

Questions about Living

Often when we are inspired to serve at the bedside of those who are dying, it is still about the “other”, and not about our own impermanence. Our considered preparations of our own death allow our loved ones to understand and respect our wishes, and to honor the stories of our lives with love and compassion. For this session together, please prepare by considering some of the following questions, and perhaps writing down some of your explorations.

- Where do your own myths and beliefs about death and dying come from?
- What would you consider a sacred moment in your life, and what allowed you to have that experience?
- What are your fears about your own death?
- If you knew you would die in a month, what are the most important things you would do? What “unfinished business” would you want to be taken care of?
- In a few words, how would you most like to be remembered?

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