

## **Conscious Dying Conversations: A Pathway to a Peaceful Transition to our Next Experience**

### **Oct 18th** Week 1 ~ Introduction to the Conscious Dying Process

- Introductions
- Why talk about conscious dying?
- Basic paperwork—living will, health care power of attorney
- Five Wishes Doc
- Will

### **Oct 25th** Week 2 ~ Alternative traditions of dying

- Buddhist
- Shaman
- Unity

### **Nov 1st** Week 3 ~ The Terminal Diagnosis (What would you do if you had 3 to 6 months to live?)

- Hospice presentation ~ steps of the dying process
- Impact of diagnosis (mental, spiritual, physical)
- How do you want to live your remaining days?
- Personal experience from Diane West

### **Nov 8th** Week 4 ~ What do you **Really** think about dying?

- Complete Personal Death Awareness Worksheet

### **Nov 15th** Week 5 ~ The Grief Process and what has dying taught you about living?

- What does grief look like?
- Role of forgiveness, compassion, and unconditional love in the healing process