

LEGACY OF WISDOM

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Project Director:

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Team & Sponsors: Ram Dass, Rabbi Zalman Schachter-Shalomi, Roshi Joan Halifax, Harry Moody, Dr. Sarita Bhalotra, Dr. Rodolfo Musco, Mickey Lemle, Deborah Wolf

Wisdom Area: End of Life Preparations

Question: How can we handle facing death directly?

YouTube Video Title: Legacy of Wisdom – Anna Halprin - Facing Death

YouTube URL: <http://www.youtube.com/watch?v=9moO5DgMoQQ>

Length: 3:04

Interviewee: ANNA HALPRIN (www.annahalprin.org)

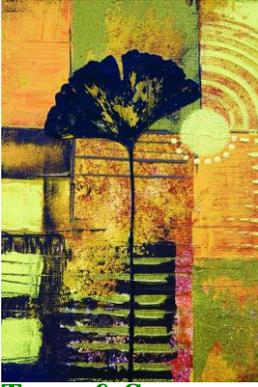


Anna Halprin's diverse career has spanned the field of dance since the late 1930s, creating revolutionary directions for the art form and inspiring fellow choreographers to take modern dance to new dimensions. James Roose – Evans author of “Experimental Theatre” called Anna one of the most important theatre artists of the 20th century.

Anna founded the groundbreaking San Francisco Dancer's Workshop in 1955 and the [Tamalpa Institute](http://www.tamalpa.org) in 1978 with her daughter Daria Halprin. Her students have included Meredith Monk, Trisha Brown, Yvonne Rainer, Simone Forti, Dohee Lee, Dana Iova-Koga, Shinichi Momo Iova-Koga, Isak Immanuel, G Hoffman Soto and many others. Her famous outdoor deck has been an explorative haven for numerous dancers and choreographers, including Merce Cunningham, Eiko and Koma, and Min Tanaka and Anne Collod; composers such as John Cage, Luciano Berio, Terry Riley, LeMonte Young, and Morton Subotnick; visual artists such as Robert Morris and Robert Rauschenberg; poets such as Richard Brautigan, James Broughton, and Michael McClure; and countless others.

She is an early pioneer in the expressive arts healing movement and led countless collaborative dance programs with terminally ill patients, long committed to a belief in the connection between movement and the healing power of dance.

In 2009, the film "Breath Made Visible". a documentary of Anna's life and work premiered and has since been showing in cities around the world. Anna gets the most out of her life, living by her adage “Aging is like enlightenment at gunpoint”.



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Question: How do we handle facing death directly?

Transcript (ENGLISH):

Interviewer: In terms of end of life preparations we talked a little bit about our friends, our partners, disappear - they go. Do you have any recommendations for...

Anna: no, my family is close by and also I am overwhelmed by the technical aspects of my trustees and all the technical things that happen to my archive and stuff like that. You know I have a lawyer and I have trustee and I have people helping me.

Interviewer: in terms of your personal emotional relationships with those who go the ones you are attached to or connected with...

Anna: yeah, it's not easy. It's not easy. I know that you know people who believe in afterlife think its quite wonderful. Ram Dass used to say the most exciting part of my life is when I can I be sitting at the bedside of someone dying. I mean he has this whole idea about life after death. I don't, so when I'm gone, I'm gone. It can create anxiety. Am I taking care of everything? I don't want to leave a lot of stuff for my girls to have to do. I want to be responsible. I want to take care of everything. It can be very stressful. I must confess it's not something I find pleasurable. It uses up a lot of time which is valuable. And it's hard.