



Between Hope & Hard Place

'The Search for Sacred Symbols & Stories of Hope and Healing'

joel carter MD

The four immutable laws of the spirit

- Whenever we start - is always the right time.
- Whoever shows up – are the right people to be here.
- Whatever happens – is the only thing that could have happened.
- And when it's over – it's over.

The four universal addictions

- Perfection
- Intensity
- The need to know
- Being fixated on what's not working

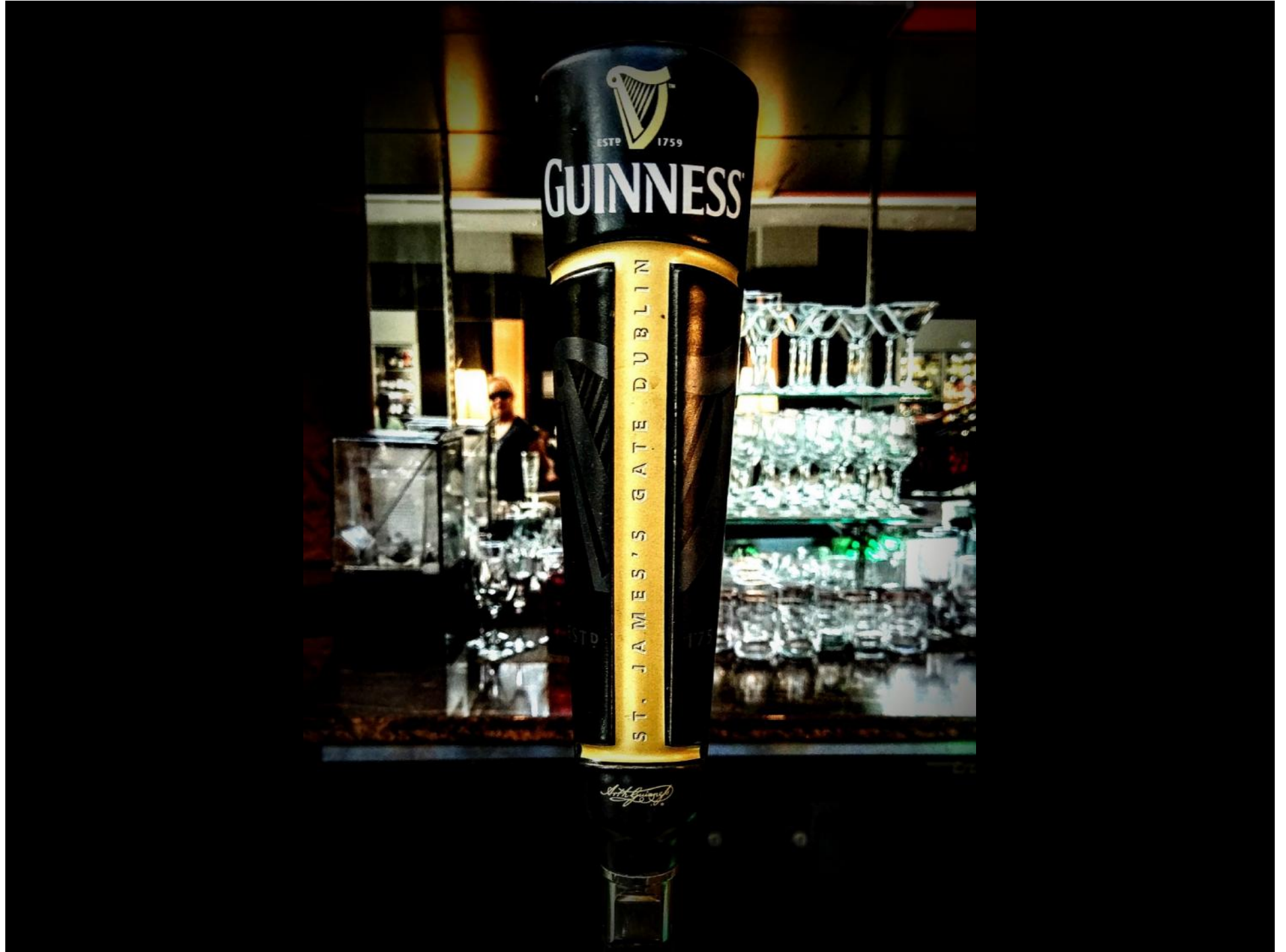
The four universal healing salves

- Singing
- Dancing
- Storytelling
- Silence

“I will tell you something about stories, (he said)…”

