



JOURNEY HOME
FOR EMPOWERED LIVING AND DYING

How to Create a Beautiful Death

A beautiful death creates a space from love, compassion, and honour of a life lived.

Having a beautiful death, is a death with a plan.

Death and dying go against our very own survival instincts, our automated nervous system rejects and avoids this topic naturally. We can accept conversations, thinking, and planning will be challenging and uncomfortable in the beginning.

Death is the ultimate surrender to life; it takes great strength to embrace the truth; we are powerless over death. Yet, we have power over how we die.

I am powerless over death, but I hold power in how I want the space to look.

I am powerless over death, but I hold power over the music I want to be played.

I am powerless over death, but I hold power in what smells I will experience.

I am powerless over death, but I hold power in what I want to wear.

I am powerless over death, but I hold power in how I want my body cared for.

And I understand I need to let my requests known.

Let's Begin

Bring your attention to the level of sensation. Feel this body you sit in. Let the body be still. Focus on the sensation of being in a body. Notice the body's substantial quality. Feel the solidity of the body. Feel its weightiness, how gravity pulls on its substance. Receive this quality of solidity. Feel the weight of the head resting on the neck. Feel the long bones of the shoulders and the thick bony sockets that support the weight of the arms. Feel the heaviness of the arms as they rest on either side of the body. Feel these heavy hands. Feel the torso, its thickness, its weightiness. The earthen quality of this body. Feel this heavy body in which you live.

Notice the solidity, the density, and the earth element, of the dense body.

In this solid body, sensations arise. Tingling, hot and cold, rough and smooth, soft, and hard. Sensations arise in the body.

Recognize this flickering field of sensation. Just allow these sensations to be received as they arise in this body we inhabit.

Open to the sensations in the legs, their density, and heaviness. Feel the solidness of this body. And as you note these sensations, notice how though they arise in the heavy body, they seem to be received by something subtler within.

Something lighter within this heavier form.

Within this heavy body is a body of awareness, a light body that experiences hearing, seeing, tasting, touching, smelling, and receiving through the outer body.

Feel the body of awareness, this inner body, this light body.

Sense the lighter body within. The body of awareness that experiences all that enters through the senses. It recognizes sound as hearing. It delights in music. It experiences images as seeing. And recognizes great beauty. It experiences food as taste. It knows it is alive.

Observe how each breath drawn in through the nostrils of the heavy body is experienced as a sensation by the light body, by the awareness within.

Notice how each breath connects the heavy body with the light body within.

Each breath allows life, and awareness, to remain in the earthen vessel.

Observe the light body receiving the heavy body.

Feel this contact between the heavy body and the light body that each breath allows. Feel how each breath sustains the light body balanced perfectly within.

Breathe the connection between the outer body and the inner body drawn in as air, received as sensation. Each breath is so precious. Each breath maintains the connection, allowing life to remain in the body.

Feel how the breath connects the solid body with the light body.

Experience each breath.

Just awareness and sensation. Each breath. Experience this delicate balance, moment to moment, as sensation, as awareness itself.

Set and Setting

Choosing your end-of-life location will help you choose how you would like to experience the final moments on Earth. Set and setting refers to when we have deep experiences that change our state of being, meaning mindset, physical, emotional, and often spiritual experiences.

Adapting this philosophy to death can allow a more easeful, peaceful death full of love and compassion.

Death is the most transformative experience we get as humans; may it be in beauty and love and fully expansive.

Space Options

Top Three 'H's'

- ❖ Hospital
- ❖ Hospice
- ❖ Home

Alternative Options

- ❖ Private Garden
- ❖ Pond
- ❖ Lake
- ❖ Cottage
- ❖ Beach

Alternative options may seem impossible or too much to organize. There are ways to support the plan to create these softer deaths; knowing your rights, pre-planning, and accessing services in your community will be key to facilitating these beautiful deaths.

In all the hardships we go through in life, in all the struggles and suffering, we shouldn't have our final moments be cold, medical, and with strangers – we and our loved ones deserve better deaths filled with love, beauty, peace, and compassion.

Creating Symphony of the Sensations

We have 5 sensations that connect us to the world, sensations that remind us of experiences, that bring us joy and laughter. These sensations are beautiful to bring into space during the stages of end of life and active dying.

Touch

Bedsheets: What does the dying warrior want to lay on; sheepskin, silk, satin, flannel, and what colour

Favorite pillow

Favorite blanket

Pajamas; A certain material especially if the skin is sensitive. Maybe not pajamas but favorite t-shirts.

Clothing; What is the dying warrior's final outfit?

Does the dying warrior want physical touch; massage, reiki, or someone to hold their hand?

Taste

This of course depends on the stage of death but sometimes the dying warrior wishes favorite foods one final time.

Smell

Offering scents can be reminiscent of favorite memories, this can be done through flowers, essential oils, candles, cologne, or perfume.

Recognizing too, that there are unpreferred scents, that one would want to avoid.

Sight

Is it important for them to be facing a widow or to have fresh flowers to look at or perhaps pictures of their life?

Artwork, favorite pieces that bring them joy whether by a famous artist or a grandchild

Sound

Favorite songs, recordings of music, or people talking

Nature, water, birds

Poems, verses, prayers

Sound of Silence

If people are speaking, will it be of love and grace for the dying warrior or of self in the grief?

Reflection

It is important to recognize that these are the final moments for the dying warrior, their final months, weeks, days, and minutes. These moments should be about them, as we will have our lifetime to be with grief, sorrow, and loss.

In death, we should practice humanity and selflessness to honour their lives and end-of-life wishes.

Often, we make their death about ourselves and our pain, we forget about the profound journey they are embarking on.

The dying warrior lies in the intense physical, mental, emotional, and spiritual experience, and dependent on their wanting or not wanting to speak about this, able to articulate or have the ability to talk of what they are feeling is often too intense to share, they are going alone.

In this, all we can do is offer them grace, support, and space. Gift them every final heart desire they want not what we think they want or need.

By offering them their final wants we offer them a beautiful death.