

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, hand-drawn style border with a slightly distressed or textured appearance.

Week 12:

Bucket Lists, Legacies, & Last Wishes

Death is a part of life that sets us up to evolve.
So that's where we begin.

Acceptance your own mortality means you're
sitting with discomfort more and more.

Taking responsibility for your life and death.
Let it in all the way.

This allows the negative pattern to be transformed
into a gift.

It opens your heart.

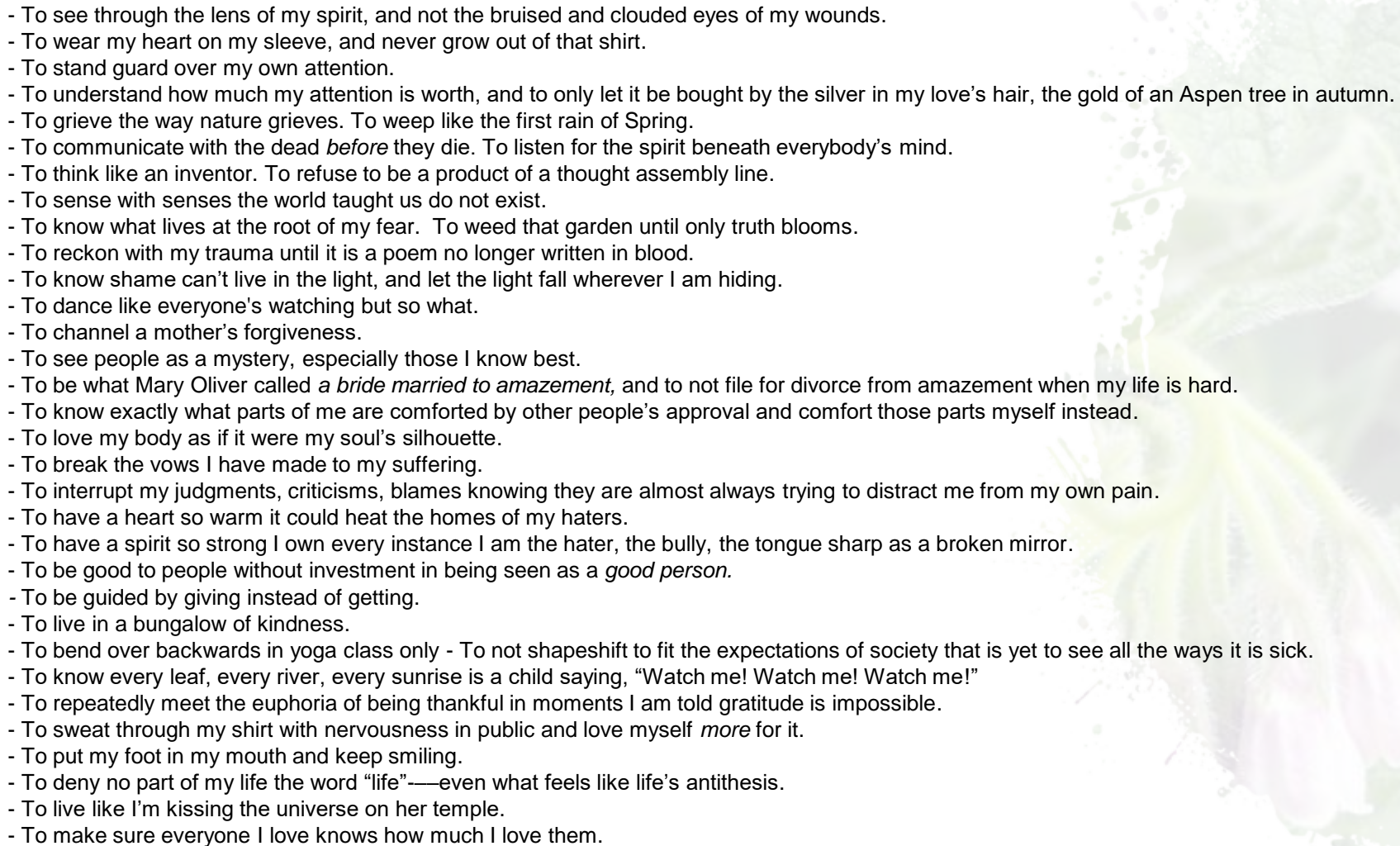
What was a challenge is now the greatest
opportunity.

