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A PRACTICAL, EMOTIONAL &
SPIRITUAL CHECKLIST FOR

*Serving the
Process of
Death*

A Checklist for Serving the Dying

Practical, emotional and
Spiritual support for the
death process.

Based on the Wisdom Teaching of Avatar Adi Da Samraj and
His Book Easy Death.



www.deathanddyingwisdom.com

For the Dying Person

— Practical Matters —

Do not wait to prepare for death. Preparing does not mean you are giving up hope or giving up the fight to live. It is handling important business, which includes:

___ Talk with your family about wishes for end-of-life care and after death service.

___ Make your wishes legal by completing an Advance Healthcare Directive which names people you trust to make healthcare decisions for you if you are unable to do so and legally authorize them to make after-death arrangements
(* check for your state or province)

___ Complete a financial Power of Attorney form.

___ Complete a Will, even a simple hand written one if legally permitted where you live. If you have children, arrange for their continued care and include this in your Will.

— Emotional Matters —

Resolve outstanding conflicts with others in your life.

___ Relinquish feelings and thoughts you might feel attached to, or disturbed by, so that your energy and attention will be free to let go.

___ Forgive and receive forgiveness.



Spiritual Matters

Once it is established that you are terminally ill, it is best to:

___ Enter into "**retreat mode**".

___ Intensify Spiritual practice, whatever form that takes for you.

___ Maximize time spent in meditation.

Feel deeply that you are more than the mortal body:

___ Study the death process and prepare to cooperate with it, much as one does with the process of giving birth.

“ If you do not surrender in cooperation with the death process, then you will tend to interfere with the ultimate event of release and separation from the body and the world...” ”

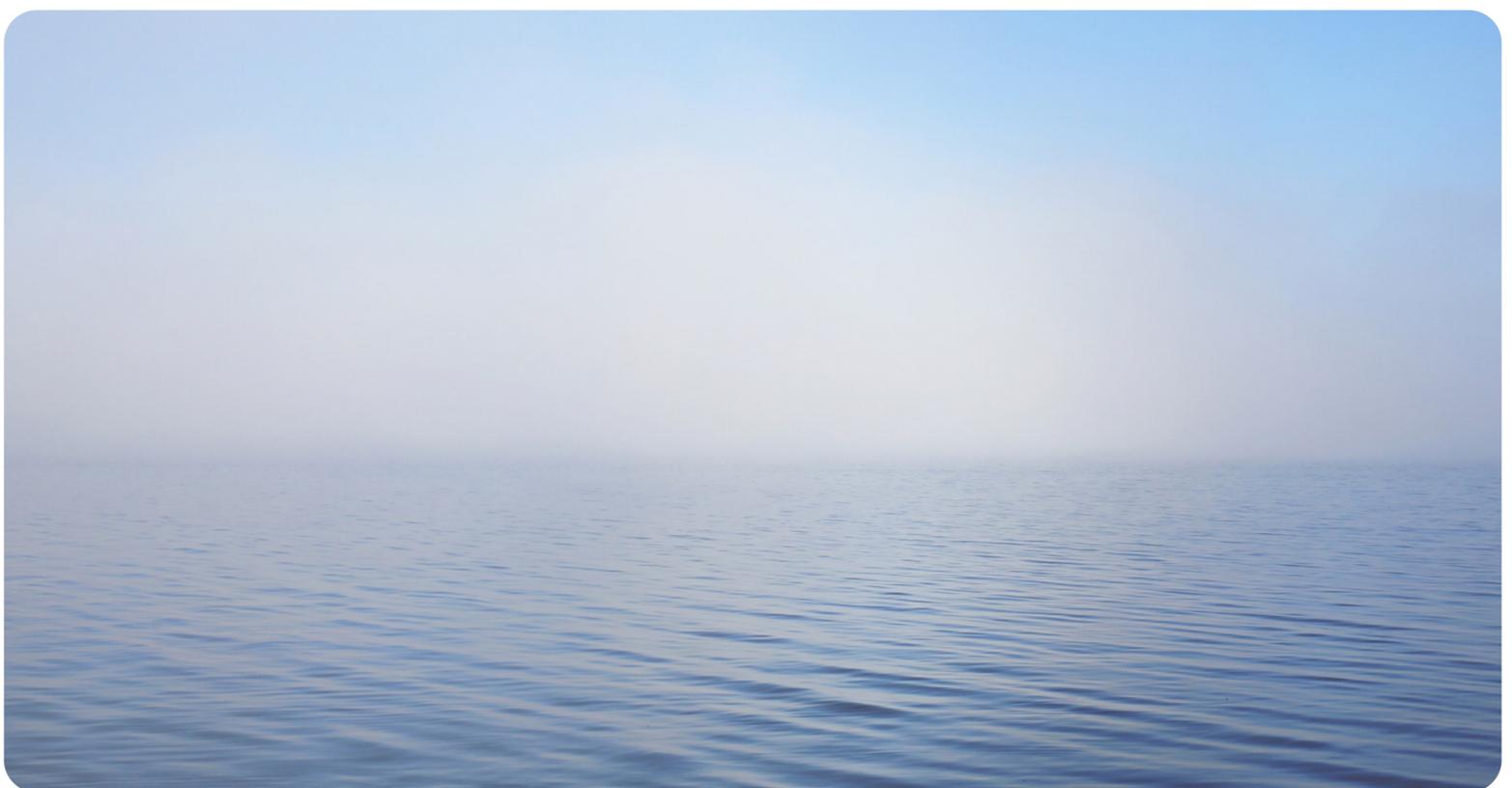
- Avatar Adi Da Samraj, Easy Death, pg. 17.

