The background of the entire page is a close-up, high-resolution photograph of water. The water surface is covered in a dense pattern of small, concentric ripples, creating a textured, undulating appearance. The lighting is soft and diffused, giving the water a muted, greyish-brown tone. The ripples are more pronounced in the upper half of the image and gradually fade into a darker, more uniform area towards the bottom.

Self-Led Living Funeral Ceremony

Guide

Thank you for being open to this living funeral ceremony, and welcome.

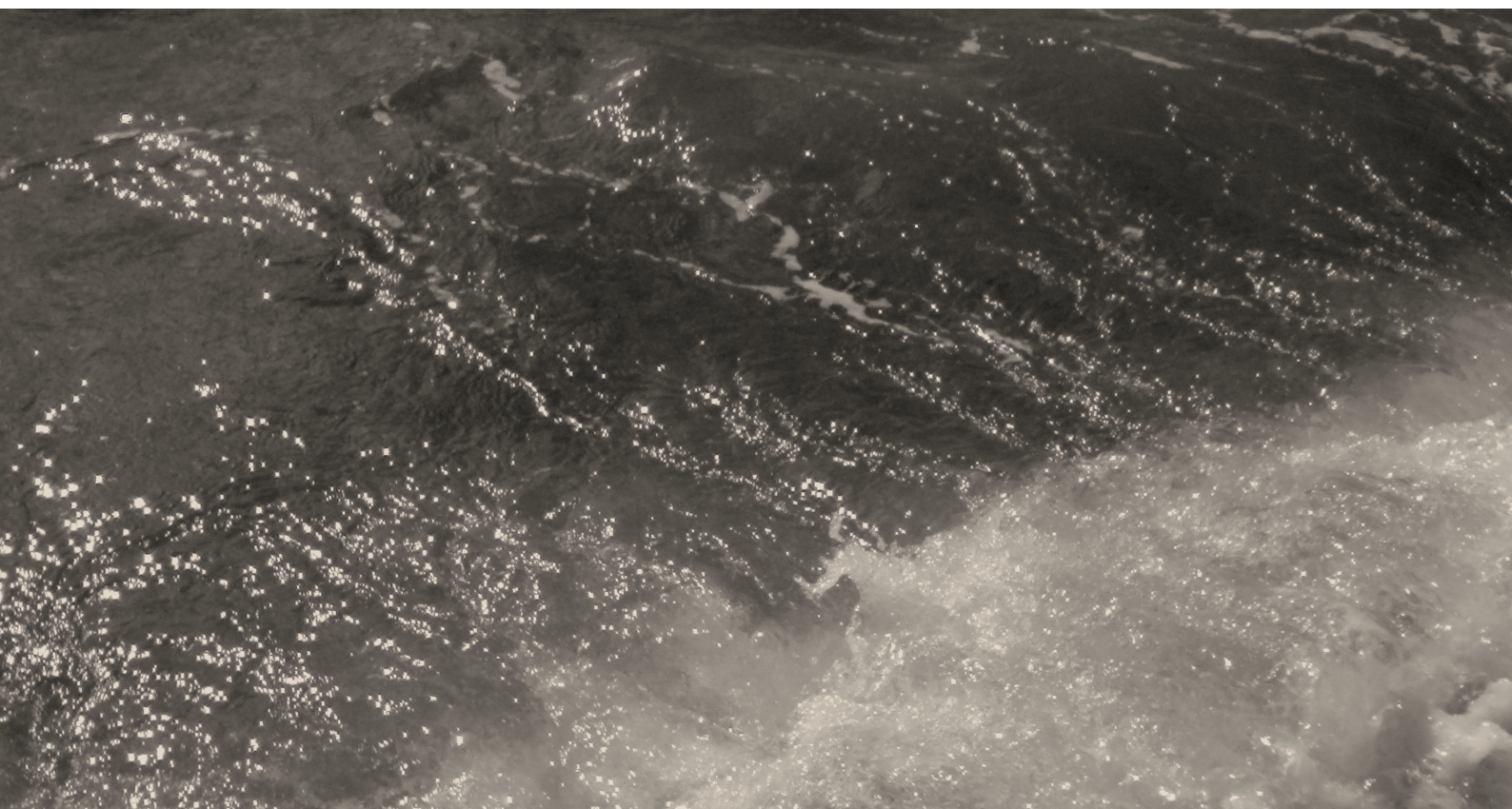
It is important to mention, though it may seem obvious, that you will be invited to confront your mortality during this experience. You will be asked to think directly about your own death, which can feel very intense to some.

