



Week 9:

# Caring for the Dead

Vigil & Funeral Options,  
Write Your Eulogy  
Traditions from our Past,  
Caring for our own at Death,

## I Am Not I

I am not I.

I am this one  
walking beside me whom I do not see,  
whom at times I manage to visit,  
and whom at other times I forget;  
the one who remains silent while I talk,  
the one who forgives, sweet, when I hate,  
the one who takes a walk when I am indoors,  
the one who will remain standing when I die.

Juan Ramon Jimenez



Week 8:

# Returning the Vessel

After Death Choices  
re: Body & Spirit Care  
Disposition of Body

# 3 Categories End of Life Paperwork

## Designing Your Sacred Decline

### Living Health Care General

- × Living Will
- × Advanced Care/Life Directives
- × Medical Directives
- × Five Wishes
- × Health Care Agent
- × Health Care Power of Attorney

### Specific:

- × DNR (Do Not Resuscitate)
- × MOST or POST Document

## Returning the Vessel

### After Death Care

- × Organ Donation
- × Disposition of Body
- × Cremation or Burial Authorization
- × Spiritual, Funeral, Arrangements
- × After Death Care
- × Death Certificate

## The Blessed Giveaway

### Financial

- × Trust
- × Will
- × Beneficiary
- × TOD & POD
- × Financial or Durable Power of Attorney

# Community Grief Article



From Appropriation to Reclamation



# Homework Week 8



## Continue Contemplating the What's Most Alive for You

### Conversations:

- Talk to your buddy.

### Week 8:

- Research & Contemplate after Disposition of Body Options



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# Forms for After Death

- × Declaration for Disposition of Physical Body
- × Death Certificate
- × Possible Others:
  - × Authorization for Cremation
  - × Receipts or Notification of Arrangements for Remains
  - × Organ Donation
  - × Body Donation



### Declaration Regarding Disposition of Physical Body, After Death

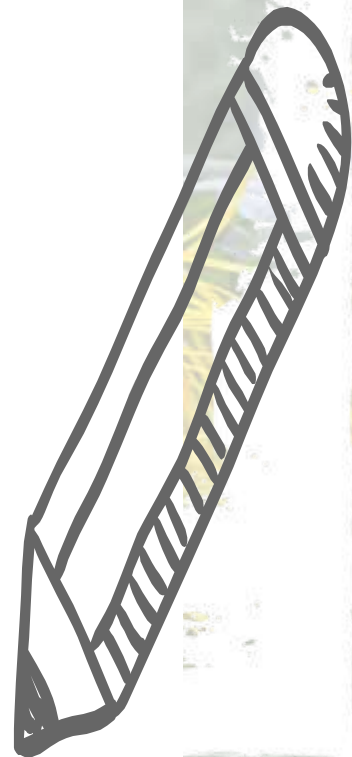
I, \_\_\_\_\_ after thoughtful deliberation, being of sound mind and more than 21 years of age, in exercise of my paramount right to direct the manner of disposal of my physical body after my death, and in order to state clearly my direction, do willfully and voluntarily make this Declaration and do hereby declare:

**FIRST** Autopsy is a violation of my spiritual convictions and religious beliefs and therefore no autopsy shall be performed upon my physical body under any circumstances.

**SECOND** After death has taken place, my physical body shall not be embalmed or in any way artificially preserved, except by means of refrigeration, air conditioning, ice, or dry ice.

**THIRD** For the period of 72 hours after death has taken place, I request that \_\_\_\_\_ (name and phone number) take custody of my body (acting as my Death Care Agent) and exercise their right to care for and dispose of my body. If \_\_\_\_\_ is not available for this, then I request that friends or my religious group be allowed to care for and dispose of my body. If this is not possible because of the laws of the state, I request that my family, friends, and acquaintances have access to the presence of my physical body in order to take part in prayer, read spiritual literature, and perform any practices associated with care of the body after death. I request that these activities and my funeral arrangements be supported by:

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# Other Paperwork:

## After Death....

- What you want for Body Transition
- What you want for Disposition
- What you want for Service/Funeral

## Where.....

- Go back to Wish 5
- Go back to Addendum
- Write your own Eulogy
- Write your own Service

# Homework Week 9



## Conversations:

- Talk to your buddy.

## Week 9:

- Research & Contemplate after Disposition of Body Options
- Disposition of Body Forms
- Caring for our Own at Death Contemplations (others & self)
- Specify your wishes for your transition
- Write your own Eulogy

“We cannot be truly alive without maintaining an awareness of death. Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight. She helps us to discover what matters most. And the good news is we don’t have to wait until the end of our lives to realize the wisdom that death has to offer.”

~Frank Ostaseski, [The Five Invitations: Discovering What Death Can Teach Us About Living Fully](#)