Leslie Marmon Silko

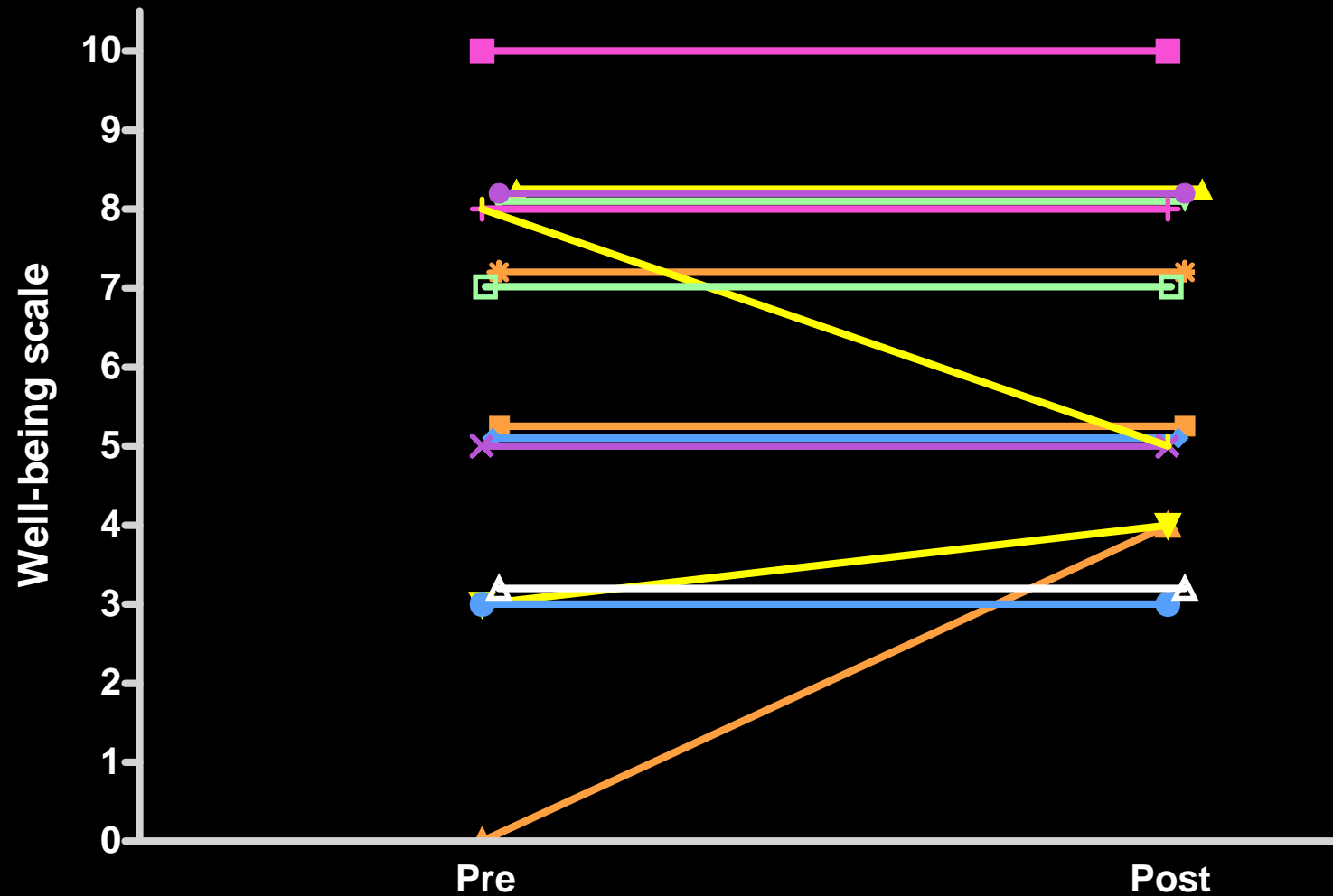
Margaret



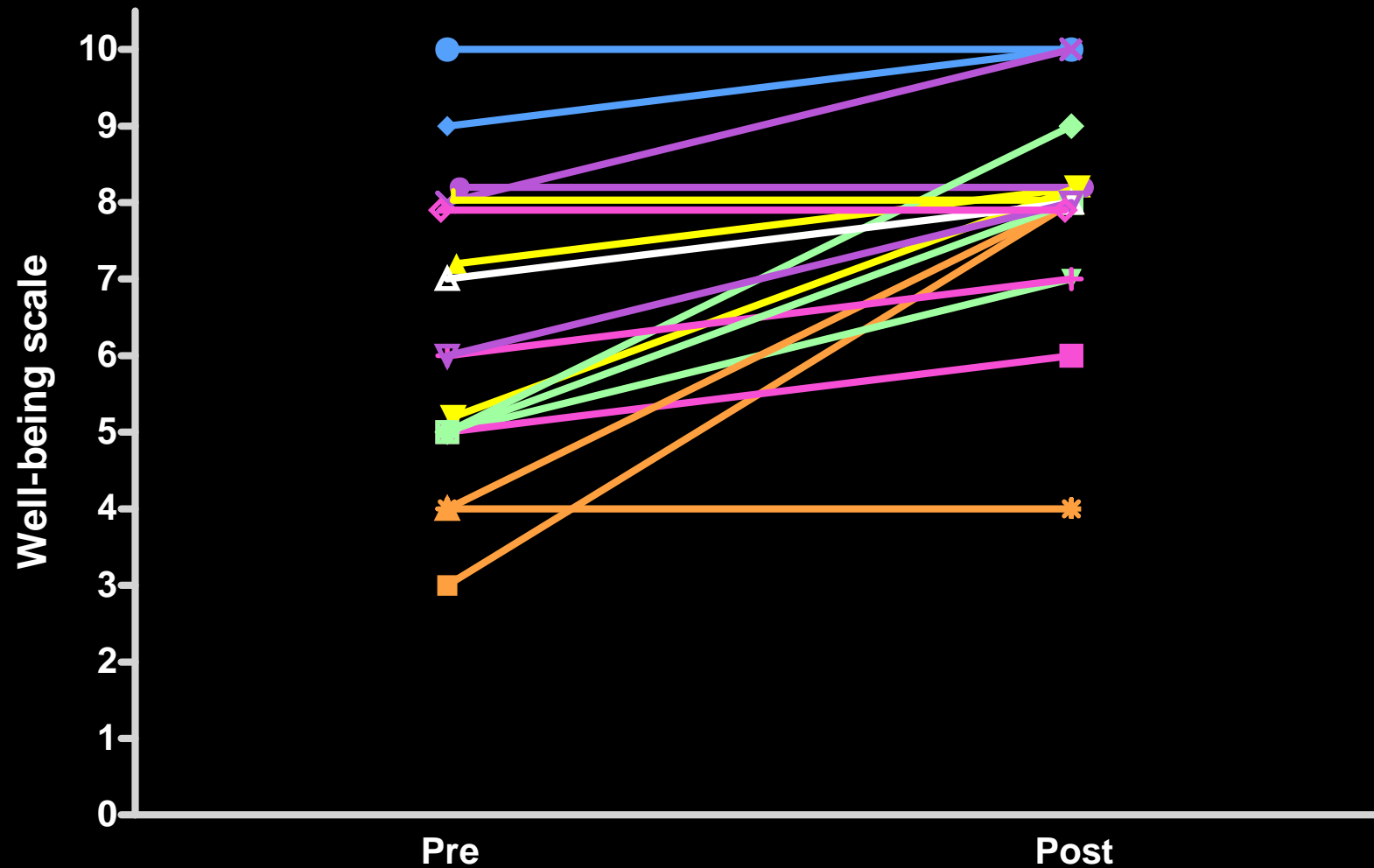
CONTROL GROUP 16 patients	TREATMENT GROUP 19 patients Storytelling group
DYING CANCER PATIENTS	DYING CANCER PATIENTS
PALLIATIVE CARE CONSULT	PALLIATIVE CARE CONSULT
NO STORY ENGAGEMENT	BEST STORY ENGAGEMENT – EXPLORATION – “Of all the stories you lived, what was one of the best?”

