

PREPARING for YOUR OWN DEATH

Zen Community of Oregon

Class # 3 February 21, 2021

Practical Matters around Death

Didactic: Important forms, palliative and hospice care, what to do when someone dies, what can you do with a dead body in Oregon, Buddhist funerals, cremation and green burial options, and saving lives through donation of whole body, organs or tissues.

Home practices:

- (1) Read handouts on the environmental impact of death.
- (2) Write your wishes for what you want done with your body, and for a funeral or memorial service. Let someone close to you know what your wishes are (and that it's OK if they are not carried out precisely).
 - a. Cremation versus whole body burial? Fire or water?
Disposition of remains? Urn, scattered, jewelry?
 - b. Organ donation?
 - c. Songs or chants for the service? Who to conduct or to speak?
 - d. Memorial contributions to?
- (3) To reduce stress on those you love, please: Fill out an Advanced Directive and Five Wishes.
If you have a serious illness, ask your doctor about filling out a POLST.
- (4) **Before Class # 4**, Feb. 28th.
Topics: Near Death Experiences and what they tell us, Rebirth, and proof of Reincarnation.
*Watch the movie **Life After Life** with Raymond Moody (old movie but very interesting NDE's).
*Also watch a **compelling talk by about scientific evidence of reincarnation** collected over 50 years by Dr. Ian Stevenson at the University of Virginia. Talk by his successor, Dr. Jim Tucker. <https://www.youtube.com/watch?v=0AtTM9hgCDw>