

## Recommendations for Patients with altered awareness / consciousness, such in Coma, during and post operations, in shock

Basically it is to observe, that patients in a coma, in shock, during operations, and also during the post-operative wake-up phase are in a state of expanded consciousness, up to near death experiences, which can reach an incomprehensible dimension for most people. How exactly these altered awareness experiences are perceived, cannot be defined, since they are – luckily – different for each person. It is important to be aware of the fact when in contact with such patients, that although they might be in a coma close to death, or completely unresponsive, they might be able to see, hear and feel (also thoughts and emotions), Even perceiving over greater distances is possible in highly altered states. So it is important in the treatment of these patients, to be aware, to be very careful and gentle, and to heed the following advice:

During a coma or altered consciousness, the patient needs from the doctors / carers / family members / healers the following:

- Attitude:** Express love, calm and confidence – own fear or panic is picked up by the patient and aggravates his own feelings. Therefore it is important to fortify oneself and to build up calmness and confidence, prior to entering the patient's room.
- Statements:** Solely loving, positive statements regarding healing (thus the subconscious will be aligned towards "healing") so that the body can activate the self-healing process and be supporting, no matter how long the way and the graveness of the illness. It is important that no negative prognosis are done, as the body could "adjust" accordingly and goes that way, although it would have had other opportunities if it could have used its imagination positively.
- Touch:** The patient must only be touched, after he has been told first, that we are going to do so. In an altered state of awareness, the body / nervous system is startled quickly, and a touch can be experienced as attack or to be powerless and at the other's mercy.  
Much loving touching and perhaps foot massages though strengthen the body feeling / awareness.
- Speech:** calm, slow, normal - rather quiet – volume, loving and confident

**IMPORTANT:** It is to be observed, that also all negative feelings, thoughts and/or secret wishes, eg. „ that it would be practical / easier / better, when the patient could die now“ – or that fear, panic, helplessness in the carer, can be perceived by the patient in these phases. For this reason, people who visit only out of obligation, or make negative expressions or reproaches (also unspoken), should be kept well away from the patient in his best interest.

During and after the wake-up phase from a coma or operation, the patient needs from the doctors / carers / family members / healers the following:

- Attitude:** Express love, calm and confidence – own fear or panic is picked up by the patient and aggravates his own feelings. Therefore it is important to fortify oneself and to build up calmness and confidence, prior to entering the patient's room.  
Loving acceptance of the rising feelings in the knowledge, that these express a reaction based on various components: their individual perception / awareness in this difficult position / influenced body and overall perception due to medication / reacting nervous system which tries to process the occurred shocks / attempts of the psyche (which is always involved in case of grave illness) to solve its problems quickly and all at once, what obviously cause over-reactions. Such as a rush of uncontrolled, strong emotions like rage, frustration, powerlessness, helplessness, which did not have the opportunity to be lived during the coma / operation / accident. In such moments it can happen that the carer could even be hit, because these emotions are looking with might for a release and already feeling misunderstood by a loved person can be enough cause such outbursts. The knowledge about where such an outburst comes from can protect a carer from taking this personally, from judging or to feel attacked. The best help in actual fact is, when somebody is there for the patient simply with love and acceptance (without inner resistance), who is ready to accompany this phase.
- Statements:** Solely loving, positive statements regarding healing (thus the subconscious will be aligned towards “healing”) so that the body can activate the self-healing process and be supporting, no matter how long the way and the graveness of the illness. Also here It is important that no negative prognosis are done, as the body could “adjust” accordingly and goes that way. Should the patient be ready, support him with positive images and visions of his healing, strengthen his memory of a healthy body.
- Touch:** Keep up loving body contact and massages – as far as there is a consenting reaction of the patient. Much loving touch, massages and / or foot massages strengthen the body awareness and thus help the body to experience nice and enjoyable body sensations after the very

difficult and painful experiences and perceptions. This supports also the processing of the occurred trauma.

Speech: calm, slow, normal - rather quiet – volume, loving and confident.  
Here is essential: less is sometimes more

Support: Support the patient in his ringing for clarity, return to normality and reality – bearing in mind that his reality (what he experienced and perceived in that time) differs from the seen and felt impressions from outside.