



Founder/Artist, **Inner Harmony**  
Co-Founder & Executive Director, **Companion Arts**

Engaging audiences across America and Europe, Stillwater's presence, expressed through his words and music, re-affirm the innate connection between inner dreams and professional purpose. Weaving soul and wit, humor and heart, he meets listeners with respect and leaves them uplifted and inspired.

Graceful Passages:  
A Companion for  
Living and Dying  
Award-winning  
book/2 CD set



# M i c h a e l S t i l l w a t e r

Inspirational Speaker  
Creative Educator  
Intuitive Music Artist

*"What you provide is what our employees need-  
you offer what we need to sustain ourselves."*

Mark Grace, Director of Pastoral Care  
Baylor Healthcare System, Dallas, TX

## **In Presence Renewed** *Sustaining Inspired Vocation in the Healing Arts*

Whatever your role in providing care, and whatever role technology plays in your profession of caregiving, the essential factor of your presence cannot be overlooked or downplayed. Reconnecting to the roots of one's profession, reigniting the original spark, we reflect on core questions of purpose and meaning, and share the stories of challenge and inspiration that bring us together and guide us into the future.

## **Grace In Practice** *Music & Intentional Spoken Word for Reducing Anxiety & Promoting a Healing Experience*

The use of music and intentional spoken word can support a deeper quality of presence, which in turn helps sustain care providers as well as the people they serve. New audio resources, developed for both practitioners and patients, feature the messages of inspired speakers scored with customized music. In this experiential presentation the audience is introduced to audio resources and methods of using them for both personal and professional enrichment.

## **Last Questions First** *The Art of Finding Meaning in the Moment*

There are many paths to meaning and to presence. One way is by asking questions which have an open response, rather than a pre-defined answer. By asking those questions of ourselves which we may tend to avoid until our last breath, we just may find responses which help us live more fully, with greater compassion for ourselves and others.

## **Perspective in Practice** *Cultivating Effective Attitudes in End-of-Life Care*

What effect does perspective and attitude have on stress?  
What constitutes an effective perspective or attitude in end-of-life care?  
What interventions help shift to a more effective perspective and attitude?  
This presentation reviews the potential for greater wellbeing of practitioners, patients and families, based on shifting from a premise of control to one of integrative acceptance.

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## Client Responses

*In November, over 100 healthcare staff in Cleveland were honored to have Michael Stillwater present Care for the Journey, and evaluations were overwhelmingly excellent! In addition, Michael presented an afternoon program for one of our partnering hospices with equally awe-inspiring results. We can highly recommend this presentation to you and your organizations*

-Pamela Maidens, Director of Mission & Ministry  
Catholic Community Care, Cleveland, Ohio

*The staff truly got a lot out of it.- everybody truly enjoyed it.* - Director of VNA Hospice

*Incredible! I knew it was going to be a great experience, but I certainly did not expect for it to be so deeply moving and so special in general. I was taken aback by peoples' openness and sharing... These are the things that keep us grounded....I drove the whole way home in silence thinking about that experience.*

-Hospice Development Manager

*I just found it incredible ...the love and the positive energy that was flowing about that room was something I've never experienced before.* - Medical Director

*I am renewed. It helped me focus on my feeling of not complaining.....this is something we need every 3 or 4 months. It is essential to our team growing together and to our trusting and working together. ...Any money spent on that would help us so much in keeping the complete team together and strong and appreciating each other. ... The whole couple hours I was in a meditative state. I was the most relaxed I have been for ages....It is opening doors to communication, to trust, to sharing...* -Nurse Case Manager

*This had a very strong effect on many peoples' opinion about what we need to enhance our program. .. There is nothing stronger than having an experiential piece like this to build on...We felt supported in a very real way and it helped show that spirituality has to do with more than religion.* -Social Worker

*We have been looking for something to truly nurture an overworked Hospice staff, and this offering turned out to be better than we expected. So many folks who don't usually take the time for themselves came away feeling refreshed and renewed. Many said they did not want our time together to end.* -Spiritual Care Coordinator

*Thank you for your musical and healing contribution to the recent meetings of the American Holistic Nursing and Medical Associations. You brought an important presence and energy. Music is a medium that promotes harmony of souls and bonding of hearts. Your music captures this essence. I recommend your work to others wishing to add music, song, and movement to their meetings and gatherings.-*

Noreen Frisch, Ph.D., R.N., President, American Holistic Nurses' Association

*I am so impressed with the combination of your musical skills and intuitive insights. The songs captured the essence of the moment and clearly aided our work in articulating a mission statement that reflected the deepest concerns for each of us. Thank you for your gift to each of us and to the Foundation.*

