

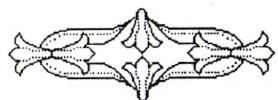
Daniel Barnes
The ACCESS Group
4 Cielo Lane #4D
Novato, CA 94949

— THE —
ACCESS
— GROUP —

During the past two years, the ACCESS Group produced a number of events reflecting on spiritual practice, meditation, relationships and service. Initially centering on life-threatening illness, (including AIDS), these gatherings explored the possibility that healing may be more than changing the nature of the body, and that gentle work on oneself is where the heart of healing lies. Through the variety of perspectives offered by the teachers who participated, the scope of these events expanded to include healing of suffering in all its aspects.

You may be unfamiliar with some (or all) of the teachers in this series, as we did not aim to replicate the most commonly available holistic and clinical perspectives on healing. We approached only those who teach as much through their being, as through their words, to participate in these events.

What unfolded at these gatherings, which were skillfully and lovingly captured on tape, was an exploration of the shared suffering and opportunities for growth that comprise the human experience. Through the video and audio tapes offered here, the ACCESS Group honors your work on yourself, and supports you in the dharma (spiritual path).



IN THE HEART OF RELATIONSHIP
with Stephen and Ondrea Levine

Stephen and Ondrea share their hearts in relationship as friends, partners, and parents. Their commitment to each other has been a foundation for their skillful and compassionate support of persons with life-threatening conditions, and those bereaved by the loss of a loved one.

In this offering, they explore those qualities of relationship that contribute to our growth, healing and fulfillment. Whether they are speaking of the relationship of parents and children, of lovers, or simply of the relationships of everyday life, they see all as an opportunity for spiritual awakening and personal growth.

This offering demonstrates the value of two people becoming collaborators on the path of awakening. Stephen and Ondrea offer the practices the forgiveness and meditation as a way of letting go of our suffering, and working with the unfinished business we often carry into our relationships on all levels, both casual and intimate.

EXPLORING THE HEART OF HEALING
with Ram Dass and Stephen Levine

This offering emerges from the January, 1986 ACCESS Group conference, Exploring the Heart of Healing in AIDS. What transpired between Stephen Levine, Ram Dass and those present did not involve many of the specifics we've heard so often about AIDS. What evolved was an exploration of our healing into life within the context of our experience with

dying. In the teaching, discussion, sharing, questions and answers, Stephen and Ram Dass offer their collective understanding and experience which transform the dying process into an opportunity for loving and growth.

Exploring the Heart of Healing is an invitation to look directly at life and death with clarity and without judgment. The video concludes with a twenty-five minute healing meditation exploring sensations in the body and is particularly powerful for those experiencing physical pain.



TOUCHING THE HEART OF HEALING
with Jack Kornfield, Ph. D.,
and Robert Hall, M.D.

This offering explores the practices of body-oriented meditation and psychotherapy as a way of grounding ourselves, as we begin to make contact with the sense of woundedness we have all experienced.

Robert Hall, M.D., whose pioneering work in the area of psychotherapy led to the founding of both the Lomi School and the Tomales School of Psychotherapy, shares his own wound in such a way as to allow those present to acknowledge and express their fears, hurts and loneliness in a most moving and trusting way.

Jack Kornfield, Ph.D., former Buddhist monk, and co-founder of the Insight Meditation Society, contributes his experience as a psychologist and offers instruction in meditation practice.

Basic instruction is given in both sitting and walking meditation. Two heart-opening touching exercises that invite viewer participation are included.

Video and Audio Offerings:
Exploring the Heart of Healing
featuring Ram Dass, Stephen and Ondrea Levine, Jack Kornfield, Ph.D.,
Robert Hall, M.D., Achaan Sumedho, Roger Walsh, M.D., Ph.D. and others

PRACTICING THE HEART OF HEALING
with Achaan Sumedho, Venerable Anando,
and Jack Kornfield, Ph.D.

Venerable Sumedho is a senior Theravada Buddhist monk and Abbot of several monasteries and retreat centers in Europe. With both wisdom and humor, Achaan Sumedho shares his reflections on health, healing and AIDS from his experience of nearly twenty-five years of Buddhist practice in the forest monasteries of northeast Thailand. He describes his experience with malaria and other health concerns which illustrate the universal application and specific practice of "letting go"; of dying into the moment to experience the sure heart's release.

