

Living Dying Plan

LEGAL

- healthcare power of atty
- will or trust?
- disposition of remains authorization
- beneficiaries set for banks, savings accounts, etc.

MEDICAL

- die as naturally as possible
- die at home not hospital unless it is a necessity
- quiet room, flowers (no lilies), fragrance if possible such as lavender essential oil
- quiet meditation music for a few hours a day but NOT all the time
- NO TV!!

FUNERAL PLAN (NOT arrangements)

- burial or cremation
- ceremony or leave it up to kids?
- music I like, particular songs "One Sweet Day" by Mariah Carey
- donations in lieu of flowers
- write obit or leave the info for others so they can find it easily if they want to write obit

ACTS OF KINDNESS

- scrapbook for family so they know all the people (they may not know after you die)
- write or record some fond memories or stories about your kid's growing up years
- tell those you love how they have impacted your life (see work of Liza Ely)
- letters asking forgiveness - apologize to those you were rude to even if it was unintentional
- letters giving forgiveness - "I only have love for you. Anything you have done that you think harmed me, please know all is forgiven. I only have love for you."

PERSONAL ISSUES

- fear of death? read up on NDE stories

PRE-DEATH

- downsizing
- ask kids or friends what they want of your stuff so there's no confusion after you die
- who gets tax returns, legal stuff, etc.
- start working on a guidebook full of inspirational poems, meditations to do, images that you would love to reflect on (this gives people visiting you on your deathbed something to do like read or sing to you)

PRACTICE YOUR TOOLS FOR DEATHING

- breathwork
- meditations - practice easily going into a peaceful state (doesn't have to be earth-shattering experiences)
- visualizations - use your imagination liberally (what is heaven like? who do you want to see in the afterlife? if you could do anything you want and didn't have a body to take care of, what would you be doing?)
- connecting to higher consciousness (pick a beloved teacher and think of them as a way to get into a higher state like Jesus, Mohammed, Dalai Lama, etc.)

BUCKET LIST

- get gardenia flowers for myself as often as possible
- visit my friends in Guatemala again
- live long enough to see my grandchild graduate from high school

FUN TIMES

- more travel please
- host vegetarian Thanksgiving potluck at my house
- read the complete set of Rex Stout's Nero Wolfe murder mysteries