If at any point while going through this PDF or the ceremony itself you find yourself feeling overwhelmed or in distress, please take a break and/or seek support. You can reach out to me any time via email at cross@steadywavescenter.com, and there is a resources document provided which may be of some use to you.

This ceremony brings the potential for huge changes and shifts; please remember to be kind and patient with yourself!

This document is intended to help you prepare both your mind and your space for the self-led ceremony.

Keep in mind that these are mere suggestions—follow your intuition, and feel free to experiment :)



Materials:

-One sheet of paper and something sturdy to write on if you're not at a table (a clipboard, for example).

-A photograph of yourself- or alternatively, an important 'artifact' or collection of special items which represent you. Another option is setting up a mirror at eye-level. If you'd like to take it a step further, you may write your birth date under your photo or on a sheet of paper, and write your 'death date' as the date of your ceremony.

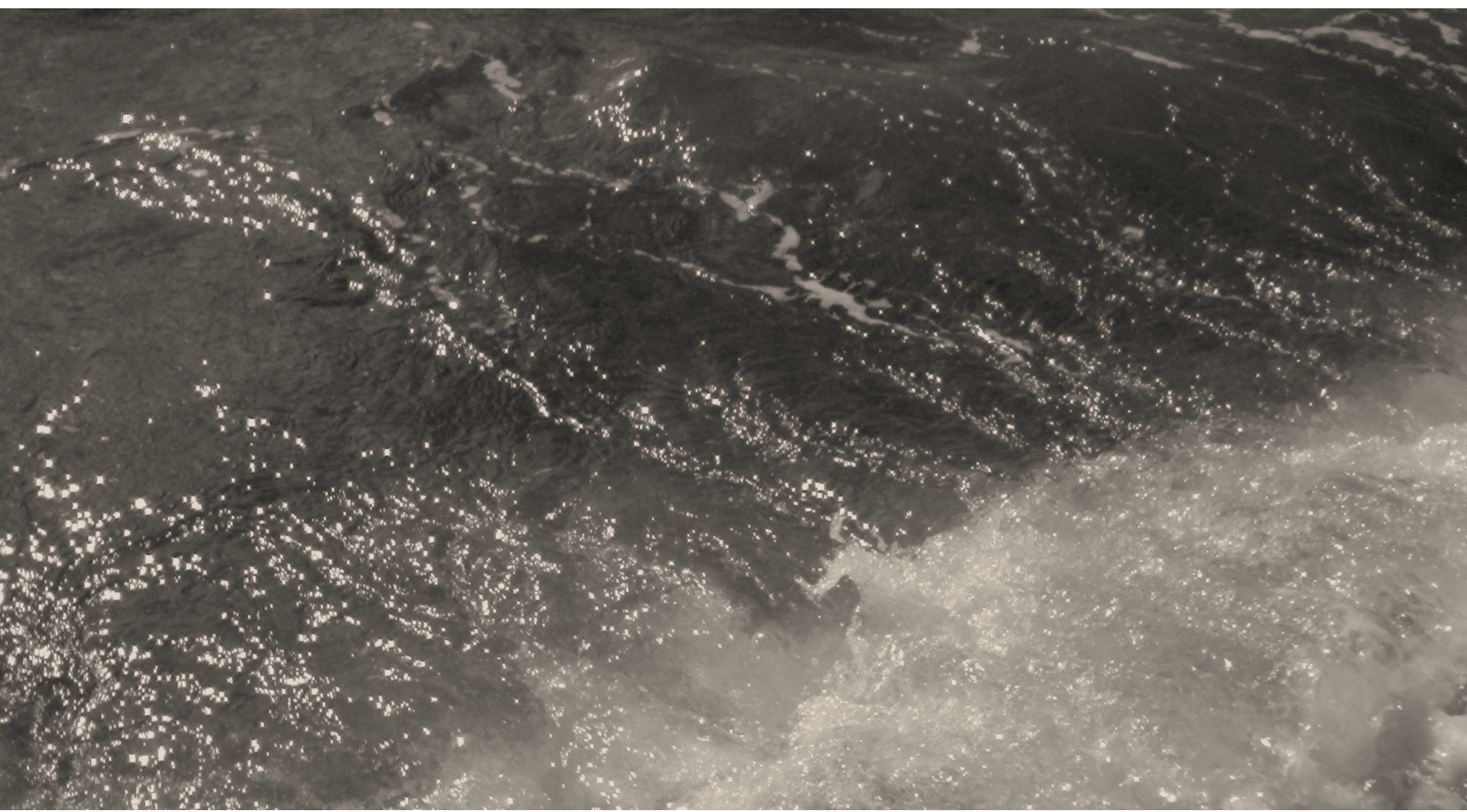
-Something to write with

-Small folding table (a breakfast tray)- coffee table, or bench. Any table that is about eye-level when sitting on the ground. Alternatively you may want to be sitting in a chair, on a couch, or a bed. In that case, any table will work. If you can't find something suitable, the floor/surface you're sitting on will do!

-Headphones - You will be asked to recline or get into a more relaxed position, so if you are using wired headphones make sure there is enough slack on the cord. Another option is synching your listening device to a bluetooth speaker.

-Tissues/handkerchief

-Drinking water



A few suggested materials to help set the tone in your space:

- Candles (battery operated or otherwise)
- Eye pillow or eye mask
- Fresh flowers for the room
- Relaxing scents (aromatherapy diffuser, incense, candles)

Setting up your space: some considerations

Feeling comfortable for your ceremony is ideal. If you have any control over your environment, below are some points to consider. If you're taking your ceremony outdoors (great!), do your best to make sure you can relax in the setting you choose.

