



LIVING OUR BEST LIVES IN THE FACE OF DEATH

THE ROLE OF A DEATH DOULA AND
INSIGHTS FROM THE DYING

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BANKEI YOTAKU

"Just as you are,
Right here and now,
Is the way."





WHEN WE TALK ABOUT DEATH, WE ARE REALLY TALKING ABOUT THE
FULLNESS OF LIFE



THE SUBJECT OF MORTALITY



SPOILER ALERT!

- We are all going to die.
- Nothing lasts forever.
- We have nothing more in common with each other than the fact that we are mortal.





WHY IS DEATH HARD TO TALK ABOUT?

1. DEATH IS AN UNKNOWN
2. DEATH IS AN UNCOMFORTABLE SUBJECT
3. DEATH SEEMS MORBID TO TALK ABOUT
4. OUR SOCIETY IS DEATH PHOBIC
5. DEATH HAS BECOME A MEDICAL EVENT
6. WE DON'T PREPARE WELL FOR DEATH

BUT THERE IS GOOD NEWS!

Death can be our greatest teacher

An awareness of death can bring greater meaning and purpose to life

Deepak Chopra – death may be one of the greatest forms of stress that we humans put upon ourselves, but we can remedy that!



WHAT IS A
DEATH
DOULA?

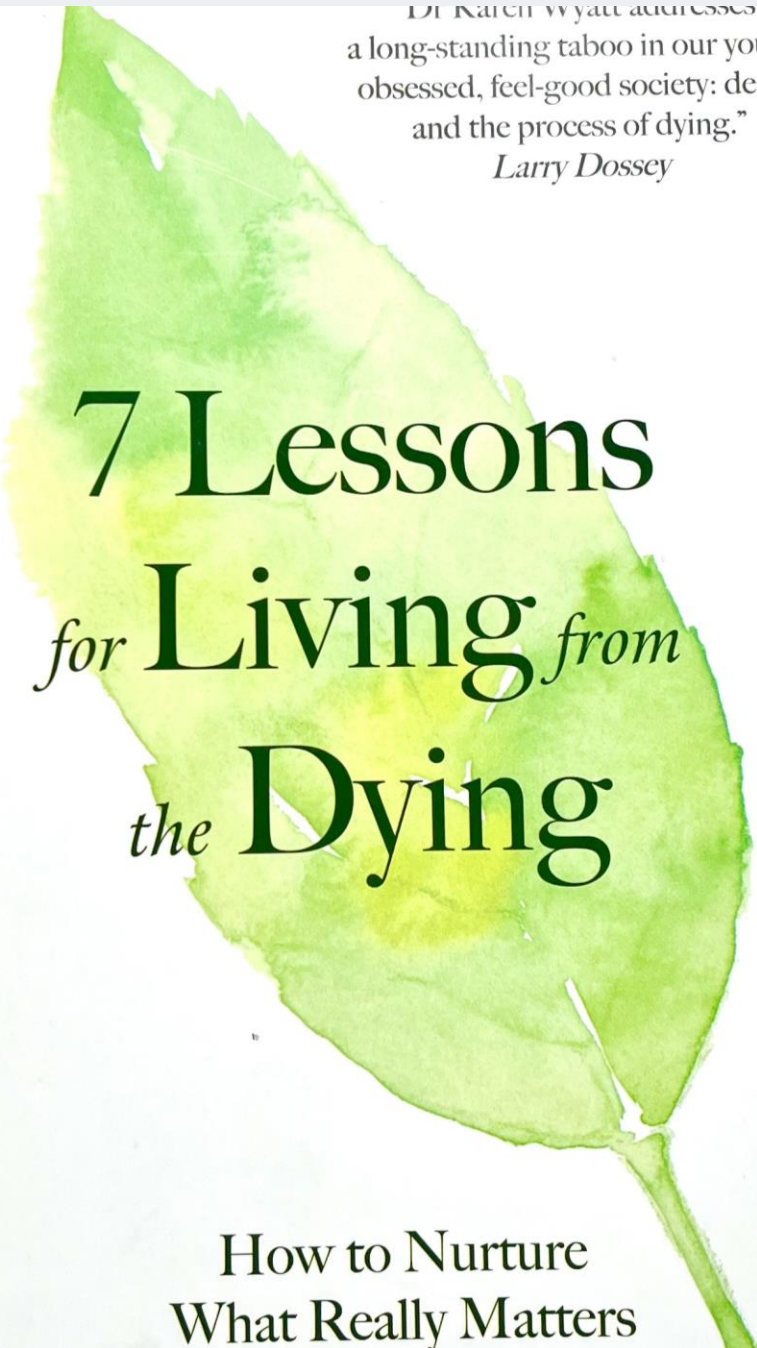
YES, I'M A
JOYFUL DEATH
DOULA!



