



THIS IS NOT A 'HOW TO'













My body I want to be placed gently into the earth with the simplest organic fabric wrapping. I hope that a few people who remember me will gather and share their thoughts and feelings. ■■





I am a Soul Midwife. I am a companion to the dying. My role varies in many ways. I am a shoulder to cry on, ear to listen and Soul to hold space. I can make the tea, or I can clear the energy in the room. I can give you a hand massage or I can sit and listen to your soul wounds and help you transition as peacefully and gently as possible. Don't get me wrong, we cannot fix things, we cannot stop what is happening and we certainly have no control over anybody's 'fate'. But we can support and offer loving kindness and compassion when someone needs it most.

*continues over* 

It is impossible to write something that resonates with everyone. It is not viable to write a 'how to' for everyone to follow. No two deaths are the same, and each situation and circumstance that we have experienced in our lives contributes towards our experience of our death. Every relationship, every holiday, every moment of love, hurt, joy, fear, anger and glory makes us who we are and affects us in a very deep and profound way. *continues* 



For those that are facing the end of their lives, please know that whatever you are feeling and going through, is OK. It is OK to be feeling the way you are and thinking the thoughts that you are. It is OK to have a good day and feel happiness and it is OK to have a different day and feel anger. It is OK to struggle and not want to talk. It is OK to say the truth about how you feel, and it is OK to change your mind and feel something different the next day. It is OK to sit in a place of denial. It is OK to waiver between acceptance and hope. It is OK to want to be positive and forget what is happening and it is OK to then want it all to be over.

*continues* 



You will hopefully be supported by friends and/or family and more than likely have medical professionals guiding you as well. But you still have choices and you are still allowed to do things your way. That applies to making big decisions such as refusing treatment and your preferred place of care and death. It may be smaller choices such as what you want to eat or wear that day. *continues over* 🖐️

No one can tell you how to do this.  
No one else is wearing your shoes right now.











THE END