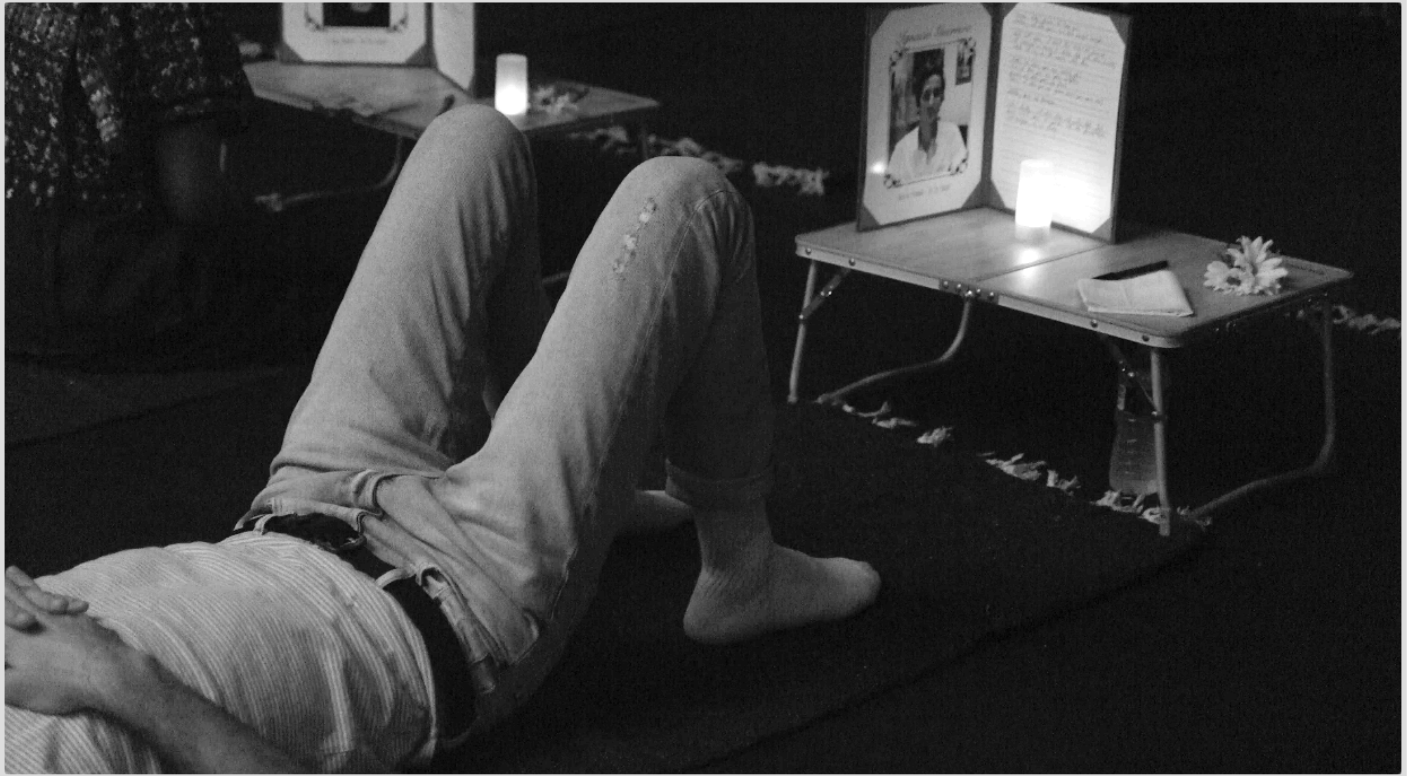
Lighting– Soft, dim lighting is ideal for this ceremony, but make sure your lights are bright enough to read and write comfortably. Once the writing portion has been completed, you may consider dimming or turning lights off completely (you will be reminded!)

Sound and distractions– If possible, move to an isolated, quiet room where no-one else is likely to be walking through. The goal is to create a space where you feel comfortable expressing yourself without thinking about who else is around. Consider asking loved ones to be mindful of volume during your ceremony. Make sure alarms and phones are turned to silent. Look around the room: is there a way to make this space more peaceful? Consider clearing clutter, toys, loose papers, etc. if they are distracting for you.

Smell– If you find specific scents relaxing and enjoyable, consider burning incense or incorporating essential oils for your ceremony.

Temperature– Be mindful of the temperature in your space. Are you feeling cold or too warm? Once the ceremony is in session, you'll want to minimize the need for directing your attention elsewhere. If you are prone to getting chilly, have a blanket nearby, just in case!

Floor, chair, bed, or couch? If you have back issues, other aches and pains or are simply uncomfortable on the floor, you are, of course, welcome to sit on a chair, couch, or even a bed. You will be asked to recline at a point in the ceremony, but you may choose to remain where you are, or change to whatever position suits you. Remember that you should feel relaxed during your ceremony, as this is for *you*!



Preparing to turn inward

- If possible, do not begin the session with a full (or hungry!) belly. A light snack is recommended prior to beginning
- Limit caffeine and abstain from alcohol prior to the ceremony.
- Move to-do lists and other potentially anxiety-provoking materials out of the room for the duration of the ceremony.

- You might choose to try some gentle breathing or grounding exercises to help you transition into a more peaceful head space.

Thank you, and I hope you get what you need out of this experience. You can access the living funeral as many times as you wish throughout the years. You might find it interesting to reflect on how it changes for you over time. If you need anything at all, please don't hesitate to reach out. - E

cross@steadywavescenter.com

