MATERIAL 3

PRACTICAL ADVICE FOR RELATIVES AND FRIENDS

In the dying person's room there should be a pleasant, quiet atmosphere in which one feels comfortable.

The people in the dying person's immediate environment should be real friends. Inauthentic feelings are experienced as disturbing.

One accompanies the dying person as naturally as possible and is aware of the significance of what is happening.

One sits quietly next to him - preferably at the head end - and does not engage in superfluous conversations. One gives thanks for the wonderful time shared, also for what one has learned. One reassures and encourages that he/she will make the transition well.

The dead body should be left alone for the next half hour after the last exhalation, so that the inner dying process can proceed undisturbed.

If desired, relatives and friends can say a final goodbye.

The legacy of the dead should be dealt with appreciatively.

One should speak only well of the dead person and be generous on his behalf.

One makes wishes for the deceased and meditates in his name.

WHAT WOULD YOU PLACE PARTICULAR EMPHASIS ON?

HOW DO THESE RECOMMENDATIONS HELP EVERYONE INVOLVED SO THAT THE DYING PROCESS CAN BE EXPERIENCED AS CALMLY AND SERENELY AS POSSIBLE?