

Introduction and VLFC document



- Background, inspiration and intention for living funeral ceremonies:

Hyowon Healing Centre, South Korea









The Hyowon Healing Center existed to combat South Korea's high suicide rate by offering "living funerals," a mock-death experience where people simulate their own deaths to gain a new appreciation for life, seek forgiveness, and promote reconciliation with loved ones, providing a fresh perspective for a healthier and happier future. [🔗](#)



- Shifted perspective and intention slightly to focus on what we can learn from death and our own mortality, so that we can live our lives as authentically as possible.
- Softened for Western death-avoidant audience.



- First living funeral was held in Austin, TX, 2017



- Expanded to include virtual experiences in 2020 during the pandemic.



Since 2017, thousands of living funeral ceremonies have been performed- both in person and online, all over the world.

We continue to empower brave participants to walk through life in alignment with their values and needs by confronting mortality... because we all die.