Jack Kornfield draws on his own experience as a monk trained in the forest monasteries of Thailand, and on his training as a psychologist, to lend a Western perspective to Buddhist monastic life. Venerable Anando introduces us to the concept of "Metta," and leads us through a loving-kindness meditation.



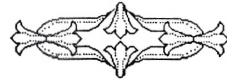
**EXPLORING THE HEART
OF HEALING IN SERVICE: A PANEL**
with Roger Walsh, M.D., Ph.D., Christian
Haren, Irene Smith, Dale Borglum, Ph.D.,
Daniel Barnes.

A diverse panel of care providers reflects on the qualities, frustrations and value of service as a vehicle for personal growth. Moderator Roger Walsh offers his insight and perspective as author of several books exploring the heart of healing in topics including transpersonal psychology, meditation and the psychology of human survival.

BEYOND SUCCESS
with Ram Dass

Meeting with over 100 corporate executives, Ram Dass explores the basic questions of doing business in a conscious way. Is it possible to do business, make a profit, act in truth and integrity, and be of genuine service at the same time? In this challenging presentation, Ram Dass thoughtfully reflects and answers questions on a variety of issues and topics including: the "inner game" of business; personal power; collaboration and competition; going beyond ego; the costs of success; stress, change and fear; alienation and isolation; role entrapment.

Proceeds from the sale of this tape will benefit the Seva Foundation.



The ACCESS Group provides consultation, education, support and materials to persons and organizations working with AIDS, other life-threatening illnesses, and chronic disabling conditions. The group offers programs, films, and cassettes which support the development and maintenance of personal meditation and spiritual practice. The ACCESS Group is currently in the process of creating a non-profit medical supplies distribution company.

If you would like more information about this series or future programs and projects, please write or call:

Daniel Barnes
The ACCESS Group
4 Cielo Lane, #4D
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(415) 883-6111

ORDER FORM

EXPLORING THE HEART OF HEALING
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IN THE HEART OF RELATIONSHIP
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___ PART ONE & TWO AUDIO TAPES 25.00

EXPLORING THE HEART IN SERVICE, A PANEL*
___ 1 AUDIO TAPE 8.00

NEW!

BEYOND SUCCESS: Ram Dass on Business
___ 1 VIDEO TAPE (2 hours 20 min.) 69.00

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* Videos available in May.

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LIVING/DYING PROJECT

The Living/Dying Project is offering Healing Our Lives training programs for those wishing to deeply explore the attitudes and states of heart/mind necessary for compassionately and consciously working with people in acute stages of life transition, such as those having cancer, AIDS, and other life-threatening illnesses. The training will be experiential, will require a commitment to truthful investigation of self, and will use meditative and transpersonal psychological techniques to work with healing, psychological causes of disease, compulsive thought, projection, addiction to identities, grief and fear of death, as well as our compassion, our groundedness, and our felt connection to each other.

There will be two training program groups. One group will meet for eight Tuesday nights, 7:30 to 10:00 p.m. starting April 5 at the 3220 Gallery, 3220 Sacramento Street (near Lyon Street), San Francisco. The other will meet for eight Wednesday nights, 7:30 to 10:00 p.m., starting April 6 at the Fairfax Community Church, 2398 Sir Francis Drake Blvd., Fairfax. An \$80.00 tax-deductible donation is requested.

To register, send a deposit of \$20, \$40, or preferably \$80 made out to "The Living/Dying Project," P.O. Box 357, Fairfax, CA 94930. It is our desire that no one stay away because of financial considerations. If you have questions about registration or the training itself, please call Riley Miller at (415) 488-4617.

The training programs will be led by Dale Borglum and other guest presenters. From 1981-1984 Dale lived, worked at and guided the Human Foundation Dying Center in Santa Fe. He is the director of the Living/Dying Project and is co-author of *Journey of Awakening: A Meditator's Guidebook*, Bantam Books.

*Now you are no longer caught
In the obsession with darkness,
And a desire for higher love-making
Sweeps you upward.*

*Distance does not make you falter.
Now, arriving in magic, flying,
And, finally, insane for the light,
You are the butterfly and you are gone.*

*And so long as you haven't experienced
This: to die and so to grow,
You are only a troubled guest
On the dark earth.*

—Goethe (trans. Bly)

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LIVING/DYING PROJECT

Dale Borglum