Storytelling & Well-being

Storytelling and well-being, Controls

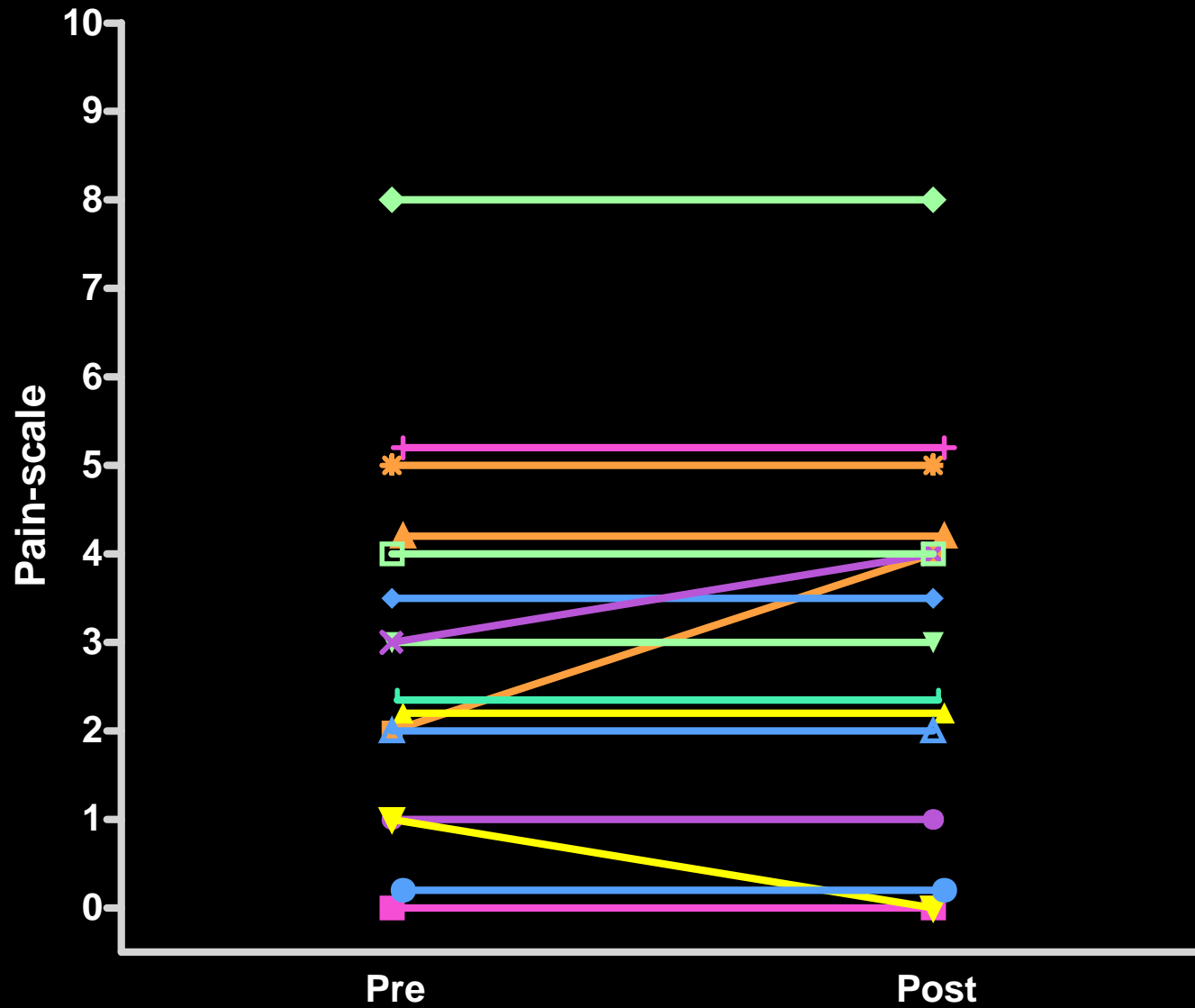


Storytelling and well-being, Cases

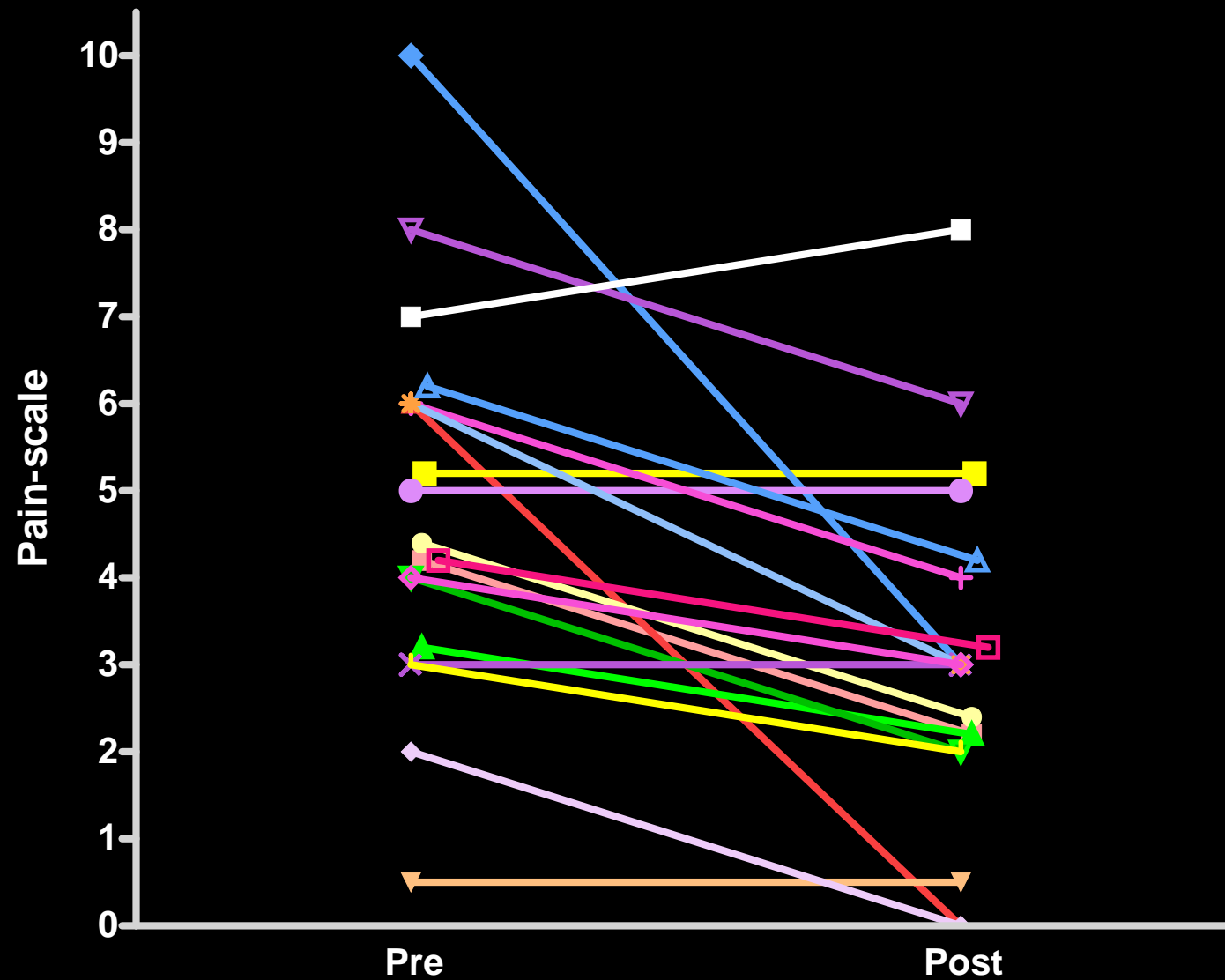


Storytelling & Pain

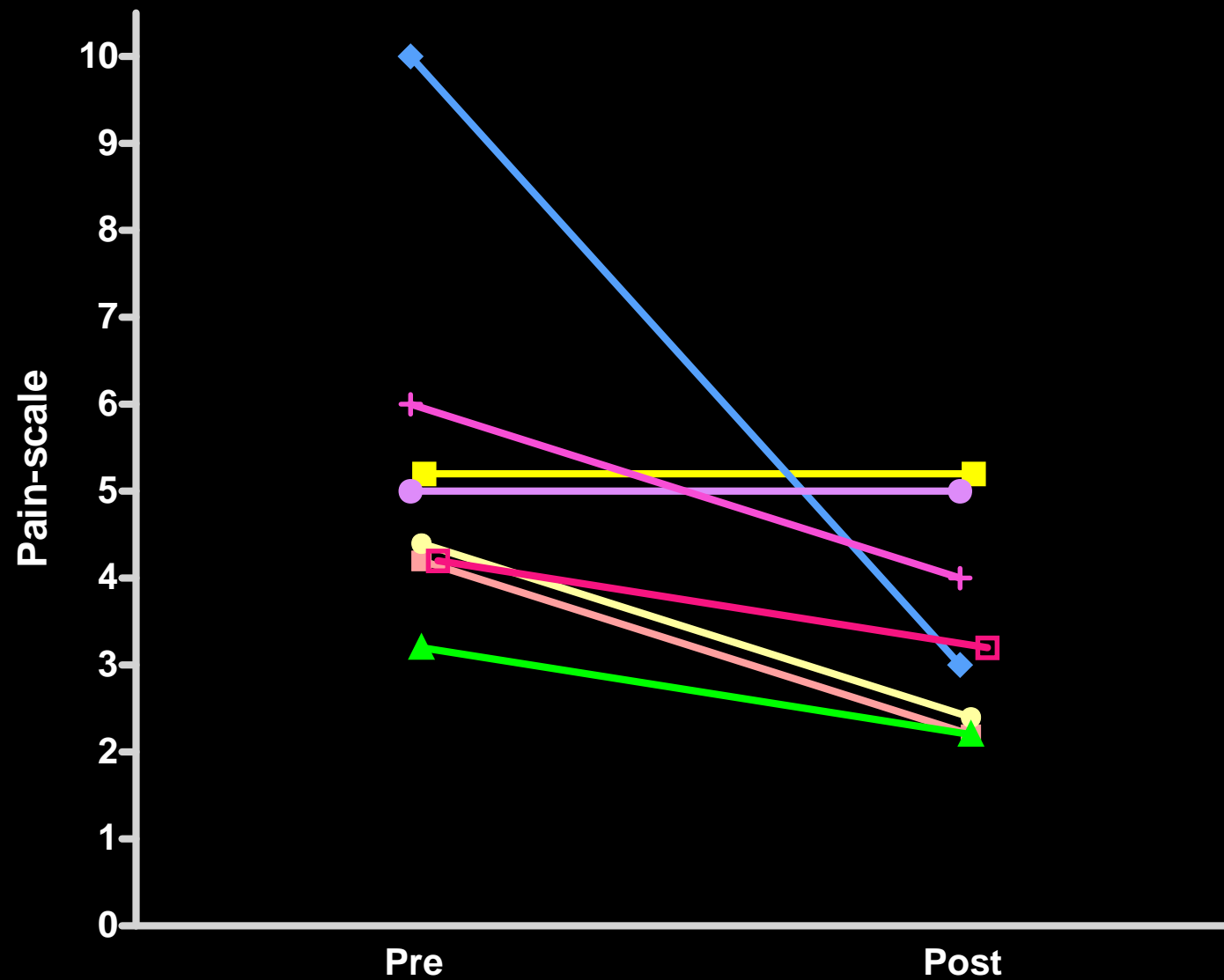
Storytelling and pain, controls



Storytelling and pain, Cases



Storytelling and neuropathic pain, Cases

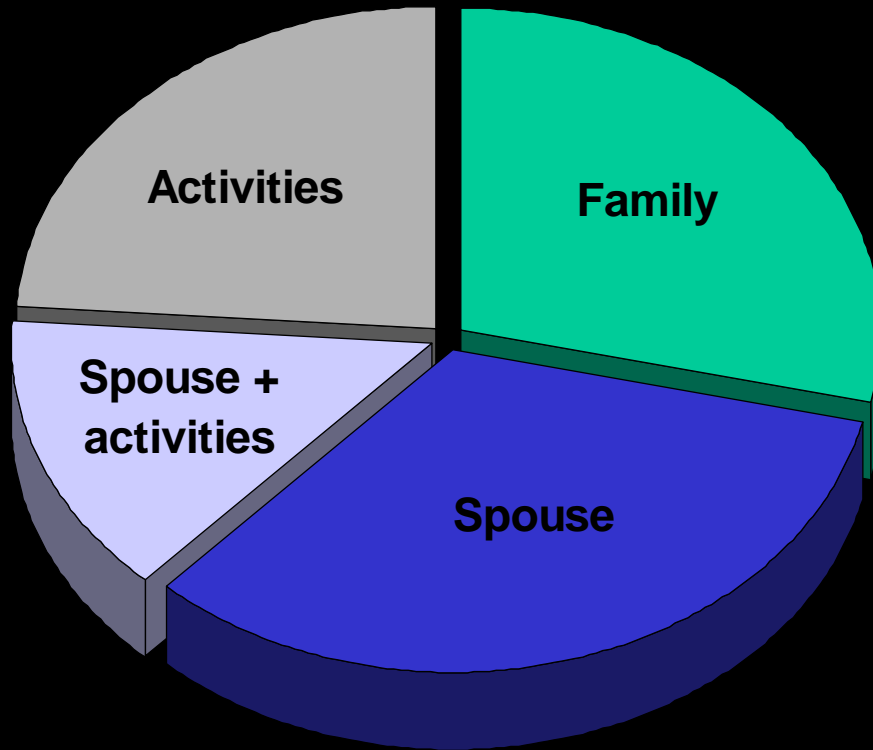


“What are the Best Stories
of Dying Patients?”

