

## Level 3 Guest Instructors, Facilitators and Support Staff

**Jerrigrace Lyons**, founder, director and instructor of “Honoring Life’s Final Passages” Certificate Program, celebrating more than 20 years.

Jerrigrace and her life partner, **Mark Hill** have invited the following people to participate in presenting our Level 3 training. These bright and talented course leaders, guest instructors, facilitators, and support team members are bringing their strengths and perspectives to help us create a uniquely informative and evolutionary event. Playful and artistic activities and other entertainment will further transform our experiences.



## Guest Speakers

### Janelle Macrae



Janelle has served in multi-denominational palliative care for decades and has worked as a therapeutic presence with aging and disabled clients in Sonoma County Social Services for 18 years. As an outgrowth of hospice, she co-directed Final Passages and created curriculum for this non-profit program. For over 10 years, Janelle managed her family’s international import company. She has traveled extensively, and brings global coaching experience to her multi-cultural clients.

Janelle is well known for her intensive and integrative coaching practice that encompasses 30 years of professional experience. She combines neuro-practices, biofeedback and guided meditations, integrating her vast knowledge of both eastern and western teachings. She is recognized as a master in co-meditative practices and has trained with world-renowned teachers. She will share creative and compassionate ways of supporting us and those who care for others in their journey through triggers and grief.

### Sally Shannon



Sally completed her Masters Degree with a thesis on “Dying, Loss and Grief” in 1983. She has been a “Diva of Death” since then, studying with Elisabeth Kubler-Ross, Raymond Moody, Stephen Levine, Jerrigrace Lyons, and Rabbi Stuart Kelman. She is a regular alum at Final Passages Level 3 trainings. Sally participates in *tahara*, the Jewish ritual washing, blessing and dressing before burial. She also consults with individuals and families preparing their end of life plans. “There are no wrong choices. There are only hasty or unconscious choices that we regret.” Her work with clients is about discovering their own truth and making powerful choices.

In her talk *So, You’ve Chosen Cremation: How to Consciously Choose, Plan & Honor*, Sally will use images to look at the cremation process, making an initial choice of cremation (including environmental impact and psycho-social-spiritual considerations), choosing a crematory, ritual and witnessing, as well as cremation in other cultures.

### Suzette Sherman



Suzette is the founder and CEO of SevenPonds.com, the leading website and blog resource to address the end-of-life process and experience. Her ultimate goal is to change the way we think about death. Suzette is a board member of The Bay Area Funeral Consumers Association and an advisor to Let’s Have Dinner and Talk About Death, as well as a past board member of the Silicon Valley chapter of the Entrepreneurs Organization. Most recently she was appointed to the California Cemetery and Funeral Bureau Advisory Committee. Formerly a designer, in 1990 & 1991 Suzette was awarded two grants from the National Endowment for The Arts for researching ecologically designed product standards along with the Environmental Defense Fund, New York City. She also had her own feature column, “Eco-Alert” covering ecological design for International Design magazine. She now writes, “Sharing Suzette” for Seven Ponds.

Suzette and Sally will present a powerful and beautiful presentation “How Boomers are Transforming Death - The Last Taboo” that illustrates current end-of-life trends in our culture that are driven by Boomers. This includes how Boomers brought us back to home births and now they are bringing us back to home funerals. [www.sevenponds.com](http://www.sevenponds.com)

## Holly Blue Hawkins



Holly Blue, founder of Last Respects Consulting, combines her backgrounds as a legal professional and 17 years as a member of a Jewish Burial Society. Now in private practice as an independent consultant, she serves individuals, families and communities in navigating the wide ranging territory of conscious dying, by integrating the practical, emotional and spiritual aspects of the Life→Death passage. Holly is a graduate of Final Passages, has completed Level I Degriefing™ training, is a Sacred Passages Guide through the *Conscious Dying Institute*, Music Director of Kavanat HaLev Jewish Renewal Community of Carmel/Monterey, and is a member of Santa Cruz Threshold Group.

