

# LIVING WELL, DYING WELL



***“Live as if you were to die tomorrow. Learn as if you were to live forever.”***

**- Mahatma Gandhi**

The Living Well, Dying Well program supports action in end of life choices. Through small group dialogue regarding personal concerns, we discover we share this experience with every living being. Preparing for our death with consciousness and care is our most meaningful expression of living well now.

Topics in this experiential four part series include:

- *Clarifying personal end of life choices*
- *Advanced Care Planning (My Voice)*
- *Dying with dignity - MAiD*
- *Ecological options for body interment*
- *Entering courageous conversations with family and friends*
- *Somatic and mindfulness based resources*
- *Options for ceremony and legacy making*

## SPRING 2018 SESSION

April 5, 12, 19 & 26 10:00 - 12:00

### VENUE

Church of Truth, Community of Conscious Living  
111 Superior St., Victoria, BC (James Bay)

INVESTMENT: \$100.00

*Includes four, 2-hour sessions, professional facilitation and journal. No one turned away for lack of funds. Please contact us.*

### CONTACT

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Living Well, Dying Well can save you money, time and possibly unwanted interventions. You will leave having taken tangible action towards your end of life care, liberating energy to meet this time of life with increased consciousness, confidence and courage.

[www.CentreforEarthandSpirit.ca](http://www.CentreforEarthandSpirit.ca)

[info@CentreforEarthandSpirit.ca](mailto:info@CentreforEarthandSpirit.ca)

## **HOME PLAY**

### **Questions for further consideration in *Living Well, Dying Well***

*Have you considered green options for your body after death? If so, what?*

*Is there a piece of music, photograph, poem or prayer that has been meaningful for you in your life?*

*What contribution could you make as a lasting legacy that aligns your deep care with the world's needs at this time?*

*As we grow old...the beauty steals inward.*

*- Ralph Waldo Emerson*