

# **ALIVE IN DEATH**

**Death, Dying, Grief and Self-Care Training for  
Healthcare Providers**

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# MODULE 6

## ACTIVE DYING AND GREAT GOOD- BYES

ALIVE IN DEATH

# 4 SQUARE EXPLORATION

The 4 Square Exploration is a technique developed by Leslie Temple-Thurston. It can be found in the book *Marriage of Spirit (Enlightened Living In Today's World)* It is written by her and Brad Laughlin. Learn more on her technique here:

<http://www.corelight.org/wp-content/uploads/2010/10/Marriage-of-Spirit-chapter-eleven.pdf>

# EXPLORATION OF LIFE AND DEATH

Desire to... **live fully**

Fear of... **living fully**

Desire to... **allow death**

Fear of... **allowing death**

## **Desire to...** live fully

Being happy, full potential, enjoying my life, finding my true purpose...

## **Fear of...** living fully

Loosing people I love, have to many things to do, getting hurt, being open and being vulnerable...

## **Desire to...** allow death

Allowing things to end, making space for something new, trusting and letting go of the known...

## **Fear of...** allowing death

Loss, ignoring the inevitable, attaching and holding on, wanting to remain alive and with the world...

# Steps

- 1. Explore the polarity of life and death in your experience.**
- 2. Take a piece of paper and divide into 4 equal corners.**
- 3. Label each corner with the outlined exercise.**
- 4. Now fill into each area the ideas, concepts, feelings and memories that this may bring up.**
- 5. Fill in each area equally and when you are complete notice all areas at once.**
- 6. You may now offer up this exercise and ask for freedom and greater ability to stay in a witness position. You may do this in form of prayer.**

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THIS MATERIAL IS PART OF THE ONLINE TRAINING PROGRAM ALIVE IN DEATH. FOR THE FULL PROGRAM VISIT [HTTP://ALIVEINDEATH.CA](http://ALIVEINDEATH.CA).