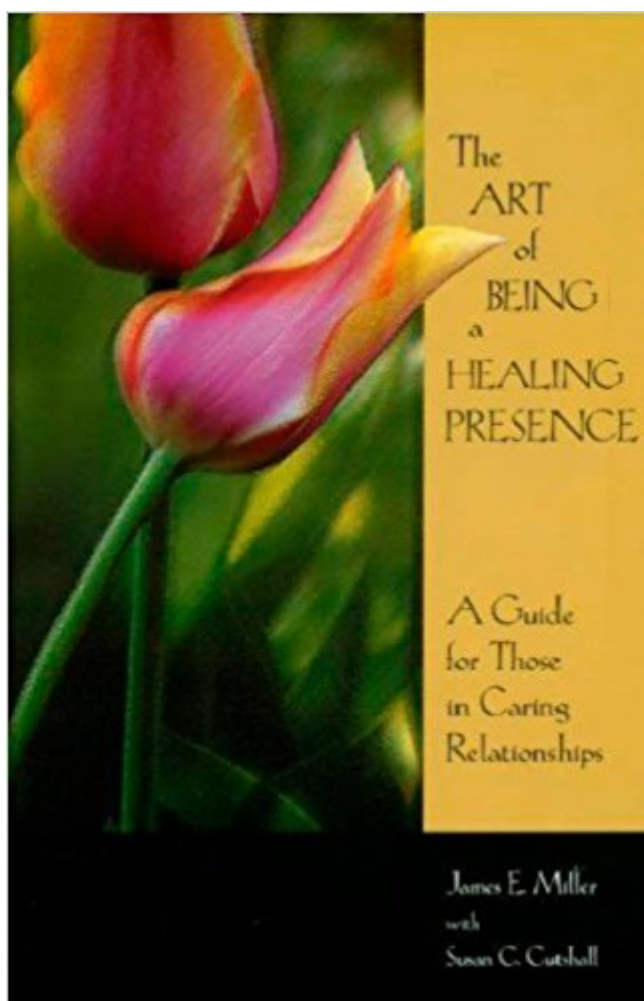


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# The Art Of Being A Healing Presence: A Guide For Those In Caring Relationships



## Synopsis

Jim Miller and hospice chaplain Susan Cutshall co-authored this popular book on being with others in a compassionate, nurturing, healing way. Chapters include, "There's only one place to begin—•with yourself" and "Healing is about something much larger than curing." Includes many carefully selected quotations for each of the fifteen chapters. Appropriate for both professional and lay caregivers.

## Book Information

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## Customer Reviews

I have just read The Art of Being a Healing Presence once again. This is my fourth reading over several years. I first discovered this book when doing some hospice volunteer work about seven years ago. It's a deceptively simple book--really more of a booklet, with a lot of distilled wisdom for care givers. Although the context of the book for me at the time was hospice, I've found the book personally beneficial outside that context. I highly recommend this book. Healing presence is defined in the booklet on page 12 as, "...the condition of being consciously and compassionately in the

present moment with another or with others, believing in and affirming their potential for wholeness, wherever they are in life." Such a lovely definition. As an adjunct teacher at community college, a number of my students are non-traditional and face many personal challenges. On occasion, I have had to be a healing presence in their lives--at least as much as I can be in the role of a teacher, listening to their stories, sometimes tragic, offering them support and an affirming belief in their ability not only to endure but to thrive. The world desperately needs more people who can be a healing presence for others. Just by the fact that you are interested in this book says you are interested in being a healing presence in people's lives. Either in a professional capacity, or just as a friend to those in your personal life, you will encounter people broken in various ways seeking a return to wholeness. May you be that healing presence for them, and may you be blessed with healing presence in your life when you need it.

Had to read this for a class and found it to be very helpful with putting presence into words on how that actually looks in life. I was calmed by the ways in which it was written--very simple, yet powerful in the sense that the author trusted the reader to put themselves into the experience of just being and living that connected lifestyle. Some dissent toward the book was that it was a bit religious at some points, but the author makes sure to open up the ideas to say that whether you are religious or not, this book is about cultivating a human connection on that basic level. You get out of it what you are open to receiving.

While taking a course to become a hospice volunteer this book was recommended for reading. It proved to be a very valuable guide and I would recommend it to anyone who is thinking of becoming a volunteer. There are some great lessons to be learned and a wonderful guide and is very thought provoking. It has given me a lot to think about when I sit with my patients and I hope to be of help to them because of reading this book.

The authors present a warm and inviting call to service in the form of 15 concise steps towards an understanding of what it means to be a healing presence in a caring relationship. Each short chapter holds wisdom but always with grace. Their advice, based on years of experience, never comes across heavy-handed or pedantic. Much of what the authors have to say about healing and transformation deals with the relationship between our conscious being and our subconscious and unconscious being. There are two good reasons for this in my opinion. For one thing, this makes the book instructive for a wide range of care-givers because what the authors have to say applies

regardless of the specific type of care we offer. Secondly, much of the healing process that occurs between people happens on the subconscious and unconscious levels. For music practitioners coming from a traditional performance background there is much wisdom to be gained from this book. To facilitate a healing presence with music we will learn to let go of those aspects of performing music that, while effective on a stage, may interfere with the healing process. To do this requires discipline and effort. The authors remind us that "we will be called upon to use our senses, our intuition, and our whole body in ways that perhaps are not yet fully developed. Yet the more we practice being completely present, the more natural it becomes. In the case of the music practitioner, even though we are there to play the music, I believe for an effective session we must also be listening with the listener and listening to them listening to us. Energy does not flow in a single direction. We are transmitter and receiver at the same time in an infinite feedback loop. By being sensitive to the cues we detect in the listener, our music will respond accordingly and adapt to best suit the needs of the listener.

This is an awesome read for anyone who works with people. I am a patient advocate in a busy emergency room. This defines what I and my awesome coworkers do. I read it in an hour and will read it again and again.

This book was originally received as a gift from our Chief Nurse Executive. It has many encouraging passages which support the value of the nursing profession. I gave a copy to each of my students as they completed their final semester in nursing school. If they read just one page, I know they will realize how extraordinary they can become.

I strongly recommend this book to people who are caring for those who can no longer take care of themselves. I also recommend this to caregivers and family members who are receiving help through Hospice. It is filled with wonderful quotes and straightforward methods of dealing with physical discomfort to spiritual togetherness. This book also helps one to see and experience the sacredness being in the presence of another human being, whether they are a family member, close friend and yes, even with a stranger. Let me leave you with one of the many different quotes in this book; "It takes two to speak the truth ....one to speak and one to hear" by Henry David Thoreau .... This book helps you learn to listen to the one in need of healing.

Most of the illustrations communicate the essence of the book. It is a valuable concept for a

chaplain, however, it does not tackle use of one's personal faith in a non-threatening way. Some Christians will find it missing that spiritual dynamic. It is quite repetitive.

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