

## Eight Practices for Creating Peaceful Transitions Through Life and Death

### **Accepting Impermanence**

Everything changes

### **Preparing as Much as You Can**

Understand your health condition and options for treatment

Talk: Voice your choices for care to your loved ones

Write: the legal documents

Clean up your messes so no one else has to

Don't wait until you are in a crisis.

### **Sharing the Journey with Our Loved Ones**

Be there for loved ones. Keep vigil from near or far away.

Learn how to die, and how not to die, from those who are doing it.

Define the quality of your death as you do the quality of your life.

### **Forgiving, Forgiving, Forgiving**

Forgive yourself, forgive those who harmed you,

And ask forgiveness from those you have harmed.

### **Letting Go**

Let go of things you don't use, attitudes that don't serve you,  
and people who don't make you happy as practice for letting go of the people,  
the things, the activities, and the abilities that are most important to you.

### **Healing Grief**

You have to go through it to go beyond it: feel it and heal it, give it time

### **Sourcing gratitude**

Thankfulness is the best medicine you can take.

### **Embracing Transformation**

Open yourself to change, to growth,

to connection to others, to receiving help, and to coping with loss.

Consider the caterpillar, the chrysalis, and the butterfly.