Richard Rudd

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Week 12:

Bucket Lists, Legacies, & Last Wishes

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- To see through the lens of my spirit, and not the bruised and clouded eyes of my wounds.
 - To wear my heart on my sleeve, and never grow out of that shirt.
 - To stand guard over my own attention.
 - To understand how much my attention is worth, and to only let it be bought by the silver in my love's hair, the gold of an Aspen tree in autumn.
 - To grieve the way nature grieves. To weep like the first rain of Spring.
 - To communicate with the dead *before* they die. To listen for the spirit beneath everybody's mind.
 - To think like an inventor. To refuse to be a product of a thought assembly line.
 - To sense with senses the world taught us do not exist.
 - To know what lives at the root of my fear. To weed that garden until only truth blooms.
 - To reckon with my trauma until it is a poem no longer written in blood.
 - To know shame can't live in the light, and let the light fall wherever I am hiding.
 - To dance like everyone's watching but so what.
 - To channel a mother's forgiveness.
 - To see people as a mystery, especially those I know best.
 - To be what Mary Oliver called a *bride married to amazement*, and to not file for divorce from amazement when my life is hard.
 - To know exactly what parts of me are comforted by other people's approval and comfort those parts myself instead.
 - To love my body as if it were my soul's silhouette.
 - To break the vows I have made to my suffering.
 - To interrupt my judgments, criticisms, blames knowing they are almost always trying to distract me from my own pain.
 - To have a heart so warm it could heat the homes of my haters.
 - To have a spirit so strong I own every instance I am the hater, the bully, the tongue sharp as a broken mirror.
 - To be good to people without investment in being seen as a *good person*.
 - To be guided by giving instead of getting.
 - To live in a bungalow of kindness.
 - To bend over backwards in yoga class only - To not shapeshift to fit the expectations of society that is yet to see all the ways it is sick.
 - To know every leaf, every river, every sunrise is a child saying, "Watch me! Watch me! Watch me!"
 - To repeatedly meet the euphoria of being thankful in moments I am told gratitude is impossible.
 - To sweat through my shirt with nervousness in public and love myself *more* for it.
 - To put my foot in my mouth and keep smiling.
 - To deny no part of my life the word "life"—even what feels like life's antithesis.
 - To live like I'm kissing the universe on her temple.
 - To make sure everyone I love knows how much I love them.

WARNING

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer
gloves

And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.

I shall go out in my slippers in the rain
And pick flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beer mats and things in
boxes.

But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.

But maybe I ought to practice a little now?
So people who know me are not too shocked and
surprised
When suddenly I am old, and start to wear purple,

WRITTEN BY
JENNY JOSEPH



Week 10:

The Blessed Giveaway

- Beneficiary (TOD & POD)
- Arranging for Pets/Kids
 - Passwords & Access
- Financial or Durable POA & Executor
 - Decluttering
 - Trust or Will

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

- × Beneficiary (TOD & POD)
- × Arranging for Pets/Kids
- × Decluttering
- × Financial or Durable POA & Executor
- × Trust or Will

Homework Week 10



Conversations:

- Talk to your buddy.

Week 10:

- Gratitude Practice
- Beneficiaries – TOD/POD
- Passwords and Phone Access
- Arrangements for Pets/Kids
- Financial/Durable Power of Attorney
- Passwords
- Decluttering (Swedish Death Cleaning)
- Will/Trust

End of Life Planning Checklist

These are only suggestions. Feel free to make your own document by editing this template.

Next Steps for Wish 1	Date to Complete	Date Completed	Notes
Make a list of possible Health Care Agents, their qualities and pros and cons			
Contemplate team approach to health care agent			
Communicate with potential health care agents			
Research patient advocacy			
Schedule conversations with family & friends			
Fill out Wish 1 in your booklet			
Next Steps for Wish 2	Date to Complete	Date Completed	Notes
Research and contemplate life supporting measures. Consider what you want and don't. D			
Consider what you want and don't and define life supporting measures for yourself.			
Play the Go-Wish game online or with cards			
Talk to your HCA, family, and friends			
Fill out Wish 2 in your booklet			
Next Steps for Wish 3	Date to	Date	Notes



UNCLUTTERING





One day Son
all this will be
yours.

