

## Living to the End: *Ways to Support Families Through the Dying Process*

By Marsha Read ©

- ♥ *Show up and be open*
- ♥ *Say "I love you!"*
- ♥ *Write a letter of what you would like to say and read it*
- ♥ *Play the favorite music of the person or family*
- ♥ *Sing songs or hymns from their lifetime*
- ♥ *Tell stories or Read a book*
- ♥ *Listen and be still*
- ♥ *Look at pictures*
- ♥ *Read a guided meditation*
- ♥ *Play the drum softly and journey to a sacred place*
- ♥ *Play the Tibetan bowl or chimes and follow the sound*
- ♥ *Breathe deeply and/or rhythmically (count the length of time you hold your breath and breathe out slowly)*
- ♥ *Read sacred writings from their tradition*
- ♥ *Balance your energy and theirs*
- ♥ *Invite extended family and friends and set clear boundaries with them.*
- ♥ *Practice good self care- ask for the support you need.*
- ♥ *Take a break and go for a walk*
- ♥ *Let your tears flow freely and your laughter be loud*
- ♥ *See everyone as whole and holy*
- ♥ *Trust that everything is unfolding as it should.*

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