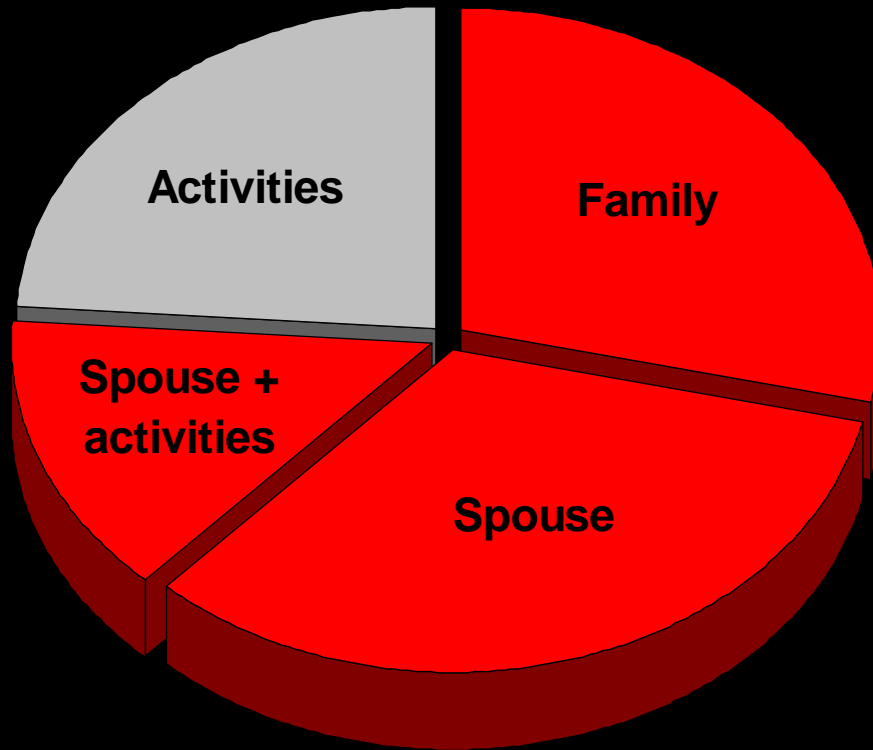
TITLE THEMES EXAMPLES: Best Stories of Dying Patients

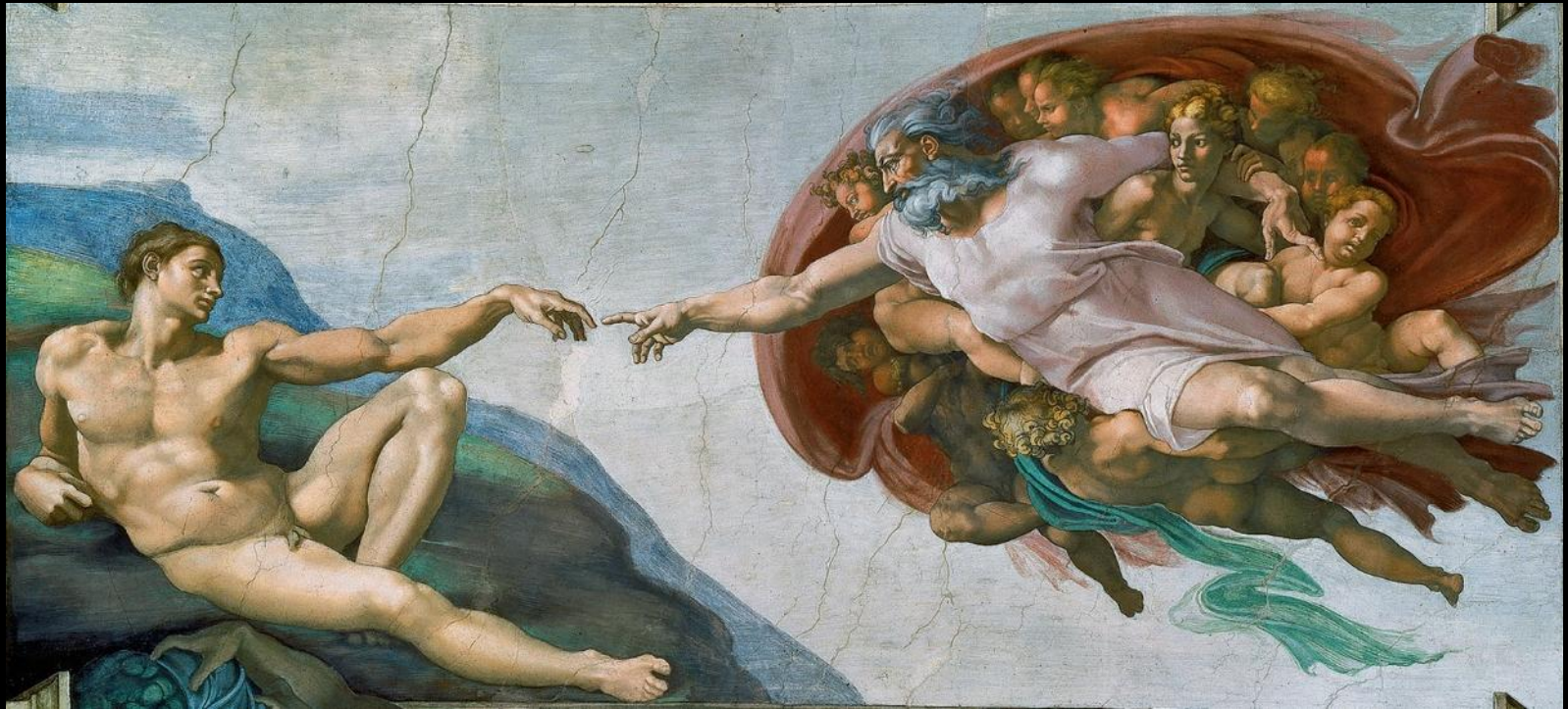
1. 'When we first met..'
2. 'Cheese & Crackers with mother....'
3. 'Piano concerto series in Boston...'
4. 'Family vacations in Cape Cod..'
5. 'Wedding day & daughter's success with schizophrenia...'
6. 'The day I got married...'
7. 'Stories of my five children....'
8. 'Infant son dancing MTV style who's now in Berkley...'
9. 'Adoption of twins after 12 years – instant family...'
10. 'Singing with Children...'
11. 'My wedding day...'
12. 'Snowmobilin' in Canada...
13. 'Marrying my wife....'
14. 'When I saw my wife for the first time...'

“The best stories of dying patients”