For Caregivers, Family & Friends

— Preparing for Death —

___ As appropriate, assist the dying person with practical and emotional matters mentioned above and support any spiritual needs they express.

___ If the person cannot communicate, review the dying person's advance health care directive for their wishes on end-of-life care and afterdeath service, and remember the importance of maintaining a peaceful circumstance around the dying person.



—— When Death Seems Near ——

___ Depending on the circumstances of death, a coroner's investigation may be required by law. This may lead to an autopsy, which can be disturbing to the deceased who may still be identified with the body. If a person is terminally ill outside of a care facility and is not under hospice care (or its equivalent where they are), plan ahead to see if and how it is possible in that area to prevent a coroner's investigation and autopsy for an anticipated death.

___ Everyone serving the dying person should be in the disposition of retreat when in his or her presence —focused, quiet, and prayerful, and not bringing practical problems or distractions into the room.

___ The dying person may become uninterested in personal interactions or outward activity. It is important to respect this and understand that, while seeming lost or confused to the observer, the person may be very busy internally. Your visits may end up being periods of silence, prayer, or meditation.

—— When Death Seems Near, —— cont.

___ Do not try to hold the dying person's attention to this life. Of course, it is fine to reminisce if the person chooses.

___ Remember that people who are in a coma may be able to hear and may often be aware of what is going on around them.



— After Clinical Death —

If possible, keep the body largely undisturbed for the first two hours after death has occurred. Avatar Adi Da has said death is a process, not just a moment in time. He explains that it takes time for the etheric energy to completely separate from the physical body. A full three-day vigil is recommended, but the first two hours are the most significant. During these first two hours:

___ Tell the deceased they have died and tell them to relax, let go, and trust in the process.

___ Reassure the deceased that those left behind will be taken care of.

If you choose to leave the body undisturbed for three days after clinical death (in accordance with the laws where you live):

___ You will need some means of keeping the body cool, which may include using freezer packs or dry ice and maintaining a low temperature in the room where the body is kept.

Recommendations

Before people fully separate from the physical body during the three-day period after clinical death, they can be affected by the speech, behavior, and emotions of those around them as well as those at a distance. Therefore:

___ Assume the deceased can hear what everyone around them is saying and speak accordingly. If the body is being moved, explain this to the deceased.

___ Support the deceased's process of release--allow them to feel free to leave.

___ Avoid conflict with other caregivers, family, and serving professionals.



Recommendations

Cremation helps the deceased release identification with the body and let go. Unless it is contrary to the deceased person's instructions, family preferences, or tradition, cremation, along with the scattering of ashes (as allowed by law), is recommended to support the death transition.

___ Arrange for the cremation to be immediately after the three-day vigil period to avoid having the body held at the crematorium longer than necessary.



— Things to Avoid —

Because invasive procedures are disturbing to the release process, when possible after clinical death, avoid:

___ An autopsy, unless the circumstances of death or family preferences require it

___ Embalming

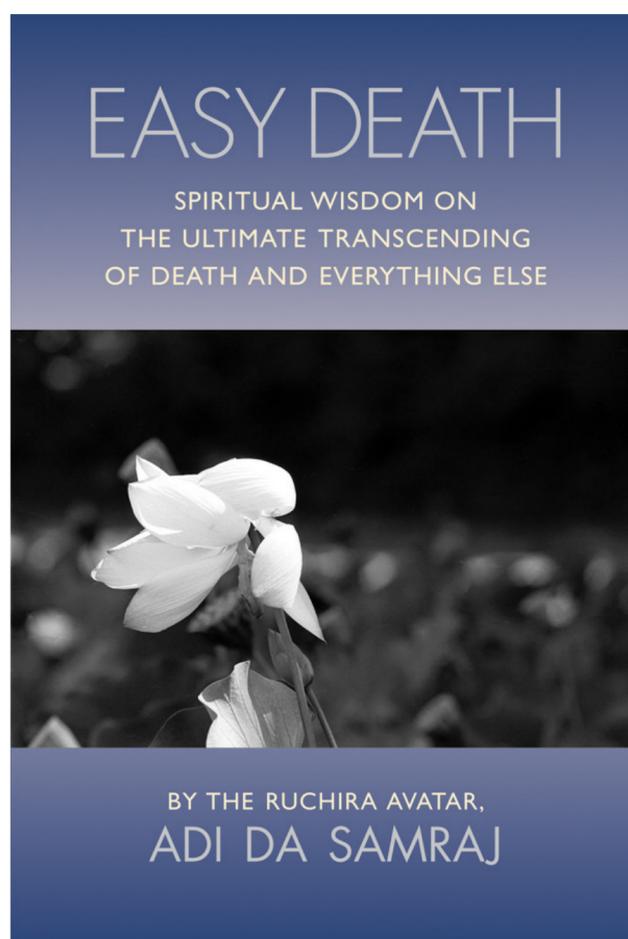
___ Touching or rearranging the body any more than is necessary—other than cleaning the body, closing the eyes and mouth, and moving the body to an appropriate vigil location

Learn More

Find more questions & answer about the death process as Instructed by Adi Da Samraj at:

DeathandDyingWisdom.com

**Purchase the book:
Easy Death**



www.deathanddyingwisdom.com

Note to the Reader

Nothing in this Checklist is intended as a diagnosis, prescription, or recommended treatment or cure for any specific “problem”, whether medical, emotional, psychological, social, or spiritual. One should apply a particular program of treatment, prevention, cure, or general health only in consultation with a licensed physician, medical practitioner, or other qualified professional. The information contained in this Checklist is provided for general information purposes only and is not intended to convey a legal opinion nor legal advice for any particular case or situation.

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