Week 11:

Building a Death Literate Community

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

Homework Week 11

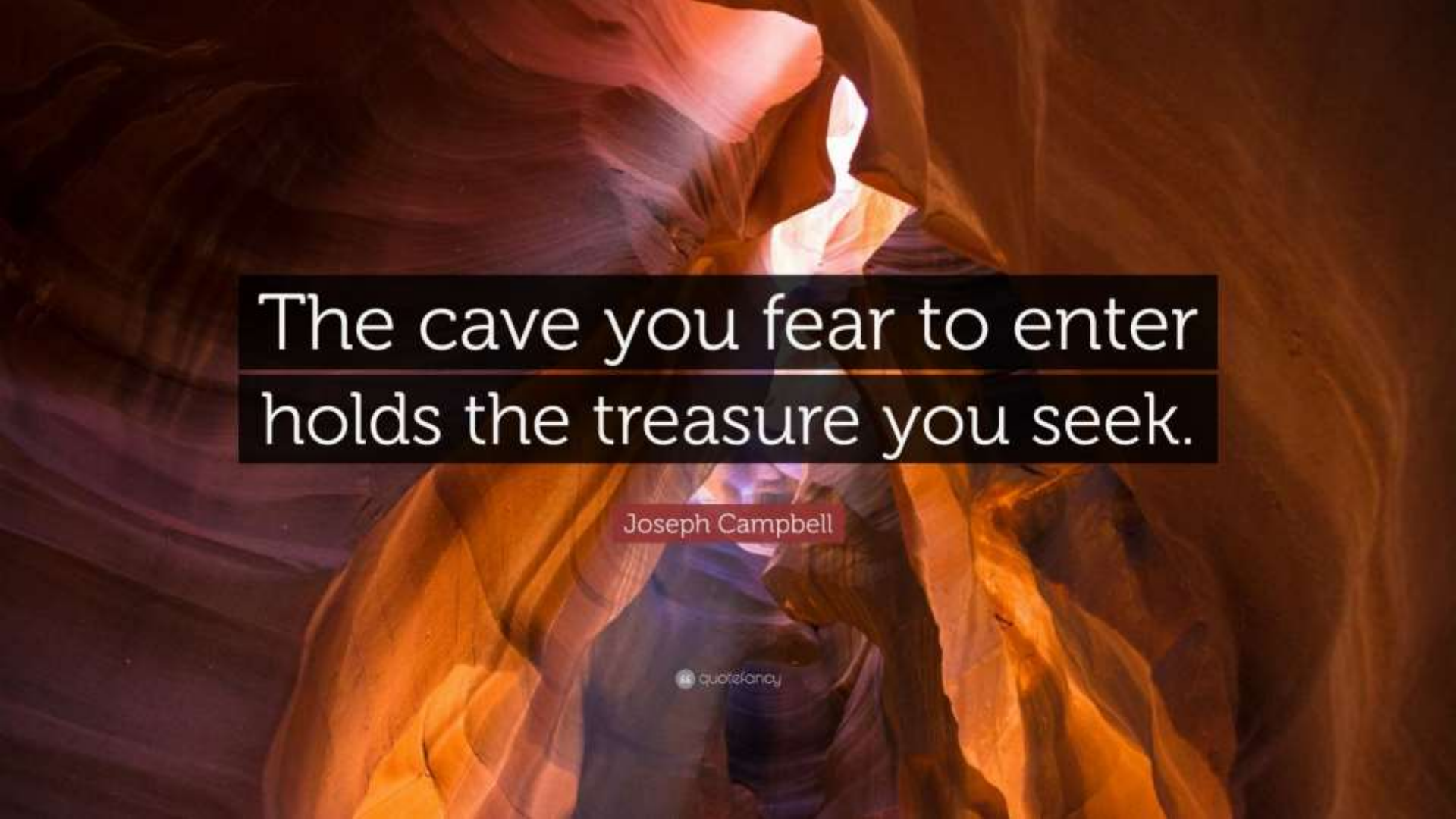


Conversations:

- 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?



The cave you fear to enter
holds the treasure you seek.

Joseph Campbell

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

Allow

~ Danna Faulds

There is no controlling life.
Try corralling a lightning bolt,
containing a tornado. Dam a
stream and it will create a new
channel. Resist, and the tide
will sweep you off your feet.
Allow, and grace will carry
you to higher ground. The only
safety lies in letting it all in –
the wild and the weak; fear,
fantasies, failures and success.
When loss rips off the doors of
the heart, or sadness veils your
vision with despair, practice
becomes simply bearing the truth.
In the choice to let go of your
known way of being, the whole
world is revealed to your new eyes.

