

# Flagstaff Death Cafe April 5, 2014

## Small group spirited discussions about the following:

1. processing things left unsaid when someone dies:
  - a. Use them as a lesson or guidance on how to
  - b. express them to those who are alive
  - c. express through poetry, song, writing
2. "eternal life" coming from the context of technological advancements and the idea that this may be a viable choice for humans someday
3. near death experience
  - a. A group member was involved in a terrible accident as a young woman and her family was told she had a 20% chance of survival. She survived and recovered with a new skill she didn't possess before her accident
  - b. A group member did have NDE and came back knowing life is about people, not material things
4. reconciling aging, disease, pain, death etc.
5. life experience involving pain, grief, suffering and loss having purpose to prepare us for death
6. the taboo's and terror around death soothed by the reality that "we will all do this eventually and everyone who has ever been has done it"
7. forgiveness of family members, doctors and others who behave in dispassionate ways at the bedside of the dying with the dying and with the survivors
8. forgiveness of self when caregiving (for the sense that we somehow 'fail' the dying)
9. what it means to truly 'let a loved go' at the end of their life; grief as medicine

## Some Comments from the large group sharing:

1. I came to my first Death Cafe knowing one person. This is my fourth Death Cafe and I'm feeling like I'm with family
2. I feel like I'm at a LOVE CAFE
3. I'm amazed at the depth and how I always end up in the right group
4. I feel a growing sense of peace in life and death
5. Something about coming here has strengthened me and is part of why I am happier now than I've ever been
6. Being here has been such a gift. I was afraid to share but I did and then received so much in return
7. I feel like I've explored this profound subject in such depth already yet each person who spoke provided me with a new idea or perspective

## How some feelings were affected upon today's conversations:

1. My negative experiences were turned to a positive; so grateful
2. Helped me be willing (toward death) and more ready
3. A little more comfortable with end stages and more accepting
4. So thought provoking; stirred the pot!
5. More comfortable with death and my own grief
6. Allowing myself to grieve the suffering of my living and dying
7. Less fearful of death; more tuned to my purpose in life
8. My comfort level when I started on a 1 to 5 scale (with 1 being LEAST) was a "1" when we finished, it was a "5" . . . So much gratitude!