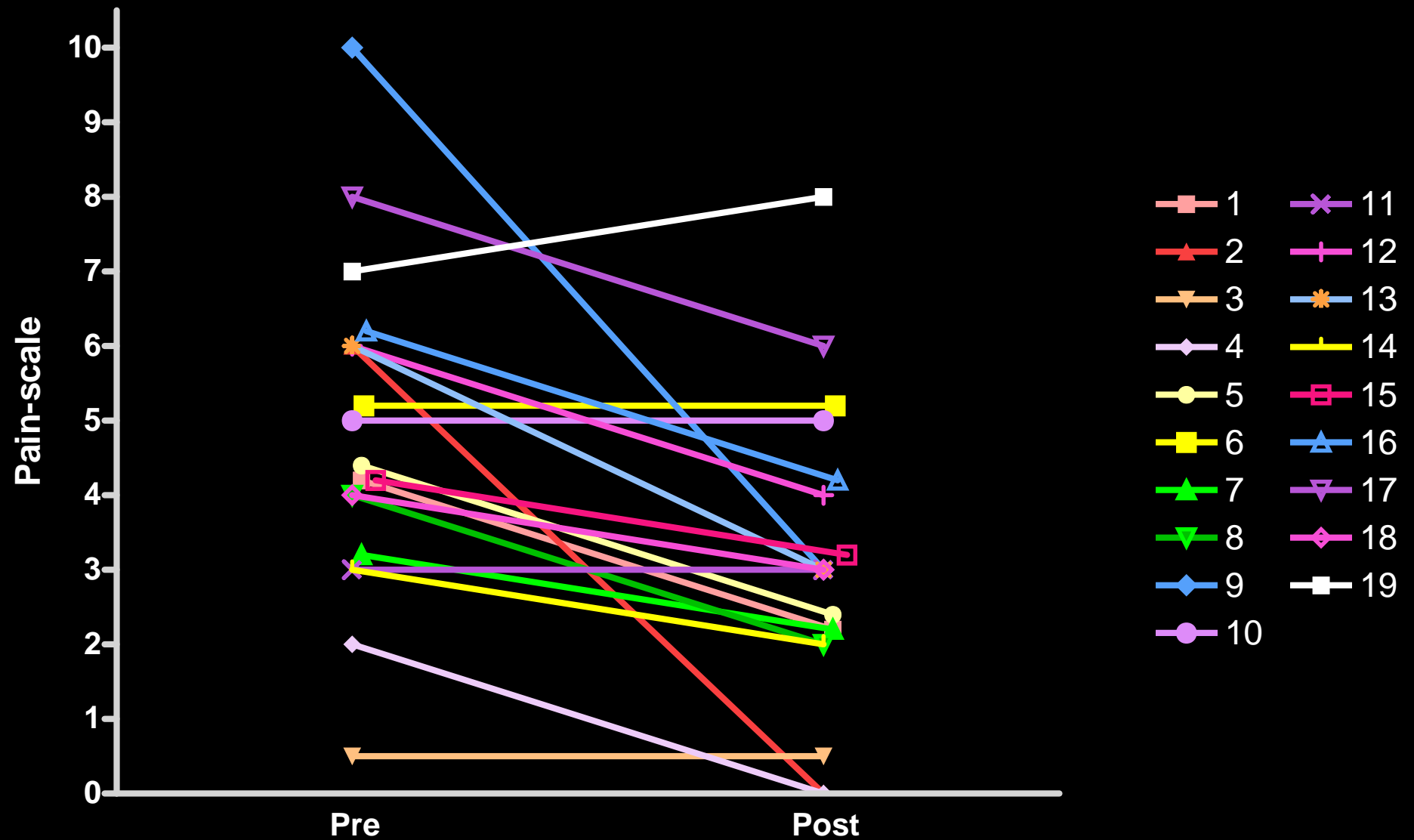
“The best stories of dying patients”



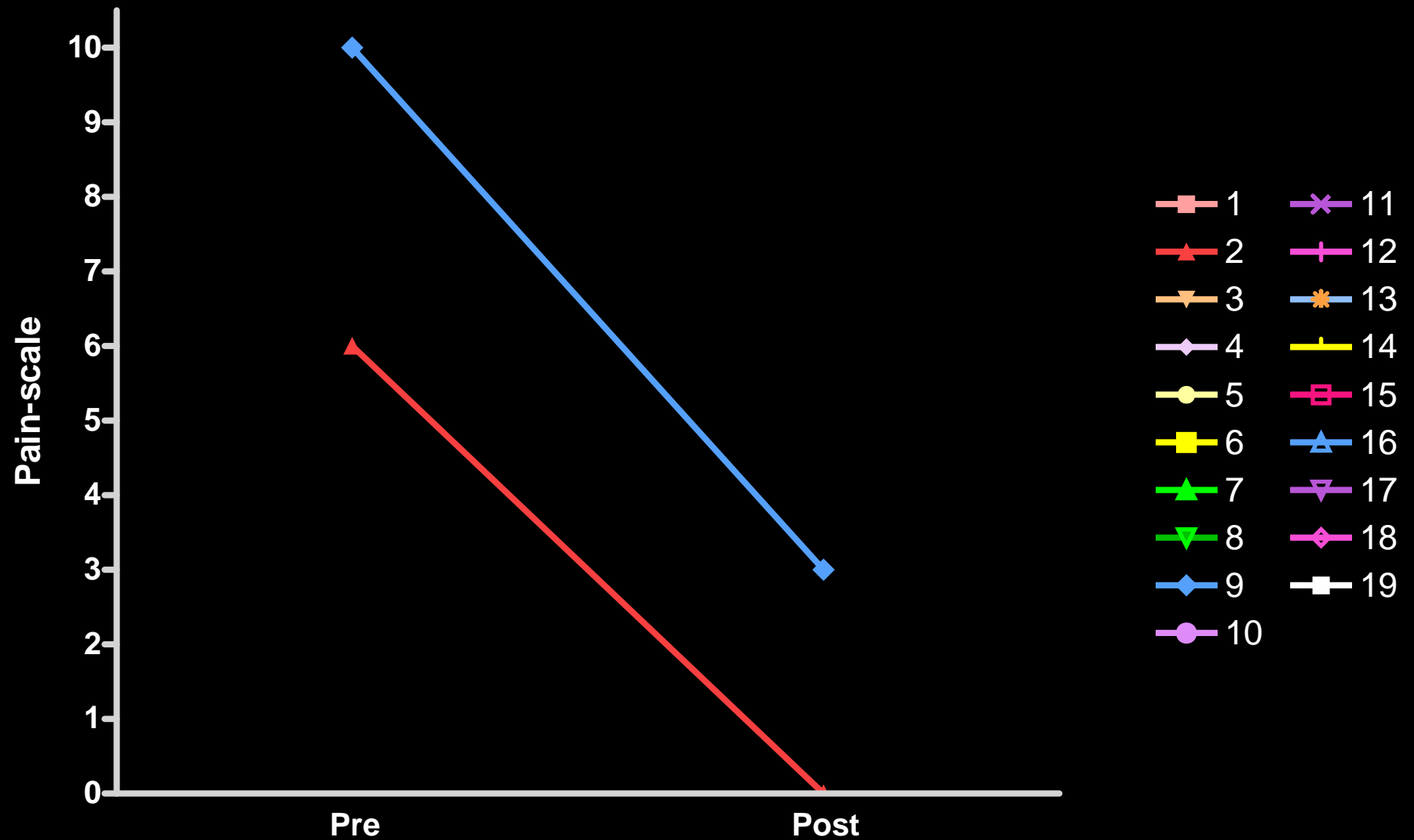




Storytelling and pain, Cases



Storytelling and pain, Cases



TITLE THEMES – STORYTELLING IN DYING PATIENTS

1. 'When we first met..'
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3. 'Piano concerto series in boston...'
4. 'Family vacations in Cape Cod..'
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6. 'The day I got married...'
7. 'The day in africa when I helped someone die...'
8. 'Infant son dancing MTV style who's now in Berkley...'
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12. 'Snowmobilin' in Canada...
13. 'Waking up with Loon by Lake in Sweden..'

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Apple Pie

Life*

Life.*

*Available for a limited time only. Limit one (1) per person. Subject to change without notice. Provided "as is" and without any warranties. Nontransferable and is the sole responsibility of the recipient. May incur damages arising from use or misuse. Additional parts sold separately. Your mileage may vary. Subject to all applicable fees and taxes. Terms and conditions apply. Other restrictions apply.



The Stories *

Storytelling

“Storytelling is relating a tale to one or more listeners through voice and gesture.....The storyteller looks into the eyes of the (person) - audience and they compose the tale **together.**”

National Council of Teachers of English

Storytelling Circles

“People gathered in circles and shared stories that enriched each other, filled each other with wonder, laid the foundation of healing experiences, and helped one another discover who we are in the midst of the mystery that we call life....”

Rachel Naomi Remen

Storytelling

- Essential spiritual practice & healing medicine.
- The greatest healing powers stem from stories where there is great suffering.

Clarissa Pinkoles Estes

“If you don’t know the trees you may be lost in the forest,
but if you don’t know the stories – you may be lost in life”
Siberian Elder

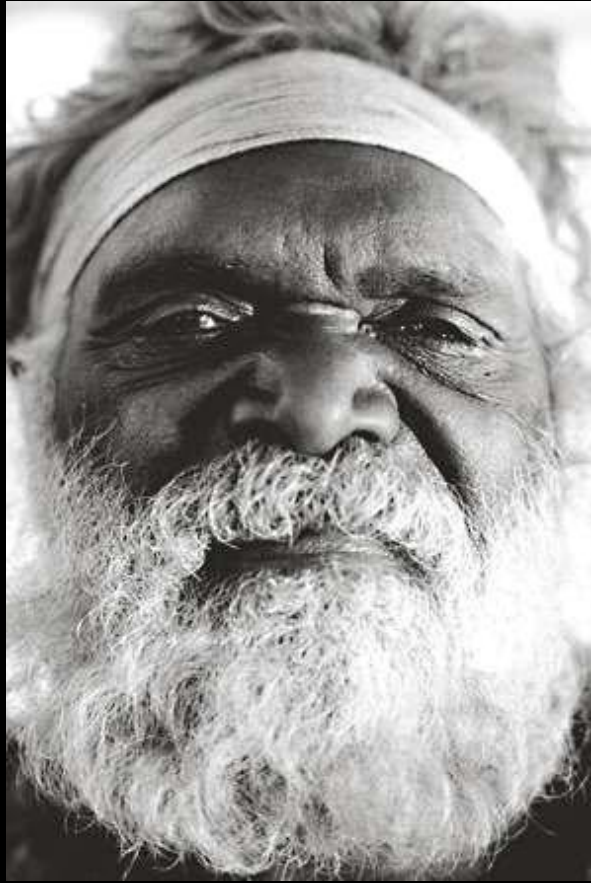


“God made man because he loves stories.”
Rabbi Nachman of Bratzlez

*“The shortest distance between man
and God, is through a story.”*

Jewish Tradition





“Australian Aborigines say that the big stories – the stories worth telling and retelling, the ones in which you find the meaning of your life – are forever stalking the right teller, sniffing and tracking like predators hunting their prey in the bush.”