A DEATH DOULA...

- IS A NON-MEDICAL GUIDE AND RESOURCE
- OFFERS SUPPORT IN ALL REALMS INCLUDING PRACTICAL, EMOTIONAL, SPIRITUAL, MENTAL AND PHYSICAL
- IS A WAY OF BEING, A DISCIPLINE AND A PRACTICE
- PROVIDES SUPPORT BEFORE, DURING, AND AFTER DEATH
- PROMOTES DEATH AWARENESS & MEANINGFUL CONVERSATIONS
- SOME EXAMPLES FROM MY OWN WORK AS A DEATH DOULA

Dr. Karen Wyatt addresses
a long-standing taboo in our youth-
obsessed, feel-good society: death
and the process of dying.”
Larry Dossey



7 Lessons *for* Living *from* *the* Dying

How to Nurture
What Really Matters

7 LESSONS FOR LIVING FROM THE DYING

- AN INTRODUCTION TO DR.
KAREN WYATT'S BOOK
- HOW TO NURTURE WHAT REALLY
MATTERS

LESSON #1

SUFFERING: EMBRACE YOUR DIFFICULTIES

- *Patience*
- *Resilience*
- *Humility*
- *Connectedness*

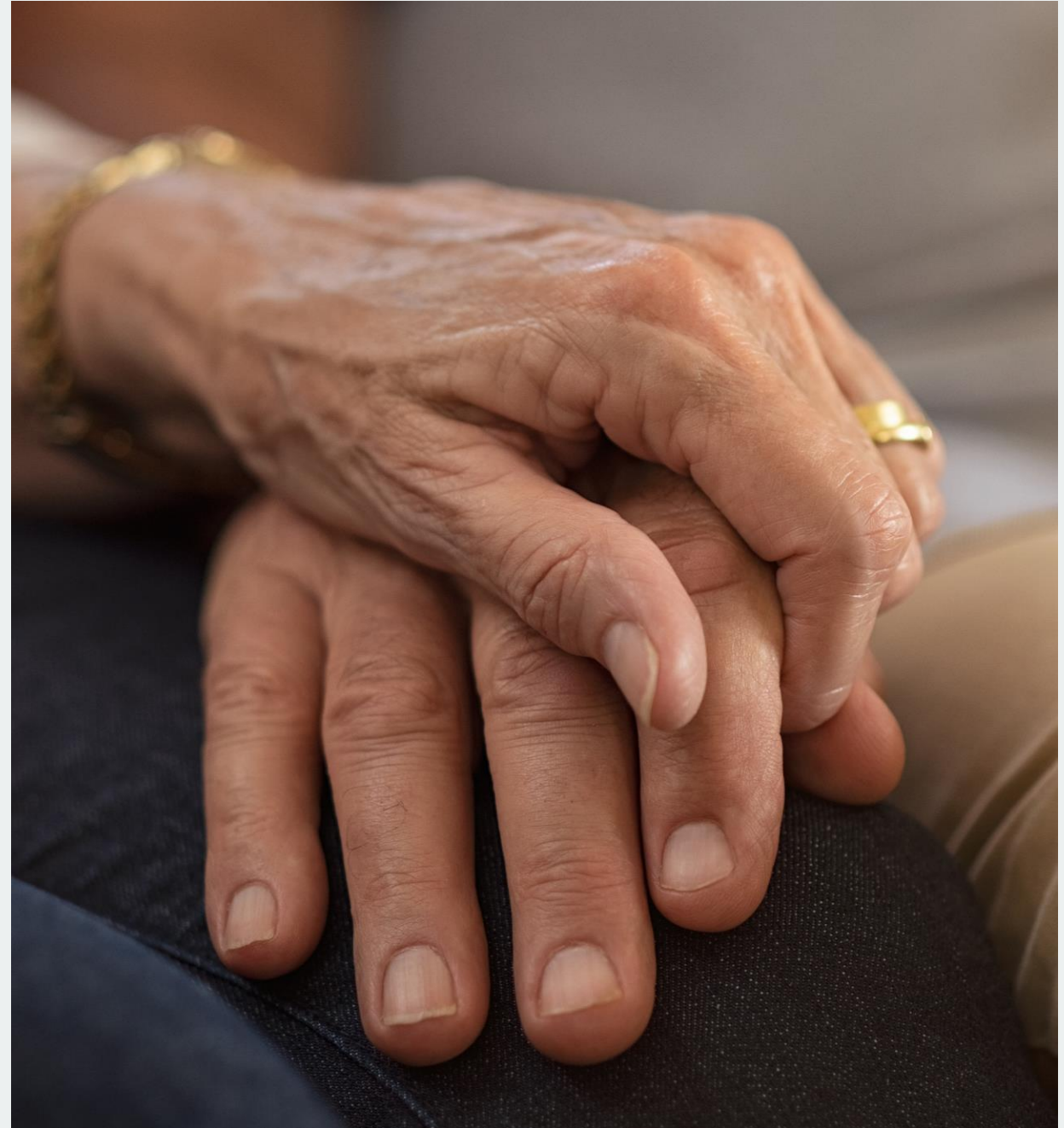


LESSON #2

LOVE:

LET YOUR HEART
BE BROKEN

- *Vulnerability*
- *Authenticity*
- *Selflessness*
- *Compassion*



LESSON #3

FORGIVENESS: HOLD NO RESENTMENTS

- *Responsibility*
- *Tolerance*
- *Reconciliation*
- *Redemption*



LESSON #4

PRESENCE: DWELL IN THE PRESENT MOMENT

- *Vibrancy*
- *Serenity*
- *Creativity*
- *Momentum*



LESSON #5

PURPOSE:

MANIFEST YOUR
HIGHEST
POTENTIAL

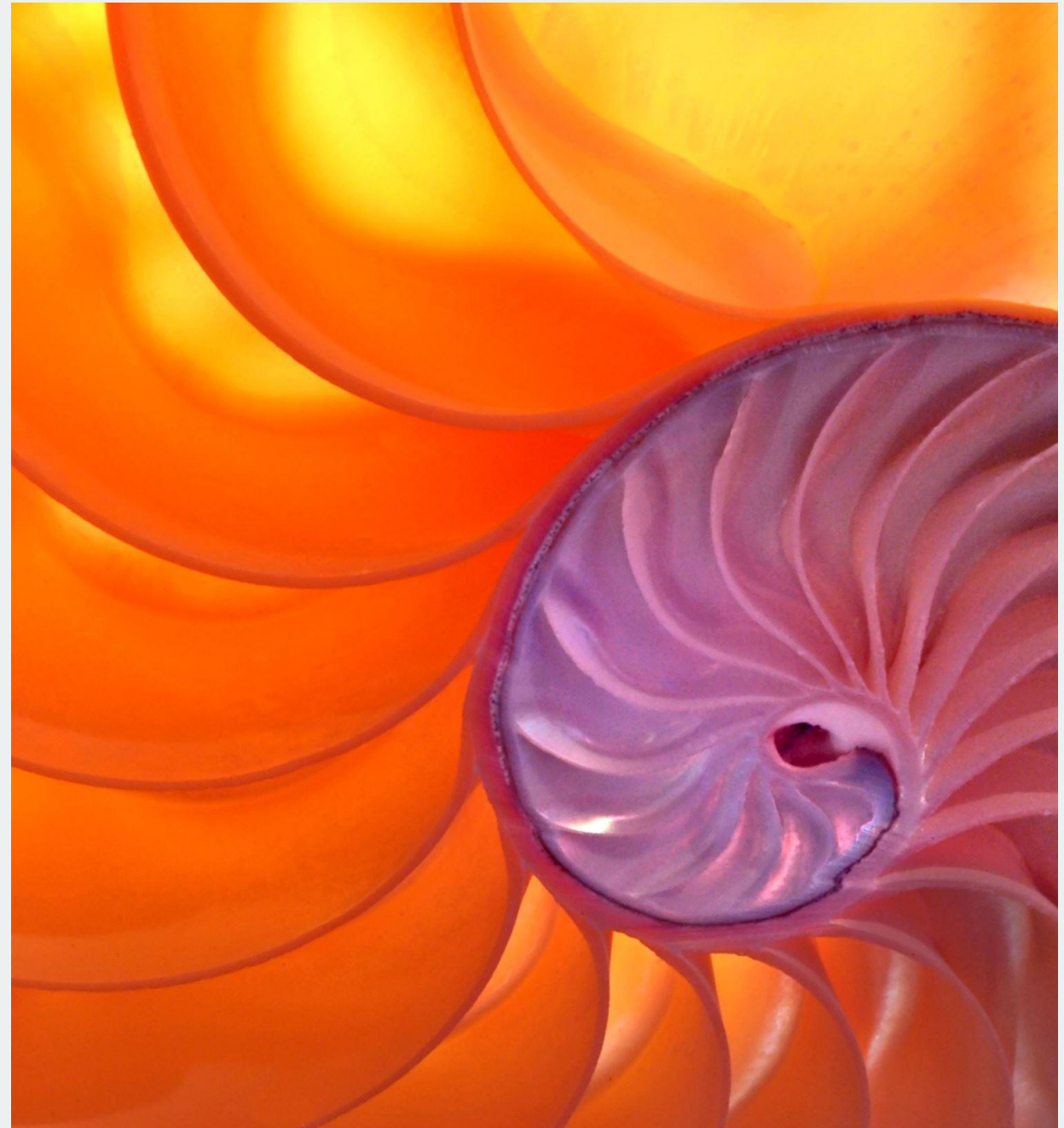
- *Diligence*
- *Accountability*
- *Clarity*
- *Contentment*