-Board Member, Private Foundation, Washington DC

## Recent Healthcare & Hospice Presentations

- 11/06 Spirit Odyssey, Catholic Community Care, Cleveland, OH  
11/06 Care for the Journey, Hospice and Palliative Partners of Ohio  
9/06 Care for the Journey , Aultman Hospice, Canton, Ohio  
9/06 Keynote, Hospice of the Western Reserve, Cleveland, Ohio  
9/06 The Healing Power of Music, LifeFest Kapalua, Maui, HI  
8/06 Art of Presence Retreat for Healthcare Renewal, Assisi, Italy  
(in association with Christina Puchalski, MD  
and George Washington Institute of Spirituality and Health)  
4/06 Chaplains Annual Retreat, Baylor Health, Dallas, TX;  
4/06 Care for the Journey, Four Seasons Hospice, Hendersonville, NC  
3/06 Care for the Journey, San Diego Hospice, San Diego, CA  
2/06 New Media for Palliative Care, AAHPM Conference, Nashville, TN
- 12/05 A Musical Approach to Presence  
Spirituality & Healing in Medicine Conference, Harvard Medical School,  
Mind/Body Medical Institute and GW Institute of Spirituality and Health.  
11/05 Care for the Journey Presentation, Ohio Hospice and Palliative Care Annual  
Conference, Columbus, Ohio  
10/05 Care for the Journey Presentation, Planetree National Conference, D.C.  
10/05 Care for the Journey, Oncology Nurses Retreat  
Dartmouth/Hitchcock Medical Center, Woodstock, Vermont  
10/05 Care for the Journey, True North Healing Conference, Portland, ME  
6/05 Art of Presence, Assn of Transpersonal Psychology Conf., Berkeley, CA  
4/05 Care for the Journey audio release, Nurse Leadership Conference, Chicago, IL  
4/05 Care for the Journey Retreat, Sunstone Retreat Center, Tucson, AZ  
3/05 Care for the Journey, Pain Society of Oregon
- 10/04: Care for the Journey, Planetree National Conference NYC, NY  
10/04: Care for the Journey, Seton Cove, Austin, TX  
10/04 : Coalition for Supportive Care of the Dying & GWISH, Baltimore, MD  
9/04: Care for the Journey presentation, Wellness Place, Chicago, IL

**Michael Stillwater** is an intuitive music artist and award-winning songwriter/producer, artist/founder of Inner Harmony and founder/director of Companion Arts, initiator of *Care for the Journey*. An inspirational educator, he offers programs and resources for healthcare and hospice renewal. For thirty years, Michael's music has led listeners directly to the transformative and regenerating power within. Spontaneous songs, born whole in the moment, intuitively reflect the essence of recipients, moving audiences across America and Europe. His music and spoken word productions, exemplified in the award-winning double CD, *Graceful Passages: A Companion for Living and Dying* and the inspirational educational resource, *Care for the Journey: Messages & Music for Sustaining the Heart of Healthcare*, both created with Emmy-award winning composer Gary Malkin, guide people through the transitions of life while supporting the sustainability of healthcare practitioners.

## **Artistic Approaches to Presence** Music, Song, & Spoken Word Resources

### **Graceful Passages: Music and Spoken Word for Healing Release**

For patients, families and practitioners: This assemblage of spoken word with music for reducing anxiety and supporting meaningful conversation has been used for entrypoint/upstream conversations, 11th hour intervention, healing religious wounding, in bereavement for grief counseling, memorial services, volunteer education, and as staff and support group enrichment. Examples of this form include the messages of Lew Epstein, Rev. Alan Jones, Rabbi Zalman Schachter, Cherokee descendant Jyoti, and others, from *Graceful Passages: A Companion for Living and Dying*, an inspirational audio resource utilized in hospice. At the Hospice of the Florida SunCoast, Chaplain Jean Ledeaux has provided a training program for over 3,000 volunteers. She has reported its benefits of easing emotional turbulence and religious wounding, with great effect upon the volunteer and professional caregiving staff, and for patients and families.

### **Care for the Journey & The Heart of Healing: Music and Spoken Word for Practitioner Renewal**

For staff: Spoken word with music, aimed at easing emotional and spiritual stress for healthcare professionals, is helpful particularly around issues of connecting with patients, appreciating one's role in helping patients face illness and dying, renewing what is meaningful, and enjoying one's role while being kind to one's self. This resource is used for staff appreciation, education, inspiration and intervention around challenging issues. Examples of this form of audio support include the messages of Angeles Arrien, PhD; Ira Byock, MD; Christiane Northrup, MD; and Archbishop Desmond Tutu.

### **SoundVision: Music, Word and Images as Conversation Starters**

Audio-visual presentations using images together with music and spoken or written word, can provide a way of initiating meaningful conversation, particularly around subjects which are often challenging to deal with. Possible uses include staff support, introductory orientation with clients and families, and community educational outreach. *Last Questions* is one example of the medium applied inspirationally to hospice.

### **Song as Story: Musical Reflections Upon the Journey**

There is universally acknowledged healing and reconciling power in song, potentially able to condense a lifetime of experience into a brief moment in time, able to touch the heart and emotion of the listener in a way which words alone cannot accomplish. Examples of songs from the artist's repertoire include *Forbidden City of the Heart*, *Turn to Me*, and others.

### **Intuitive Song: Song as A Practice of Presence & Blessing**

Spontaneous song, practiced by children and parents throughout the world, is also a practice which can bring comfort and inspiration to people passing through transitions, including giving birth and dying, and to their families. When offered with sensitivity, heart and artistry, caregivers can create a memorable experience for the family and a sense of being 'met' by the dying person.