

Working guide to suggested LFC materials:

Not all materials are absolutely vital for the ceremony- the ones I believe to be necessary will be starred. The other items are very helpful! All products linked are simply guides/examples, feel free to source wherever and however you please.

Tables:

This kind of table is perfect for LFC's as it is lightweight, sturdy, and folds up. I transport them with milk crates. When looking for comparable tables, try to find some without a lip (many of them have lips at the edge)— it will be easier for the participant to write on. Though optional, tables go a long way in adding extra value for participants. The room looks more put-together and professional with them set up, and helps the participant feel comfortable. Note that if you don't offer tables, you will need to think of an alternative way participants will write during their writing exercise— clip boards, hardcover memorial booklets, etc.

Current link that's working:

[https://www.amazon.com/dp/B095BQQRH5/ref=sspa_dk_detail_6?
pd_rd_i=B08SL9982J&pd_rd_w=Ou0ye&content-id=amzn1.sym.dd2c6db7-6626-466d-
bf04-9570e69a7df0&pf_rd_p=dd2c6db7-6626-466d-
bf04-9570e69a7df0&pf_rd_r=2Q3XDZS0SY3VSWMQSB6Q&pd_rd_wg=Qnliz&pd_rd_r=29a29b01
-e2f5-42aa-a526-3ec40db5c711&s=home-
garden&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWwxfdGhlbWF0aWM&smid=A7T706RNRDGC0&s
pLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEyNVM2OUtNS1RMUzBIJmVuY3J5cHRlZElkPUEwNTUw
NzY2M0xvREVXNlU4R1ZZNiZlbnNyeXB0ZWRBZEIkPUEwMTU2OTM2U1JTklIUeFOQzROJndp
ZGldE5hbWU9c3BfZGV0YWlsX3RoZW1hdGJlJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ
2xpY2s9dHJ1ZQ&th=1](https://www.amazon.com/dp/B095BQQRH5/ref=sspa_dk_detail_6?pd_rd_i=B08SL9982J&pd_rd_w=Ou0ye&content-id=amzn1.sym.dd2c6db7-6626-466d-bf04-9570e69a7df0&pf_rd_p=dd2c6db7-6626-466d-bf04-9570e69a7df0&pf_rd_r=2Q3XDZS0SY3VSWMQSB6Q&pd_rd_wg=Qnliz&pd_rd_r=29a29b01-e2f5-42aa-a526-3ec40db5c711&s=home-garden&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWwxfdGhlbWF0aWM&smid=A7T706RNRDGC0&spLa=ZW5jcmlwdGVkUXVhbGlmaWVyPUEyNVM2OUtNS1RMUzBIJmVuY3J5cHRlZElkPUEwNTUwNzY2M0xvREVXNlU4R1ZZNiZlbnNyeXB0ZWRBZEIkPUEwMTU2OTM2U1JTklIUeFOQzROJndpZGldE5hbWU9c3BfZGV0YWlsX3RoZW1hdGJlJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ&th=1)



****Shrouds:**

I recommend sourcing shroud material from a local fabric store if possible so you can see and feel it! This type of double gauze is great because it is so lightweight, easy to wash and semi-transparent. Ideally the material should be no heavier than a sheet. I buy 2 yards of fabric per person, roughly 3 x 6 feet (this should mostly cover your average person).

Current working link:

https://www.amazon.com/gp/product/B00M25CTXW/ref=ppx_yo_dt_b_asin_title_o02_o00_s00?ie=UTF8&th=1



Eye Pillows:

Best to go for a dark color if possible in case of mascara staining (even through the shroud). Be sure to purchase ones with washable covers and preferably unscented (most are lavender scented!) These are optional, but a powerful tool to use, particularly at the end of the ceremony when being shrouded. They add an extra weight, and provide a bit of drama when they are removed from the participant's eyes...the light is being let back in!

I had a hard time finding unscented pillows in the US. Check assorted yoga supplies, Etsy, a crafty friend, or local shops- the product linked below is on the expensive side:

<https://www.huggermugger.com/silk-eye-pillow-flax/?sku=BO-EYE-SILK-BLACK-FLAX>

Another link, I believe you can request a pattern:

https://www.etsy.com/uk/listing/802327057/eye-maskyoga-pillow-flax-aromatherapy?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=unscented+eye+pillow&ref=sr_gallery-3-21&organic_search_click=1

A nice shape to consider, perhaps less prone to rolling off the face:

https://www.etsy.com/uk/listing/1349051838/weighted-eye-pillow-filled-with-flax-and?click_key=e7f5081cb3119950993ad02d2f770660cbb5be69%3A1349051838&click_sum=2d17d645&ref=search_recently_viewed-3&pro=1&sts=1



****Blankets:**

Note that some yoga studios have Mexican blankets for your use!