LESSON #6

SURRENDER: LET GO OF EXPECTATIONS

- *Equanimity*
- *Adaptability*
- *Harmony*
- *Synchronicity*



LESSON #7

IMPERMANANCE: FACE YOUR FEAR

- *Courage*
- *Integrity*
- *Consistency*
- *Fulfillment*

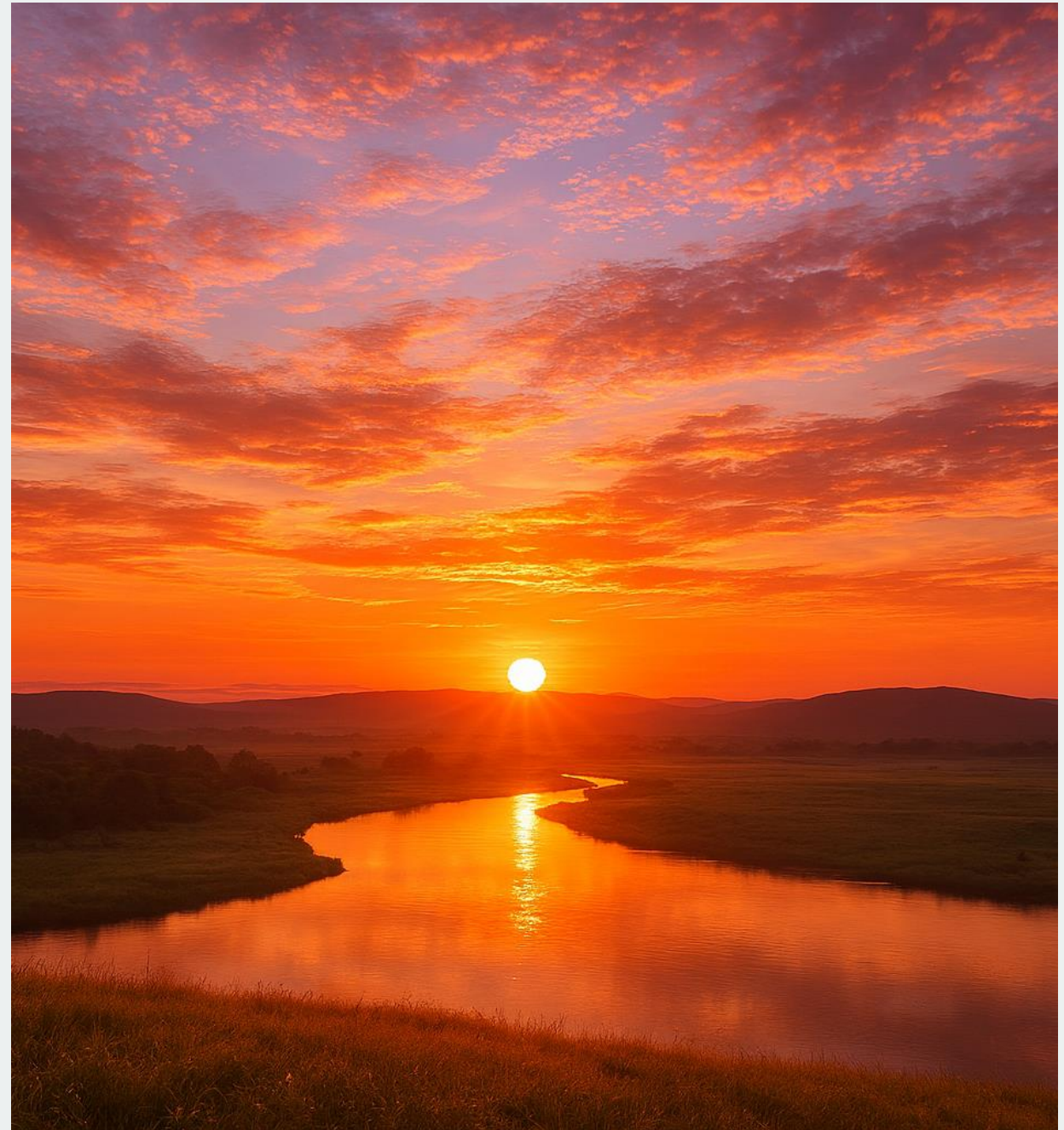


DAILY AWE PRACTICE

I am AWAKE to all possibilities today

I am WILLING to see the good in everything

I am fully ENGAGED with life in every moment





THE IMPORTANCE OF PRACTICING GRATITUDE



- View gratitude as a discipline
- Embrace the idea that “enough” is a blessing
- Give yourself permission to want less
- Look back to see how far you’ve come
- Keep positive reminders available
- Notice the small things
- Thank someone each day
- Put away distractions
- Remember that the present is a gift

RUMI

“Wear gratitude
like a cloak, and it
will feed every
corner of your life.”





TIME FOR QUESTIONS!!



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