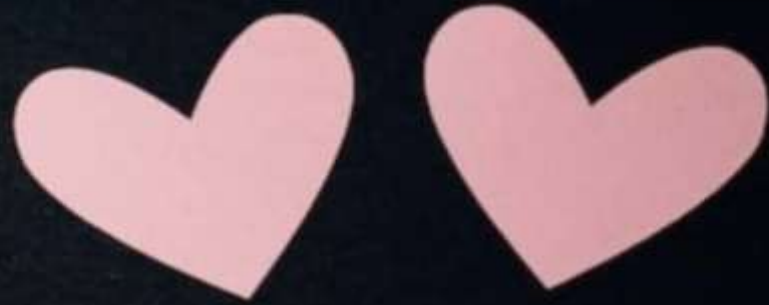


Week 11:

# **Building a Death Literate Community**

The Importance of Community,  
Working with Grief & Fear,  
Suggestions & Resources



The only things you can  
take with you when you  
leave this world are the  
things you've packed  
inside your heart.



It is a lie, any talk of God  
that does not comfort you.

~Meister Eckhart



# Wild Geese

by Mary Oliver

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,  
are heading home again.

Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting  
over and over announcing your place  
in the family of things.

The first time I visited the Grand Canyon  
I was in a shame-deadened terrible mood,  
and saw nothing but a hole in the dry-boned earth.  
Left cursing that overrated wonder of our world.

Instead my jaw dropped five thousand feet  
to the flushed face of a primrose blooming  
beside a river that was licking six millions years  
of tectonic plates serving the best meal  
my eyes had ever been served.

The next time I visited the Grand Canyon  
I was high on having just discovered poetry,  
but rolled up to the place expecting to see  
the same mediocrity I'd seen before.

I didn't know what had happened  
until many years later when I heard  
Anaïs Nin say, "We do not see this world  
how it is. We see it how *we* are."

Regularly reminding myself of this sentiment  
has changed my life for the better in so many ways.  
"We do not see the world how it is.  
We see it how *we* are."



# Homework Week 11



## Conversations:

- Talk to your buddy about Grief and Fear

## Week 11:

- Working with the Spine & The Wave Pattern
- Listen to Martin Prechtel on Grief and Praise
- Explore your Grief & Fear
- What does Death Literate Community Look & Feel Like to you?