



Preparing for Death as a Rite of Passage

The journey to death in our society is frequently a lonely one. Those who are dying may have no map to follow and no one to share the experience. We founded [The Living & Dying Consciously Project](http://www.livinganddyingconsciouslyproject.org) so that family, friends and caretakers could discover more ways to actively support the dying. In doing so, they become engaged to witness the final passage, celebrate the accomplishment of navigating death as a rite of passage and have a greater sense of their own journey to come.

[The Living & Dying Consciously Project](http://www.livinganddyingconsciouslyproject.org) is a non-profit organization that promotes the ancient concepts and techniques of wisdom keepers from indigenous traditions throughout the world. We encourage everyone to celebrate the transitions in life by preparing literally, mythically and energetically. We invite you to hold sacred space, step into ceremony and practice rites of passage throughout your life.

Visit our website at www.livinganddyingconsciouslyproject.org/SCCCLD to find the resources referred to in this presentation and more.

Literal Instructions

- ✦ **Conversations on Death** with family, friends and your doctor will allow you to share your wishes for your own end-of-life care and listen as others express their needs in regards to your death.
- ✦ **Medical Instructions** include *Advance Health Care Directives* to specify your wishes so that family, friends and medical support staff can better understand your wishes and desires for the end of your life and a *Medical Durable Power of Attorney* which appoints someone to make decisions about your care when you are not able to do so.
- ✦ **Legal Instructions** include a *Last Will & Testament* that gives instructions for the distribution of your property and personal items. It also offers an opportunity to grant gifts to the special people or organizations in your life. A *Power of Attorney* is someone who is appointed by you to make non-medical decisions when you are unable to do so. This document can be specifically designated as to function.
- ✦ **Leaving a Record of Important Information** can save time and energy for the ones who must bring the business of your life to a close. A record of User IDs and passwords are important to leave behind.
- ✦ **Physical Remains** may be buried or cremated. Organs can be donated or you may give your body to a medical education program. You might consider eco-friendly options. It is useful to find a mortuary or other organizations that can provide the services you want.
- ✦ **Building a Community** to help you through the dying process is most helpful. Who do you choose to be on your team? What are the responsibilities that match each person's skills?

Mythic Journey

- ✦ **Creating Sacred Space** is a practice of invoking the powers of nature and the spiritual world who will help you on your journey to death.
- ✦ **Life Review** is the time to recount the special moments in your life, tell stories so that the next generation may remember, bring relationships to a close and say goodbye to those who are important in your life.
- ✦ **Finding Purpose** is the personal search for meaning in your life. Each of us has experienced our own hero's journey. A hero does not have to display great courage or major accomplishments. This is a time to reflect on your unique calling in life which reflects an authentic expression of who you are.
- ✦ **Ethical Will** expresses a person's spiritual practices and shares life lessons. It is a way to leave a personal legacy of your wisdom.
- ✦ **Leaving a Legacy** can be a large gesture or a small personal connection. Each of us has a legacy to leave.
- ✦ **Celebration of Life** is an opportunity to attend your own memorial service. When transformative rituals are included, much healing can occur.

Energetic Processes

- ✦ **Clearing Your Energy Field** may be accomplished with simple energy processes. Physical and emotional distress at the end of life can be lessened by these techniques.
- ✦ **Letting Go** as a practice can be done in many ways. Meditation, breathing exercises, yoga, journeying, singing or praying are just a few of the methods helpful in developing a practice of letting go.
- ✦ **Unwinding Time** is a way to escape from the grip of time. "Too little time" or "too much time" become irrelevant. Just enough time is made available.
- ✦ **Engaging the Spirits** is the connection you make with those who have crossed over before you. This is the community that will greet you on the other side. Much comfort and encouragement can be found in this practice.
- ✦ **Granting Permission to Die** is a difficult process to accomplish. What would you like to hear from your family and friends that would allow you to die in peace?
- ✦ **Rituals at the Moment of Death** will provide peace and a connection to the universal human experience.

Workshops

Conscious Transitions is a triad of 2-day, experiential workshops that will help you develop specific tools to bring peace to the process of dying, death and grief. *Living with Dying*, *Once Upon a Time* and *Gifts of Grief* are offered throughout the year. Scientists and shamans agree that people, in every culture, who perform personal rituals transcend the stress of change and loss.