

Conscious Dying Conversations: A Pathway to a Peaceful Passing

Course Overview

April 2nd Week 1 Introduction to the Conscious Dying Process

- Introductions
- Why talk about conscious dying?
- Basic paperwork—living will, health care power of attorney, will or trust, road map for heirs

April 9th Week 2 Personal views on death and dying

- Complete personal death awareness worksheet

April 16th Week 3 Alternative views on death and dying

- Buddhist tradition
- Shamanic tradition
- Unity tradition

April 23rd Week 4 The terminal diagnosis

- How would you live with a 3-6 month time frame
- Hospice care

April 30th Week 5 Living while dying— what does that look like?

- Case study—a walk through the dying process with Morgan and Cynthia

May 7th Week 6

- The Mystery of Grief

Conscious Dying Conversations: A Pathway to a Peaceful Transition to our Next Experience

Week 1 April 2nd, 2pm at Unity of the Blue Ridge

Suggested love offering \$20 per class

Introduction to the Conscious Dying Process

Why did you choose to participate?

Why talk about conscious dying?

Basic paperwork

Living Will

The Living Will (also known as Advanced Health Directive) allows you to clearly state what level of care you want to receive during your transition process. It is vital to have what may be challenging conversations with your loved ones where you share this document.

Loved ones may not agree with your wishes which makes the conversation invaluable and also an opportunity for healing.

Health Care: Power of Attorney

The Health Care Power of Attorney allows you to appoint a person to see that your final medical wishes are undertaken. This is a person you know will carry out your wishes regardless of the opinions of others.

Five Wishes Document—more spiritual and humane than the above 2 documents above

Will vs. Trust

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Week 2 April 9th, 2pm at Unity of the Blue Ridge

Suggested love offering \$20 per class

This week we dive in deeply as look at our own views on death and dying. The Personal Death Awareness Worksheet will provide you with thou Conscious Dying Conversations: A Pathway to a Peaceful Passing

Week 2 April 9th, 2pm at Unity of the Blue Ridge

Suggested love offering \$20 per class

This week we dive in deeply as look at our own views on death and dying. The Personal Death Awareness Worksheet will provide you with thoughtful questions some of which may surprise you. If possible, please complete the first two pages of the worksheet before class.

Please printout and bring a copy of the Personal Death Awareness Worksheet.

Visit <https://www.unityblueridge.org/conscious-dying-conversations-classresources> for links to all the course materials.

Opening Prayer

Confidentially

Small groups

Large group

What question surprised you the most?

What question brought up the most emotions?

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Week 3 April 16, 2 pm Unity of the Blue Ridge

Suggested love offering \$20 per class

Personal Death Awareness Worksheet, pages 3-6—small group breakout

You may download the personal death awareness questionnaire found at the Unity web page: <https://www.unityblueridge.org/conscious-dying-conversations-class-resources>.

Opening Prayer

Small group breakout

Large group

Below are a few questions you may choose to contemplate.

- How have your views on dying changed over your lifetime (childhood, youth, young adult, mature adult etc.)?
- How does your faith (or non-faith) support your ability to contemplate your own death?

Buddhist Tradition

Caroline Yongue, Director of Center for Life Transitions and Director of Carolina Memorial Sanctuary, Buddhist Lay Minister

Shamanic Tradition

Unity Death Experience

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Week 4 April 23rd, 2 pm Unity of the Blue Ridge

Suggested love offering \$20 per class

Opening Prayer

The Terminal Diagnosis

- What would you do if you had 3 -6months to live?
- May want to refer to the personal death awareness worksheet pages
- Stephen Levine's book —A Year to Live
- Complete all paperwork
- Roadmap worksheet for heirs—available on Unity Website

The overriding question is how do you want to live while you are dying?

Hospice Care

Daniel Tipton, Four Seasons Hospice

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Week 5 April 30th, 2 pm Unity of the Blue Ridge

Suggested love offering \$20 per class

Opening Prayer

Living while you are dying?

A walk through the dying process with Morgan and Cynthia a case study

- Set clear goals
- Complete paperwork—including funeral and burial/cremation
- Provide specific assignments/family/friends
- Reach out and say good-bye to all important
- Limit visits to people you really want to communicate with you
- Reach out to others via technology such as Caring Bridge
- Complete forgiveness work, say I love you often
- Create your own death ritual
- Recognize limitations as caregiver

Q & A—Conscious Dying Process

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Week 6 May 7th, 2 pm Unity of the Blue Ridge

Suggested love offering \$20 per class

Opening Prayer

The Mystery of Grief

- Grief can happen after the terminal diagnosis or other time
- Five stages of grief
- Denial
- Anger
- Bargaining
- Depression
- Acceptance
- New stages of grief: <https://mindfulnessmeditationinstitute.org/2023/02/16/the-new-stages-of-grief>

The many faces of grief

- Personal experiences of grief
- Important of completing paperwork while healthy!

What 5 tangible steps are you going to complete immediately after you leave this class?

Course Evaluation (what has this class taught you about living today?)

Closing