

SACRED GATEWAY BIBLIOGRAPHY, CREDITS, RESOURCES

Making Way For Grace

Chrysalis Emerging; Conscious Living, Conscious Dying

The Uprising In Dying

Words and Verses

Edited by Christy Barnes and Janet Hutchinson

Adonis Press 1990

Breathe Deep, Laugh Loudly

The Joy of Transformational Breathing

Judith Kravitz

INI Free Press 1999

<https://www.transformationalbreath.com/>

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What is Transformational Breath; 100 Breaths to Joy

Judith Kravitz

Transformational Breath Foundation

The Presence Process

A Journey Into Present Moment Awareness

Michael Brown

Namaste Publishing 2010

<https://www.HeartMath.com>

The next time Lazarus died.

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Proactive Grieving; The Sacred Gateway As A Bridge

Keynote by Melinda Toney, MD

A Verse Of Our Time

We must eradicate from the soul
All fear and terror of what comes towards man out of the future.

We must acquire serenity

In all feelings and sensations about the future.

We must look forward with absolute equanimity

To everything that may come.

And we must think only that whatever comes

Is given to us by a world-directive full of wisdom.

It is part of what we must learn in this age,

namely, to live out of pure trust,

Without any security in existence.

Trust in the ever present help

Of the spiritual world.

Truly, nothing else will do

If our courage is not to fail us.

And let us seek the awakening from within ourselves

Every morning and every evening.

-Rudolf Steiner

Unattended Sorrow

Recovering from Loss and Reviving the Heart

Stephen Levine

Monkfish Book Publishing 2005

“Social Contagion slide used with permission by Daniel Friedland, MD,
CEO, SuperSmartHealth and author of Leading Well from Within: A Neuroscience and
Mindfulness-Based Framework for Conscious Leadership.”

Byzantine Icon: Panagia Glykophilousa, "Loving Kindness"

Four Seasons and the Archangels;
Lecture V; The Working Together of the Four Archangels
Rudolph Steiner
Schmidt Number:S-5453

Foundations at the Periphery:
Rudolph Steiner's Observations on Star Knowledge
1915

Breathe Deep, Laugh Loudly
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<https://www.HeartMath.com>

The Gardener : Peace My Heart

Peace, my heart, let the time for
the parting be sweet.

Let it not be a death but completeness.

Let love melt into memory and pain
into songs.

Let the flight through the sky end
in the folding of the wings over the
nest.

Let the last touch of your hands be
gentle like the flower of the night.

Stand still, O Beautiful End, for a
moment, and say your last words in
silence.

I bow to you and hold up my lamp
to light you on your way.

By Rabindranath Tagore

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