



Support for Those Who are Passing

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Wake Up Smarter

Dying is the final stage of life. Remember, it is . . . a stage . . . of life. And as such it should be lived. It's not about submission or giving up.

There are things to do and conversations to have. Accepting this stage of life is paramount. You don't have to like it. You don't have to assign a value to it at all; it can be neutral. What you cannot do is deny it; you must accept it.

Our goal at this time is to find peace of mind with the world. You don't so much find it as you create it. You deliberately set out to resolve issues, reach out to people, laugh, release grudges, and live the life you have left. More than ever, this is a time to cherish time rather than waste it. Don't let the last moments available to you pass you by; live them with all the gusto you can muster up.

Those conversations you need to have . . . think about them. Who needs forgiving? Who needs to know that you have forgiven them? This is a time of letting go of the body, of life, that's true. But it's also a time for letting go of grudges, and expectations, and anger. Forgive, and ask for forgiveness. Be grateful, and express that gratitude. For all of the love you feel, express it. Don't keep gratitude, forgiveness, and love to yourself. Give them to the people who deserve them. Give them to the people who need them.



During this time of becoming more and more peaceful with the idea of your passing, it helps to do some inventory. Acknowledge the sad things that have happened and your sadness with the condition of your body/health. But after that brief time of inventory, clear all of that out of your mind. I'll help you with this audiobook, but know that focusing on the negative at this point does nothing. Simply recognize it and bury it. This is a time for reveling in all of the positives and drawing peace from them. Finding your peace and showing it to the world is an expression of your love for yourself and those who support you. Be grateful for your peace and for the love of those around you. Express that gratitude.

And finally, say goodbye while you can. You have control over how you say goodbye right now, so take the reins and decide how and when you will say goodbye.

Your body and your mind will lose their ability to function. Maybe quickly, maybe slowly. Maybe one will go before the other. And because no one really knows exactly how much time they have before they begin to deteriorate mentally and physically, or before the deterioration that has already commenced quickens exponentially, my advice is always to get to work immediately, while you are completely in control. Say all of these goodbyes, express all of the love. Forgive.

In addition to the resolving of issues with loved ones as well as accepting the inevitable, you have the seemingly less significant work of life and living. What practical things need to be done? Do you need to contact a hospice, or order medication and/or equipment that will make the end of your life more comfortable? Have you spoken to those who know about your case as to what to you can expect during your dying process? Are your finances in order? Do you have any wishes that those around you can fulfill during your last months/weeks/days?

Own what is occurring. Don't be embarrassed by it. Celebrate this final stage of life, but do keep an eye on practical matters that must be addressed. In addition, if hospice care isn't part of your plan, make sure your comfort is at the forefront of your planning, and make sure that there is at least one other person who knows about your wishes and any medical directives you have.



Planning the Acknowledgment of Your Passing

What do you want to happen when you pass? How do you want your loved ones to acknowledge your life and death? Do you want to follow the traditions of your religion? And if so, are there decisions you can make within that framework? Can you choose whom you would like to eulogize you? Can you choose which readings from a holy book you want to be associated with this gathering of people remembering your life and acknowledging your death? Are you one of those people who doesn't want their friends and family to be all glum, but would prefer that they throw a raucous party of some kind? This is your chance to think about all of this and leave your unique fingerprint on the service that celebrates . . . you!

As for living your life, what are you grateful for, what are you most proud of, what do you wish you could do more of? Again, this is the time to express your gratitude, your pride, your desires, your wishes for yourself and others. What do you want your final months, weeks, days and minutes to look like? What do you want them to feel like? What do you want to be the dominant feeling during this time? Peace. Love. Forgiveness. Gratitude.

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1. Each night, as you go to bed, listen to the audiobook. For optimal effect, you should listen for 21 days.
2. Read the paragraph below out loud and with feeling while inserting a word that means something to you.
3. Listen to the audiobook's affirmations for additional support. Feel free to say the affirmations out loud, allowing the words to fully resonate with your mind and body.
4. Alpha is a calm, comfortable, dream-like state. In Alpha you can "talk" directly with the part of your brain that keeps your heart beating, regulates your body temperature and heals your wounds. This part of your brain understands imagery and emotions, so really step into the process and read the paragraphs with as much emotion as you can muster while allowing the words to bring forth powerful images within your mind.

“From this moment on, each and every time I desire to attain the deep state of total relaxation, I am instantly and fully relaxed, as I am now drifting into the Alpha state of consciousness. The moment I think my chosen word, (insert your word), Alpha occurs. This word has an effect only when I use it and only under the proper circumstances. Each and every time I do use it I am fully prepared to receive positive, beneficial, and constructive suggestions, impressing each one deeper into the storage and memory facility of my brain.”

“From this moment on, (insert your word), triggers deep relaxation of my mind and body. I feel Alpha occur. I feel wonderful. I feel comfortable. I am totally receptive and responsive to my own creative ideas and suggestions. I am bathed in a glow of quietness, peace, and serenity. My chosen word works only when I deliberately use it for deep relaxation to attain Alpha consciousness. Its use in regular conversation has no effect on me whatsoever. From this moment on, each and every time I desire the deep state of total relaxation, I am instantly and fully relaxed upon saying (insert your word). Because my subconscious must follow my command, each and every time I desire total relaxation, I am instantly and fully relaxed when I think my chosen word (insert your word). I feel a deep sense of gratification as this word programming becomes a reality. Feeling wonderful, generous, and prepared to embrace my Passing.”