[www.LastRespectsConsulting.com](http://www.LastRespectsConsulting.com)

### Tinkerbelle

Holly Blue's sidekick and working partner, BelleAnanda Fluffernutter (Tinkerbelle for short) is a 7-pound Pomehuahua and a certified Service Animal. This will be Tinkerbelle's fourth annual Final Passages Level III gathering. Tinkerbelle lifts the spirit, balances the energy and offers Doggie Darshan wherever she travels.

## Akhila Murphy



**Akhila is a Death Care Midwife, End-of-Life Caregiver and Co-Founder of Full Circle Living & Dying Collective** near Grass Valley, California, which educates the community about death and dying, and was instrumental in bringing Green Burial to Nevada County. As a Home Funeral Guide she has assisted families in creating family-directed home funerals and after death care. She is a trained nursing aide and a private End-of-Life caregiver Sacred Bridges Care, which she organized. Akhila has been a hospice patient care volunteer, Reiki practitioner volunteer, and vigil coordinator since 2009.

Akhila will speak about VSED, Voluntary Stopping Eating and Drinking, as another option for those who seek an end to their suffering. Unlike aid with dying, now legal in five states, it doesn't require governmental action or physicians' authorization. Patients don't need a terminal diagnosis, or to prove mental capacity. <http://www.fullcirclelivingdyingcollective.com/>

## Assistant Facilitators and Technical Support Staff with Jerrigrace

The following facilitators of our Level 3 Seminar are graduates from our Final Passages Certificate Program and have assisted and facilitated at our Level 3 Seminars. Each has home-funeral experience guiding family as well as hands-on field training with Jerrigrace. They are leaders in their own fields as well.

### Mark Hill



Mark is a wisdom keeper with many life skills. He is a minister who facilitated psychic- meditation groups for a decade in LA and an Intenders group in Sebastopol for 10 years. Mark is an Herbalist, Reiki Master, Acupressure Practitioner and a Certified Diet Counselor. He provides core support to *Final Passages* and *Home and Family Funerals* by assisting in guidance and hands-on family support and he is Final Passages' Electronic Operations Manager. Final Passages could not function without this man behind the scene.



## Karen Cappa



Karen is a Certified Massage Therapist, Certified Clinical Hypnotherapist and Ordained Priestess with a private practice since 1986. She is a Certified Yoga Teacher and a leader of Grief Support Groups for Memorial Hospice. She leads Woman's Ceremonial Circles and “Nourish” retreats throughout the year, is an avid gardener, ceramic artist and herbalist.

She will share her skills and wisdom in creating circle rituals and will entertain you with her sense of humor and “wild woman” aliveness. You may visit her website at [karencappa.com](http://karencappa.com)

## Rev. Manena (Neena) Seamons



Manena Seamons, BA and End-of-Life Nanny, created Heart Centered Memorials (HCM) after attending the Final Passages Workshops. She has a diverse business background including managing a non-profit free clinic for seniors in Santa Monica, California that was featured on 60 minutes and 20/20. She left a position as VP of a national company to start HCM. Manena assisted her husband with Tendano, a unique form of body work self-care for 15 years.

As an End-of-Life Nanny for 10 years, she has facilitated a number of home funerals and memorial services. She was her husband's end-of-life care-giver, and directed and facilitated his home funeral. Our Level 3 would not be the same without her colorful and loving personality.

## Melissa Weaver



Melissa Weaver, B.Sc. has over 30 years of experience as a practicing holistic healer, herbalist, body-worker, health coach educator specializing in environmental impacts on health. Her background includes 5 Element Chinese Medicine, Taoist Healing Techniques, Homeopathy, Flower Essences, Nutritional Counseling, Yoga, Chi Gung, Laughter Yoga Leadership, Somatic Movement and she is CEO of Enhanced Health Systems. Melissa is an ordained minister and directed the Home Funeral and Memorial for her 21 year old son Jack Kahlil Weaver in November of 2007. She is passionate about sharing the importance of creative ritual and facilitating communication with loves ones on the other side. She loves to tell magical, colorful stories about communications with her son, and is writing a book called Visits from Jack which tells the story of how her son helped heal her broken heart after he transitioned into Spirit. [www.sustainablehealth.com](http://www.sustainablehealth.com)