

# “Conscious Dying & After-Death Care: Intentional Living at the End of Life”

*A Workshop or Presentation*

## Short Description

Share in an intimate and practical conversation about facing death with awareness, intentionality and clarity. Learn about the choices available to us during the dying process and for after-death care. These conversations—with friends, family and community—can prepare you for the challenges of decision-making, the logistics of dying and death, and the poignancy of bereavement.

## General Description

How can we address our fear around death—our own or someone else’s—in a way that enables us to approach death with consciousness and creativity?

Conversation is the first step. Exploring our thoughts and feelings about dying is the key to living fully at the end of life. Many people find this conversation transformative.

Participants will be introduced to a way of thinking about and planning for death focused less on creating a road map and more on a process of working with fear and listening deeply to ourselves and to each other. There will be presentation, personal reflection and lots of time for questions.



Each facilitator brings a unique focus to the dialogue about conscious dying. Laurie Riepe shares the story of how she and her husband prepared for him to end his life using the Death with Dignity option, creating a route of conversation that supported them both. Lucinda Herring conveys insights gathered from arranging in-home funerals, vigils and green burials, making sure after-death care is an integral part of the conscious dying process. She demonstrates how intentional funeral planning can be a bridge from dying to grieving.

## Workshop Options

- Length: 1 to 4 hours
- Components: customizable, ranging from an introductory presentation of Death with Dignity or Home Funeral elements to interactive workshops
- Content: focused on the needs and interests of the participating

## Presenters

**Laurie Riepe** is a psychotherapist with theoretical roots in psychological and spiritual models that understand the human experience in a broad and humanistic way. In 2011, Laurie’s husband chose to end his life using Washington State’s new Death with Dignity option. Her experience of conscious death as an affirmative and loving act influences her writing, presentations and professional practice.



**Lucinda Herring** is a Certified Home Funeral Consultant, a Licensed Funeral Director in the state of Washington, and an ordained minister and celebrant. Her company Limina LLC – Thresholds Consulting and Ministry helps people consciously plan after-death care, spanning funeral vigils, green burials or traditional burial and cremation. Trained as a spiritual companion/director, Lucinda is adept at helping others explore a conscious spiritual dimension in their lives and deaths.