Blankets are for each participants' "place setting". Mexican blankets are easy to wash and strong. I like using blankets instead of yoga mats to bring the ceremony into its own territory. When renting from a yoga studio, I sometimes put a yoga mat down first and a blanket on top for extra padding. I always check with the yoga studio prior to arriving about whether or not they also supply blankets..many do!

Current working links:

<https://www.sunshineyoga.com/heavyweight-solid-mexican-blanket/>

<https://yogaaccessories.com/products/thunderbird-supreme-mexican-yoga-blanket>



Hankies:

Optional cotton handkerchiefs. Alternatively you can use tissues- when using disposable tissues I normally fold 5 or so and put on each table. If I see someone going through them I will gently place a box within their reach. For ceremonies when I use cotton hankies, I let participants leave with them or if they've not been used, I keep and wash for next time.

Current working link:

https://www.amazon.com/dp/B01DWT2YA4/ref=sspa_dk_detail_0?psc=1&pd_rd_i=B01DWT2YA4&pd_rd_w=68MpB&content-id=amzn1.sym.dd2c6db7-6626-466d-bf04-9570e69a7df0&pf_rd_p=dd2c6db7-6626-466d-bf04-9570e69a7df0&pf_rd_r=T913BE7EKFGFQA4RKBG8&pd_rd_wg=StTJZ&pd_rd_r=7b1afb7e-df24-4b17-84b8-f82038b8664b&s=apparel&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhZWxfGhlfWF0aWM&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFCsFRVRENIUFc3UkMmZW5jcnlwdGVkSWQ9QTA1NTE5NjRGTFlJM1k5Qk1YUjAmZW5jcnlwdGVkQWRJZD1BMDU4MzMxNDFQTFM2WlpZM1kwT1cmd2lkZ2V0TmFtZT1zcF9kZXRhZWxfGhlfWF0aWMmYWN0aW9uPWNSaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl



Candles:

I recommend using rechargeable flameless candles, though you're welcome to burn real candles if you feel safe doing so and it is permitted by the person who owns the ceremony space.

Current working link:

amazon.com/dp/B0FDPRNQMC/ref=sspa_dk_detail_3?psc=1&pd_rd_i=B0FDPRNQMC&pd_rd_w=Q5Q9x&content-id=amzn1.sym.f2f1cf8f-cab4-44dc-82ba-0ca811fb90cc&pf_rd_p=f2f1cf8f-cab4-44dc-82ba-0ca811fb90cc&pf_rd_r=B5V0FRGH1SNSAEKS0CMP&pd_rd_wg=wXeV2&pd_rd_r=20084287-0701-412a-ac71-4de06dccaac7&s=home-garden&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWxfidGhIbWF0aWM



****Memorial Books:**

Two options here: disposable and reusable—they both have advantages & disadvantages.

The disposable option is nice because participants can simply pick them up and leave with them after the ceremony. They are affordable, but you'll have to replace them for each ceremony depending on the size of your group. They usually only have one set of photo tabs, so you will have to glue either the paper or the photo to one of the sides, depending on where the tabs are (normally you want paper on the right-hand side, as majority of folks are right-handed). I use a glue stick for this.

This option may be better for practitioners just starting out, as they are not as much of a financial investment. They are more lightweight to transport to ceremony space and though they require more prep, you won't have to remind participants not to run off with them.

Paper (disposable):

Current working link:

https://www.amazon.com/Certificate-Document-Better-Office-Products/dp/B07TXMQCFY/ref=pd_day0fbt_img_sccl_1/143-0720102-8527521?pd_rd_w=xuYVY&content-id=amzn1.sym.a400618b-650b-4c39-a4fe-66c3e0813a14&pf_rd_p=a400618b-650b-4c39-a4fe-66c3e0813a14&pf_rd_r=YDRYFNJWR4C6NEGD087P&pd_rd_wg=n7wtY&pd_rd_r=5b49d503-5a41-4038-90ef-1c832a6384f9&pd_rd_i=B07TXMQCFY&psc=1



The reusable option is more substantial, heavyweight, and easier to write on (hard back). They definitely add a feeling of luxury to the space and for someone conducting repeat living funeral ceremonies, these will last quite a while. I transport these in milk crates and they don't require any glueing. You will have to watch and see if someone tries to leave with this book! Simply instruct them to remove their photo/writing and leave the book behind. Some practitioners provide manila envelopes for people to put their papers in.

Linen, Menu Cover (reusable):

Current working link, note min. order is 10:

<https://www.menushoppe.com/double-summit-linen-menu-covers-two-view>

Other materials not linked:

Pens, (optional) fresh flowers, bell or singing bowl, manila envelopes for participant photos/writing, notebook/lined paper for writing