R. Moss

“The story was the bushman’s most sacred possession. These people knew what we do not; that without a story you have not got a nation, or culture, or civilization. Without a story of your own, you haven’t got a life of your own.”

Lauren Van der Post

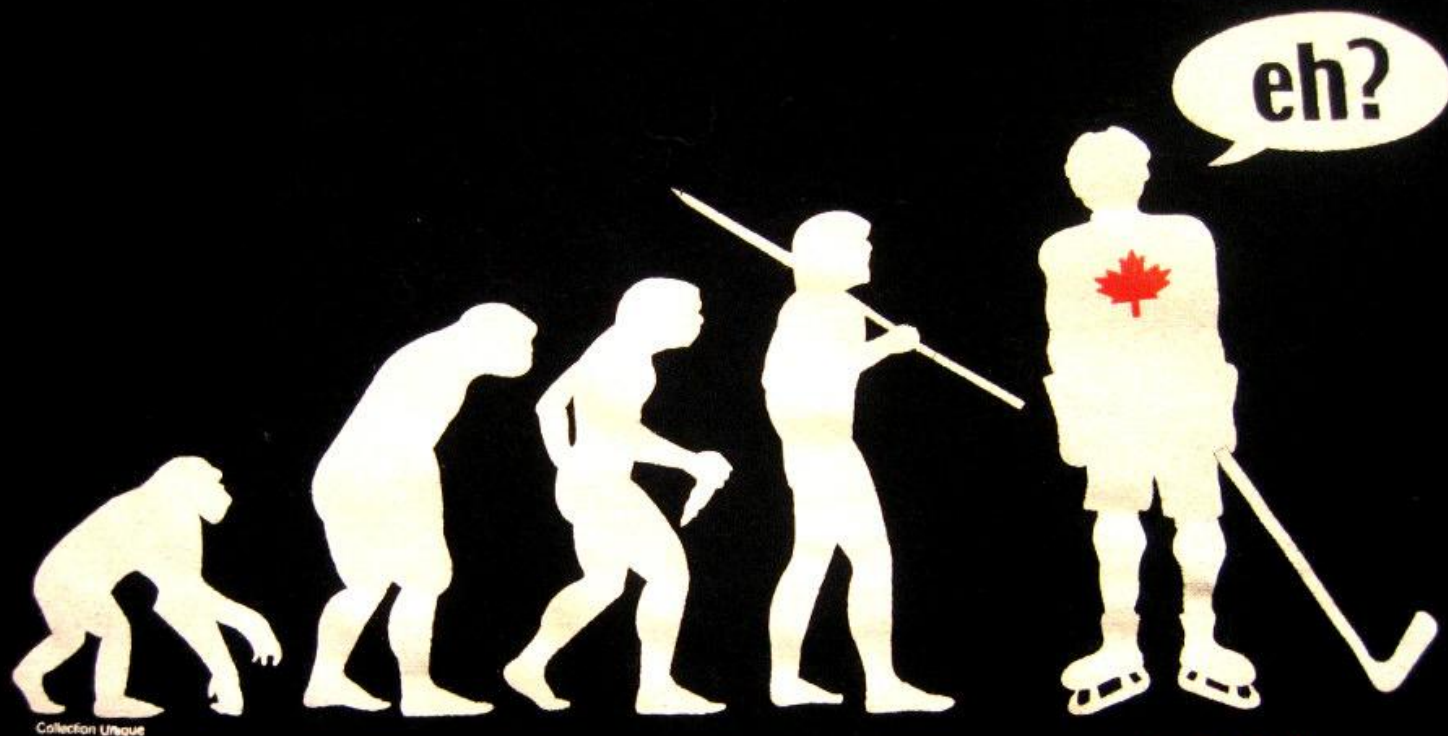


“Stories are gifts. It is up to us to give and receive them”

Cheyenne Storyteller







Collection Unique

EVOLUTION OF A **CANADIAN**



How to catch a Canadian.



The Rocks

“Go inside a stone”

