

End of Life Submission for 1st Global Conference in Lisbon, Portugal 17 March to 18 March 2018

Celebration of Departure to TEN, a 5-part body movement with voice

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Abstract: Body movement crosses all cultures, languages and religions to provide a physical means to express spirituality. The mind, body and soul become connected through movements that are structured and generations old. As a result, caregivers, families and professionals can enhance their own self-care and self-growth, while providing the needed environment for dying patients. Tenshingoso, the structured body movement, was taught for ten years to hospice caregivers in San Francisco, California. In addition, this body movement was presented at both the California State Hospice Conference and National Hospice Conference in 1997.

Workshop: A 50-minute participatory session of body movement and use of voice. A seated movement called Tenshingoso will be taught through demonstration by the presenter followed by return demonstration of the audience. Application to end of life care can include teaching patients, caregivers and volunteers how to use the voice, do the movement with just hands or by the use of image work. Physical care for people at the end of life is both physically and emotionally draining. Body movement can be useful for removing muscle stiffness and for allowing emotions to be more calm and gentle. For some people, the movement of the body will be sufficient to allow them to continue as a caregiver. For some people, the movements can serve a way to focus and provide a means to explore the universal questions of "Who am I?", "Why was I born?" and "What is the purpose in my life?". Philosophers have traditionally tackled such problems through writing and speaking and artists have used their arts. Body movement can be an additional means for self-discovery.

Definition of Tenshingoso: Ten-shin = heaven and goso = five phenomenon. The literal definition is Five Heavenly Phenomenon, which includes an expression of universal truth, an expression of one's true self, and a perfect state of freedom. Use of the voice will increase the flow of energy. Tenshingoso is also called "The Cycle of Life" so that through body movement one can study life as measured by one day, years or a lifetime. Tenshingoso is derived from esoteric Buddhism and represents 5 ways of embodying the universal creator. From nothingness to nothingness. Each movement is accompanied by a Sanskrit sound, Um-Ah-Eh-EE-O-Um. Each of the five stages can be studied independently, however these five stages are interdependent and flow together into one cycle or hymn of life. This movement can be done standing still, walking or seated in a chair. This movement can be done solo or with a partner. Today this movement will be done seated and solo.

Um – Nothingness

The right-hand rests lightly inside your left hand. Eyes can be half closed or completely closed. Bring all your concentration into one single point where everything else disappears. Release all tension from the top of your head to your feet.

Ah – Open Space, Heaven Expansion, the Ideal

Opening your eyes, circle your arms down and backwards with shoulders relaxed, your fingers open and palms open, leading with the thumbs pointing backwards. Reach behind yourself and look toward the skies. Your chest will be open, head tilted backwards so that your chin and face is looking up. Continue

with the circle of your arms to push your palms of your hands upwards toward the into the sky concentrating energy through the heels of your hands. Slowly bring your wrists together until your palms are facing upwards. Then begin a twist of arms and wrist backwards, little finger next to little finger of the opposite hand.

Eh – Integrating the Ideal into Reality/Expanding One’s Imagination

From the position with your arms and hands twisted backwards, starting turning your palms outwards leading with the little fingers. Bring your arms down and out, a shoulders width apart, moving your elbows out to the side. Your palms are facing forwards and elbows are pointing outwards.

EE – Management, Control, and Development to put our Ideal into the World

For the first part of the movement bring your arms and hands down towards your sides, keeping your palms and fingers open and wrists flexed. Then in the second half of the movement, gradually push your hands in, then up and forward, almost touching with the index fingers and thumbs to create a triangle in space, ending slightly higher than your head. Have your eye focus through this triangle.

O – Giving back everything so as to return to emptiness

Make a big circle spreading our arms wide open and backwards. As the circle is completed, the hands move down and forwards at the waist level. Bring hands together and push forward and up as far as possible with the palm facing forward, fingers pulled back so as to open the palm of the hand. From here return to the original stage of UM.

See attached diagrams of Tenshingoso in English, French and Portugese.