

PRACTICAL DEATH RESOURCES - Art of Dying Retreat 2021
(Compiled by: Jean Ashland and David Bayer)

- Guided death meditations **[see recordings from Art of Dying Retreat]**
- Sample Readings:
 - Beyond Death - What happens when we die and how to prepare now (book - Samael Aun Weor)
 - Swedish Art of Death Cleaning: how to free yourself and your family from a lifetime of clutter (book - Margareta Magnussen)
 - Dying with Confidence (Book: Olivia Haveslsell - study guide)
 - Tibetan Book of the Dead
 - Aging with Wisdom (book by Olivia Ames Hoblitzelle)
 - The Body Keeps the Score (book by Dr. Bessel van der Kolk)
 - Living Like a Dead Man (Lion's Roar: article by Anam Thubten)
 - Journey Without a Goal (Trungpa Rinpoche)
 - Die Wise (book - by Stephen Jenkinson)
 - Peaceful Death, Joyful Rebirth (book by Tulku Thondrup)
 - Mind Beyond Death (Book by Dzogchen Ponlop)
 - Awake at the Bedside: Contemplative Teachings on Palliative and End-of-Life Care by Koshin Paley Alison and Matt Weingast, Wisdom, 2016.
 - A Year to Live: How to Live this Year as If It Were Your Last by Stephen Levine.
 - A Graceful Farewell: Putting Your Affairs in Order by Maggie Watson, Cypress House, 2006. A workbook/ DVD
 - Being Mortal: Medicine and what matters in the end. Atul Gawande
- Death Movies: Waking Life; Departures; Bucket List; Fault in our Stars; Harold and Maude, My Sister's Keeper, The Face of Love, Hereafter, The Big C series (Laura Linney), add your own favorites...
- Death Bag (see **Death Bag handout** for details)
- **The Conversation Project:** how to have The Conversation about death and dying with family and loved ones [The Conversation Project](#)
 - handouts/videos/question guides (selecting health care proxy, talking to loved ones, and much more!)
- [Zen Guide for Death and Dying](#) (good practical details: *Wise Preparation* at end of document)
- How to complete a Dharma Will (links)
 - [How to write a dharma will.A. Holecek](#)
 - [Dharma will sample and guidelines](#) (from Amitahba Hospice Service)

- Complete Advanced Care Directive ([ACD form for your state](#)) or the Five Wishes ([Five Wishes form](#)) - do you want NDF to have a copy, or a list of your end of life wishes?
 - [Caring Info.org](#) (from National Hospice Organization)- resource for regulations on Advanced Directives - and how apply across state lines
 - SAMPLE Advanced Care Directive by a Buddhist practitioner: [Sample ACD](#)
- Death Doula as a support resource. Someone who assists in the dying process.
 - For example: creating death plans, and providing spiritual, psychological, and social support before and just after death. Their role can also include more logistical activities, helping with services, planning funerals and memorial services, and guiding mourners in their rights and responsibilities.
 - Search in your area for a list of death doulas or check with a local hospice.
- Consider a dharma death buddy or gathering a 'death practice group'
- Devise a simple letter to your family with your wishes (some people have put such a letter in their car in case of an accident)
- Create a "Practical **RED BINDER** for death": directive, death wishes, health care agent, instruction that will need 10-20 death certificates; your SSN, all your passwords to policies and companies that need to be closed or accessed including the phone company, banks, etc. (this can be stored in your Death Bag or in your Important Documents)
- Personal meditations: Letting Go, Phoa, Benefactor practice, Bardo/dissolution (recorded); Leaning in practice; Offering practice (see NDF website under: Resources or Teachings: Margha Program)