

Dying Matters



Death is the most certain thing that will happen to us all

Life can be so easily taken away from you

Death could and should be as joyous as birth

If we allowed it to be.

Are we ready?

We need to prepare

To receive the end we deserve

We want to help our loved ones

At the toughest of times

And give them comfort.

It is good to talk

For if we don't

And turn a blind eye

Worrying quietly to ourselves

Not speaking

Just hoping for the best

There will be Chaos.

It is good to talk

Sharing our fears can reduce the anger within

And give us hope.

If we talk about the end of our lives

It can positively impact how we choose to live it

How I die is as important as how I live.

For the end of my life I would want

Compassion, respect

To remain empowered

Have plans in place

To accept I am going

Prepare for the journey

To be honoured

To travel first class

To say goodbye.

For the end of my life I would want

To be in my own bed

Surrounded by all I know and love

To be at home, pain free, sun on my face

To wear red shoes in my coffin

Dog by my side

Not to be alone.

For the end of my life I would want

To do it my way

To be the conductor of my final hours

Riding my last breath

Into the mystery from whence I came.