

The background features a close-up photograph of several bright yellow flowers with long, thin petals, set against a soft-focus green background. The entire image is framed by a white border with a distressed, hand-painted appearance.

Week 13:

After Death Musings – What's Next?

I decided I was too soft to last,
but then I decided to be softer.

Initiated into the Death Curious Monastic Order



Palden Gyatso, Tibetan Buddhist Monk



The background features a close-up photograph of several bright yellow flowers with long, thin petals, set against a soft-focus green background. The entire image is framed by a white, distressed border that looks like torn paper or a hand-drawn line.

Week 12:

Bucket Lists, Legacies, & Last Wishes

Homework Week 12



Conversations:

- Talk to your buddy about Bucket Lists, Last Wishes, Legacies

Week 12:

- Internal & External Bucket Lists
- Considerations re: Legacy & Last Wishes
- Writing Eulogy or Obituary

Revisit from Weeks 10&11

- Consider Decluttering Strategies
- Consider Death Literate Community (Death Café)
- Consider being with your own and others' grief

My childhood story re: religion



Who to trust re: the afterlife?



Raymond Moody & Elisabeth Kubler-Ross



Near death experiences – the commonalities



Vinny Tolman



Homework Week 13



Conversations:

- Talk to your buddy about After Death & Next Steps

Week 13:

- What are your truths about post-death?

Revisit from Weeks 10&11

- Template for Eulogy
- Template for Obituary



SOLSTICE:

Celebrating our Transformation

Optional. Solstice Graduation. Closure.