

## **Death Box Suggestions**

What could a Death Box contain?

- Documents (gathered for your Practical **RED BINDER** for death)
  - Living will, advanced directives, etc.,
  - Durable medical power of attorney: P.O.A
  - A Will
  - List of people to be involved post death, e.g., Proxy, next of kin, lawyer, etc.
  - Obituary if one wants to write one's own. (not a eulogy)
  - Passwords, pass codes, and important sites (e.g., social media, phone, credit cards, bank account, financial investments)
- Sacred objects (candles, Incense, mala, sacred substances from a teacher, statues, thankas)
- Practices you would like for the Time of Death
- CDs, sacred music, chants, etc.
- Spiritual Wish List (many possibilities)
- Letter(s) to next of kin, friends, loved ones
- Sacred Texts (e.g., Tibetan Book of the Dead, Longchenpa, etc.)
- Notebook with blank pages (if can't speak but can write)
- Thank you notes for doctors, nurses, care givers, etc.
- Photos of self to send to benefactors to pray for us
- Photos of pets, teachers, benefactors, etc.
- A self-descriptive note and self photos for doctors, nurses in case of being in the hospital (e.g., ICU) or a hospice unit to humanize oneself
- Self written love songs
- Notes to folks one didn't get a chance to say goodbye to
- ADD YOUR OWN...

Where to keep your death box? - some place easy to find and let someone know  
**WHERE IT IS!**