look with wonder upon this mighty, richly decorated oak tree, this oak tree with many leaves... You see that this tree has survived for many generations and has witnessed much throughout its years... After you have examined this oak tree for a little while, a gentle voice comes from the center of its huge trunk, asking, "What can I do for you?"... You look at this great oak tree and say, "Please tell me how you feel in the midst of this Summer." Imagine how this oak tree would describe its Summer condition...

Now imagine that you are standing before this mighty oak tree in the middle of the season of Autumn. Its leaves are glorious and multicolored. Most of the leaves are still on the tree but many have fallen to the ground... Look at this tree at the height of its beauty and the waning of its liveliness... After you have examined this oak tree in this stage of transition, a beautiful voice comes from the center of its trunk, asking, "What can I do for you?"... You look at this great oak tree and say, "Please tell me how you feel in the midst of this Fall." Imagine how this oak tree would describe its Fall condition.

Now imagine that you are standing before this mighty oak tree in the middle of the season of Winter. Its branches are bare; there are no more leaves. Several branches have been broken by the ice storm and lie scattered on the ground beneath the tree... Look at this tree that has been stripped of all its beauty, standing in all of its vulnerability, shivering in the harsh winter wind... After you have examined this oak tree in this stage of devastation, a quivering voice comes from the center of its trunk, asking, "What can I do for you?"... You look at this great oak tree and say, "Please tell me how you feel in the midst of this Winter." Imagine how this oak tree would describe its Winter condition...

Now imagine that you are standing before this mighty oak tree in the early part of the season of Spring. Little buds are sprouting all over its branches. Singing birds have returned to its branches and greet the tree with encouraging song every morning... Look at this tree as it witnesses new life around it, upon it, and within it... After you have examined this oak tree in this stage of rebirth, an excited voice comes from the center of its trunk, asking, "What can I do for you?"... You look at this great oak tree and say, "Please tell me how you feel in the midst of the Spring." Imagine how this oak tree would describe its Spring condition.