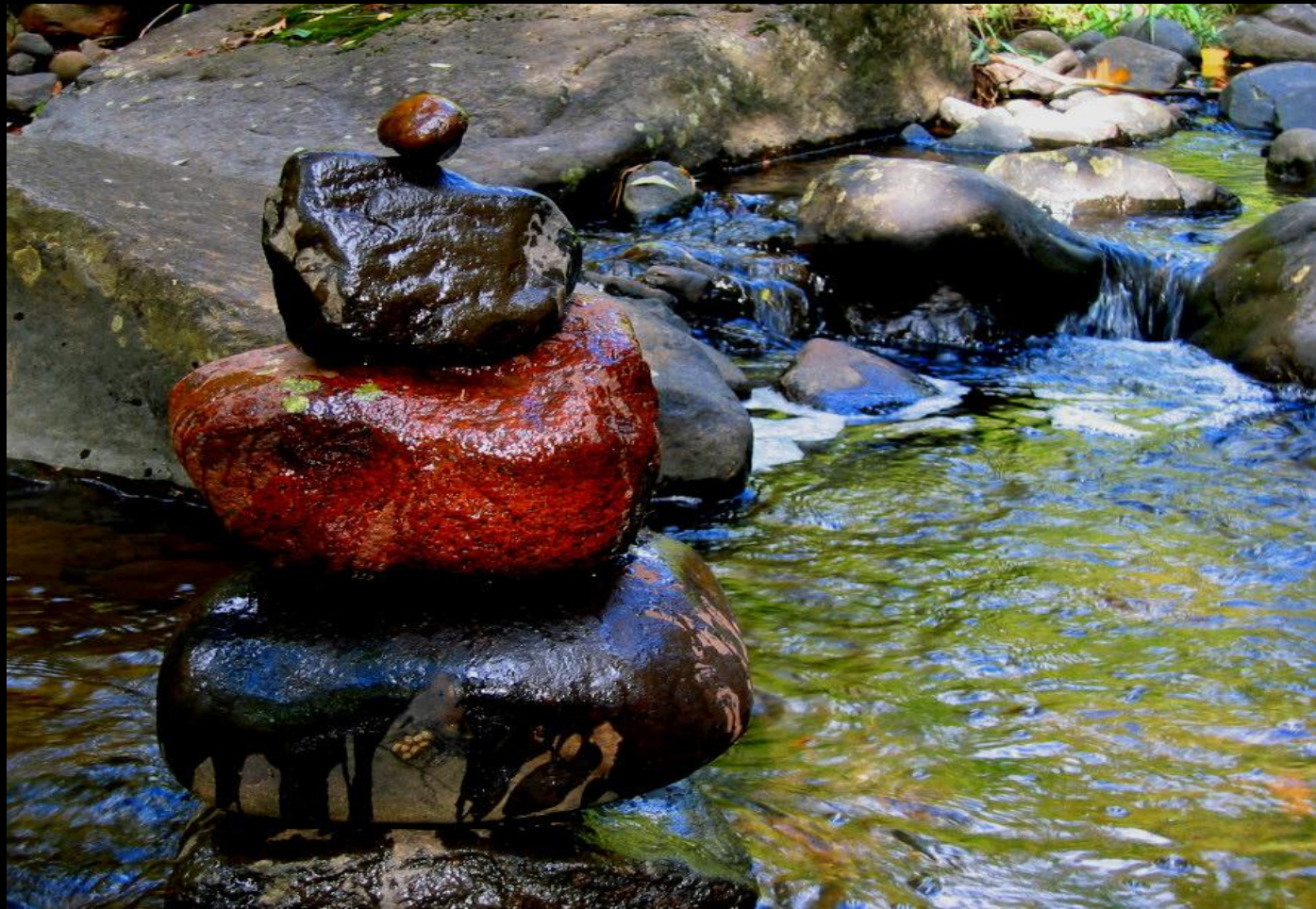
Charles Simic



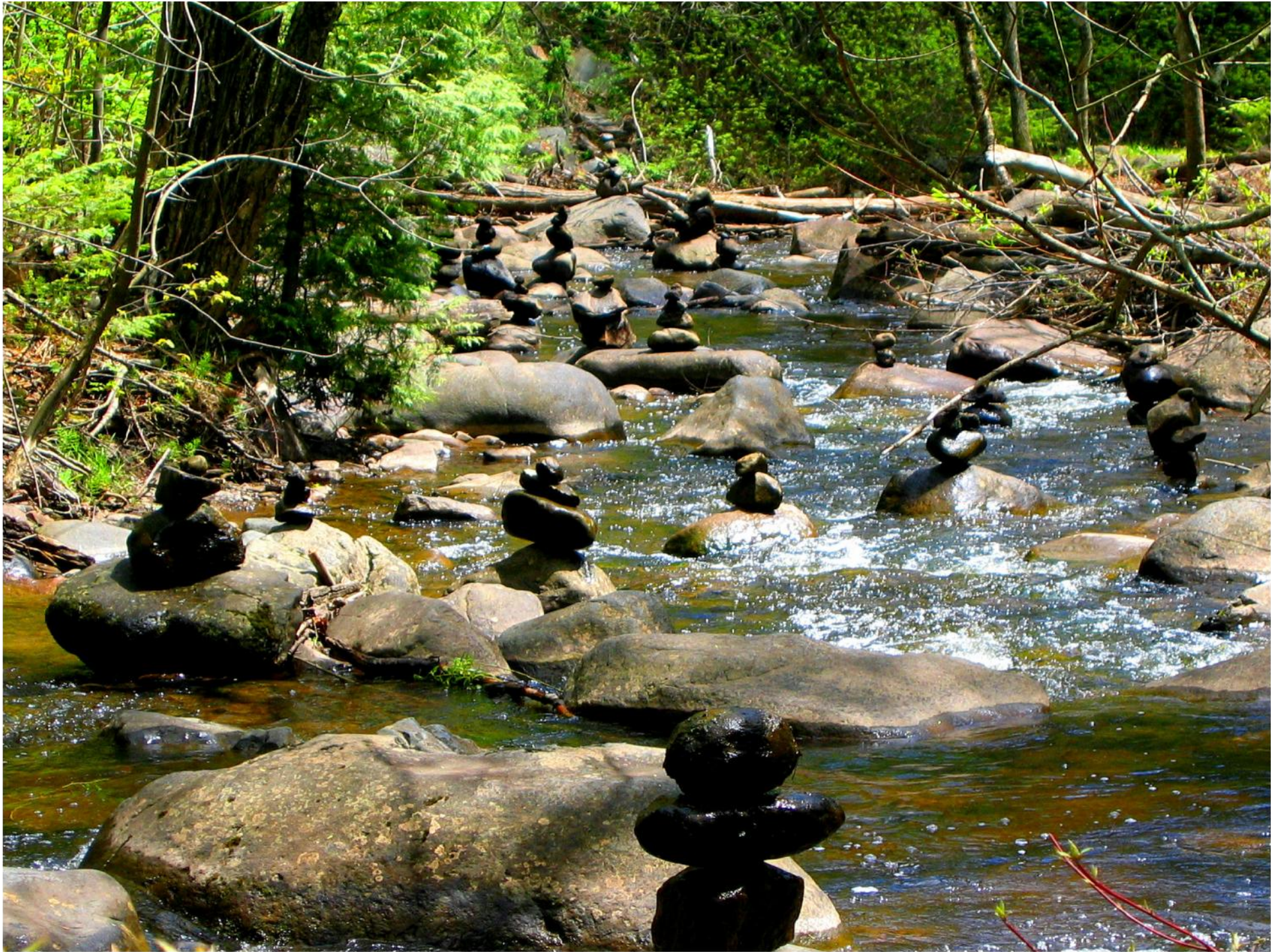
































































Chmura z ludzi nad krajem sła,
Z dużej chmury mały deszcz, jedna łza,
Mały deszcz, jedna łza, suchy czas.
Tory wiodą w czarny las...

Wisława Szymborska „Jeszcze”

Clouds of people passed over this plain
Vast clouds, but they held little rain -
just one tear, that's a fact, just one tear.
A dark forest. The tracks disappear...

Wisława Szymborska "Still" (excerpt)



Bocznicą kolejową wiodąca do obozu zagłady w Treblince.

Railway siding leading to Treblinka extermination camp.

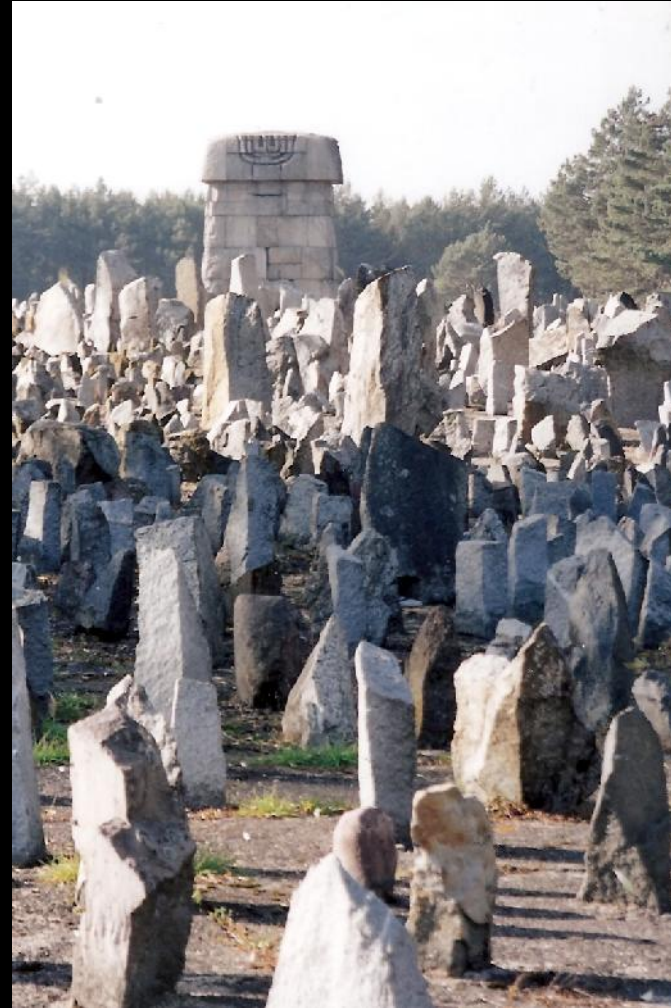










































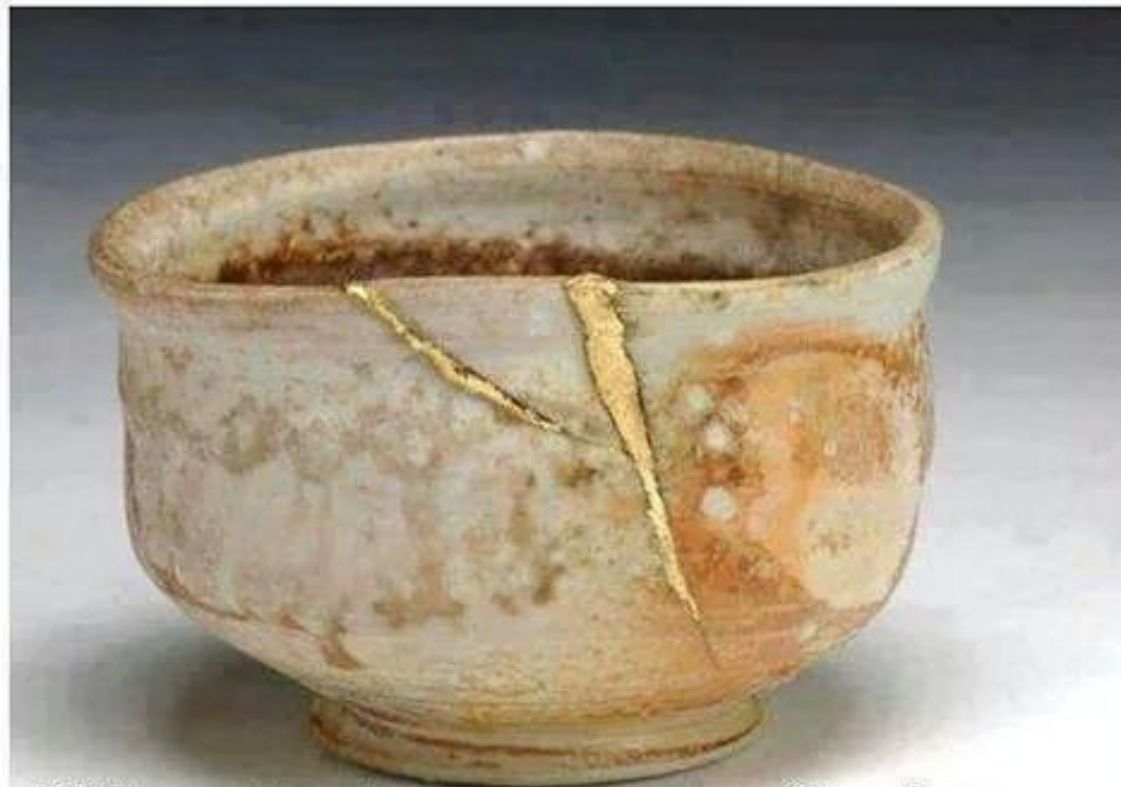












"When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful."

Billie Mobayed



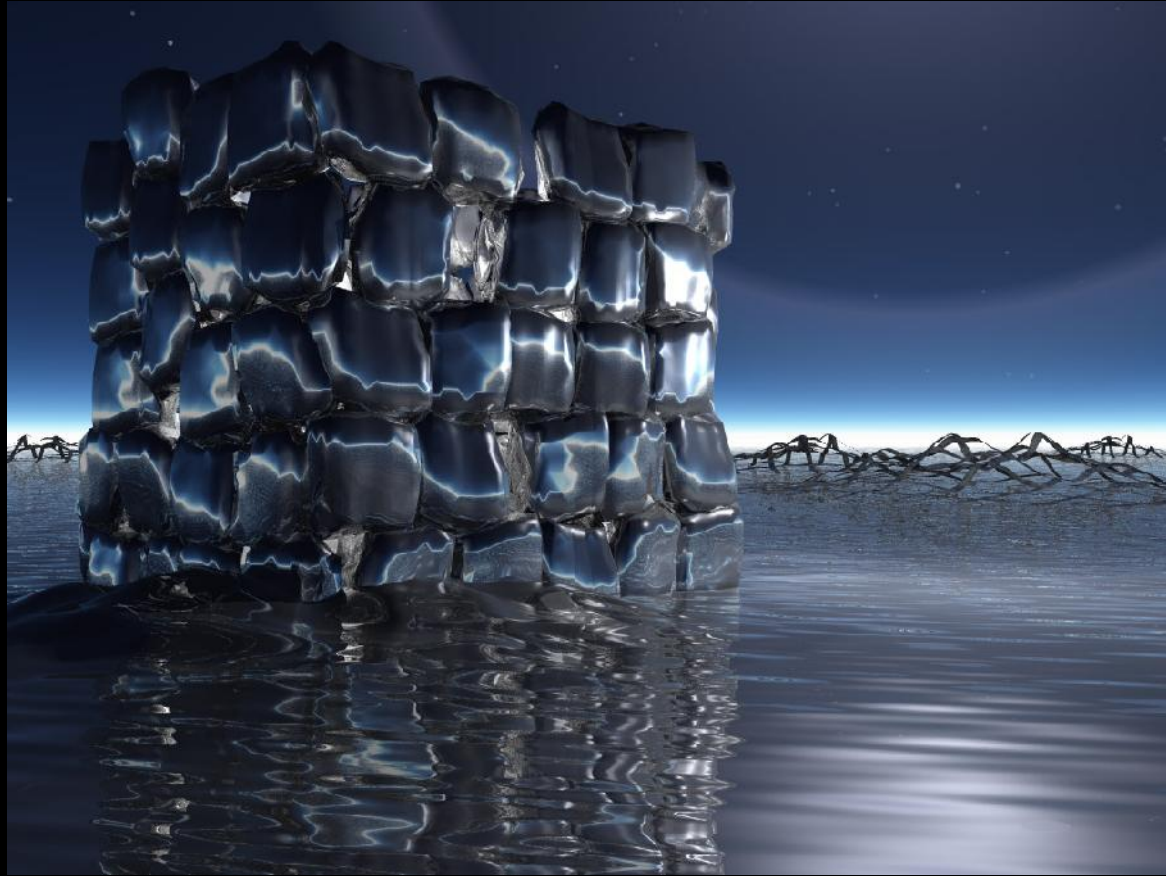


Stefan Carter's life survival strategies from the Warsaw Ghetto & Beyond

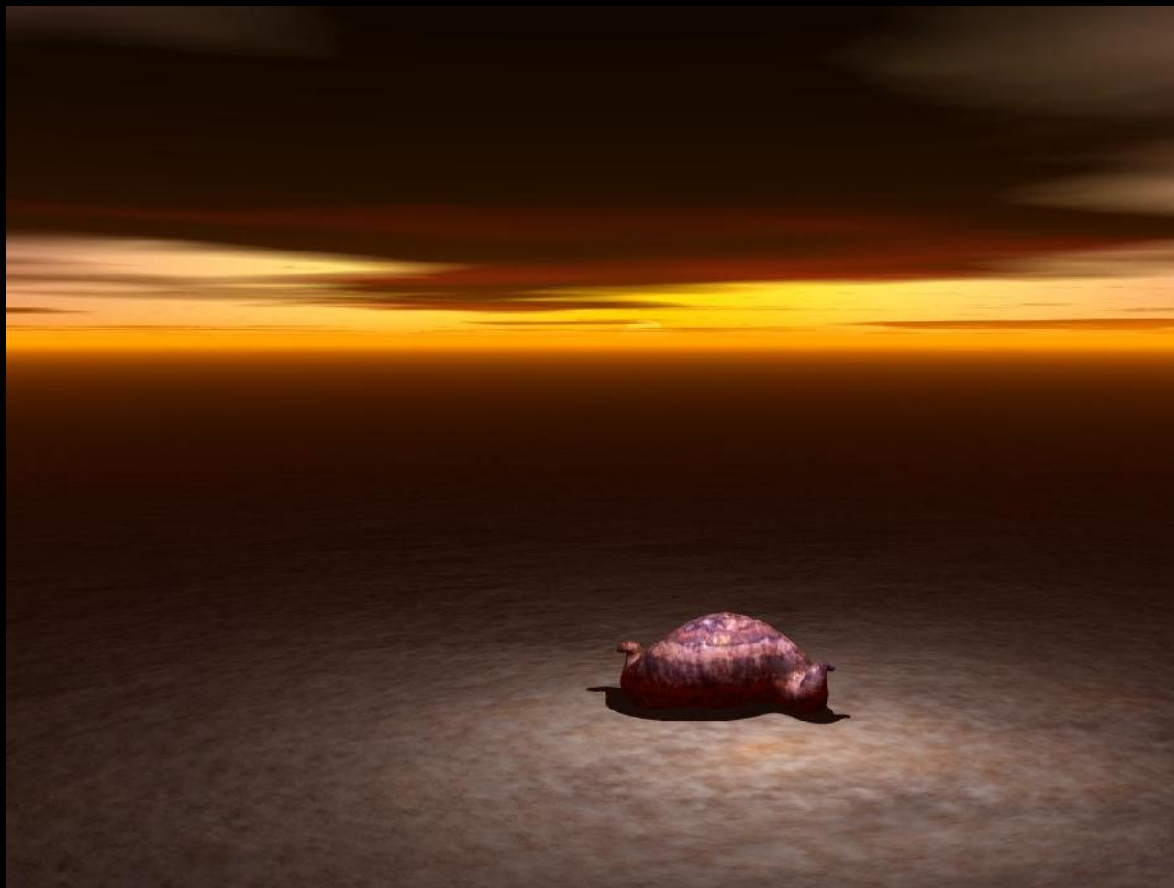
- When stressed, afraid, or in discomfort – consciously breath in and out - follow the breath.
- Be grateful to be alive – ‘Tomorrow is promised to no one.’
- Find a way to move – and play.
- Read and read more.
- Think of others, talk, hug, connect and support each other with stories.
- Be fully immersed in joyful, replete and curious hours, in whatever endeavor or project that interests you.

The Symbols









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MY NAME WAS
No. 133909

...and I *S*ang

*An Autobiography by
Murray Brandys
as told to Karin B. Miller*





Storytelling - Parallel Process & Rumi



The salmon man













Famous Winniepegger



Bear began to sigh, and then found he couldn't because he was so tightly stuck; and a tear rolled down his eye, as he said:

“Then would you read a Sustaining Story, such as would help and comfort a Wedged Bear in Great Tightness?”



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