



**JOURNEY HOME**  
FOR EMPOWERED LIVING AND DYING

# Making an Empowered Choice - Your Final Form & Destination

“It's the not the Destination, It's the journey.”

-Ralph Waldo Emerson

Yet, at this moment in time, it is about the destination.

When you imagine your final resting place, options such as a casket or urn probably come to mind. However, there are new ways of choosing your destination.

Conversations about death and dying can be difficult and uncomfortable. Many people experience death anxiety and have emotional turmoil at the thought of their mortality.

Death is the ultimate surrender to life; it takes great strength to embrace the truth; we are powerless over dying. This thought is very inconvenient to our egoic personality.

Death also holds the greatest mystery to life, which can be intriguing to some and terrifying to others.

In all this, death is unavoidable, and planning for the end of life can help ease some of the discomfort and encourage us all to live life more fully. It can also free our loved ones of the burden of deciding what happens to our bodies after we die.

As you read this document, take your time, and be patient and compassionate for yourself and your loved ones.

What you decide to do with your body is deeply personal, influenced by values, perceptions, culture, spiritual beliefs, location, and cost considerations. In making your choice, you may wish to speak with family members and ensure you have enough money set aside to cover the cost of your decision.

**\*\*Please remember that each province's legislation and regulation may vary. We strongly encourage you to contact your local authority before making any decisions.**

## **Let's Begin**

Bring your attention to the level of sensation. Feel this body you sit in. Let the body be still. Focus on the sensation of being in a body. Notice the body's substantial quality. Feel the solidity of the body. Feel its weightiness, how gravity pulls on its substance. Receive this quality of solidity. Feel the weight of the head resting on the neck. Feel the long bones of the shoulders and the thick, bony sockets that support the weight of the arms. Feel the heaviness of the arms as they rest on either side of the body. Feel these heavy hands. Feel the torso, its thickness, its weightiness. The earthen quality of this body. Feel this heavy body in which you live.

Notice the solidity, the density, and the earth element of the dense body.

In this solid body, sensations arise. Tingling, hot and cold, rough and smooth, soft and hard. Sensations arise in the body.

Recognize this flickering field of sensation. Just allow these sensations to be received as they arise in this body we inhabit.

Open to the sensations in the legs, their density, and heaviness. Feel the solidness of this body. And as you note these sensations, notice how, though they arise in the heavy body, they seem to be received by something subtler within.

Something lighter within this heavier form.

Within this heavy body is a body of awareness, a light body that experiences hearing, seeing, tasting, touching, smelling, and receiving through the outer body.

Feel the body of awareness, this inner body, this light body.

Sense the lighter body within. The body of awareness that experiences all that enters through the senses. It recognizes sound as hearing. It delights in music. It experiences images as seeing. And recognizes great beauty. It experiences food as a taste. It knows it is alive.

Observe how each breath drawn in through the nostrils of the heavy body is experienced as a sensation by the light body, by the awareness within.

Notice how each breath connects the heavy body with the light body within.

Each breath allows life and awareness to remain in the earthen vessel.

Observe the light body receiving the heavy body.

Feel this contact between the heavy body and the light body that each breath allows. Feel how each breath sustains the light body balanced perfectly within.

Breathe the connection between the outer body and the inner body drawn in as air, received as sensation. Each breath is so precious. Each breath maintains the connection, allowing life to remain in the body.

Feel how the breath connects the solid body with the light body.

Experience each breath.

Just awareness and sensation. Each breath. Experience this delicate balance, moment to moment, as sensation, as awareness itself.

## **Resting Destination**

Choosing your final resting destination will help you choose how you would like your body to be processed after your last breath.

- ❖ Mausoleum
- ❖ Gravesite
- ❖ Cemetery
- ❖ Urn at a Loved One's Home
- ❖ Sprinkled around the world, in nature, and your favourite spots
- ❖ Natural Burial Site
- ❖ Jewelry
- ❖ Blown Glass
- ❖ Fireworks
- ❖ Record
- ❖ Mushroom Suit
- ❖ Donated to Science

## **Resting Destination Explained**

**Mausoleum** - A mausoleum is an external free-standing building constructed as a monument enclosing the burial chamber, which may contain traditional caskets and cremated remains of the deceased.

**Gravesite** - Graveyards are often in or beside a church and often on church property

**Cemetery** - Cemeteries are generally in neighborhoods

**Urn at a Loved One's Home** – An urn is a vessel holding all or some of the ashes, typically an ornamental container. The urn is kept at home or may even travel or shared homes of loved ones.

**Sprinkled around the world, in nature, and your favourite spots** -

**Natural Burial Site** - The body can return to the earth as naturally as possible – without chemical embalming and in a biodegradable casket, urn, or shroud. Over time, the area will be planted with natural vegetation to return to the natural ecological state

**Jewelry** - Cremation jewelry is a wearable keepsake made using a small amount of your loved one's ashes. Artisans infuse the cremains into earrings, necklaces, bracelets, and other jewelry products.

**Blown Glass** - Cremation ash is mixed into the still molten glass so it is permanently, safely, and beautifully suspended for easy viewing and handling

**Fireworks**—Cremation fireworks offer both professional displays and self-fired fireworks to provide a unique and memorable send-off. The latter could be color-themed or choreographed to a favorite piece of music.

**Record** - Ashes get pressed into a vinyl recording to be cherished for generations. Record a personal message, your last will, your soundtrack, or just the sound of silence to hear your pops and crackles for the minimal approach.

**Mushroom Suit**—A mushroom burial suit, also known as the Infinity Burial Suit, is a biodegradable burial shroud made from mushroom spores. The spores are designed to help decompose the body and filter toxins from it so that it does not contaminate surrounding plant life after a body is buried in it.

**Donated to Science** - Body donation means that your whole body is donated to a School of Anatomy for educational and research purposes.

## **Final Form**

- ❖ Ashes
  - Cremation
  - Aquamation
- ❖ Body in Form
  - Casket and Burial
  - Natural Burial

## Ashes

Cremation—The cremation process for humans takes between 1.5 and 2 hours. The body is placed in a retort and heated to between 1400 and 1800 degrees Fahrenheit. At this temperature, the body burns, and the bones turn to ash. After the body has been cremated, the ashes are placed in an urn and returned to loved ones.

Depending on your location, this option costs between \$2,000 – \$5,000.

Aquamation—Alkaline hydrolysis, also known as cremation by water, bio cremation, flameless cremation, or green cremation, involves placing the body in a stainless-steel tank with water and an extremely alkaline chemical. The container is rotated, and the body is dissolved in four to eight hours. The resulting liquid goes down the drain, and any remaining bone fragments are pulverized in a cremulator and returned to the loved one as cremains.

Depending on your location, this option costs between \$2,000 – \$5,000.

## Body in Form

Traditional Burial - The traditional burial involves placing the body in a coffin made of polished wood or metal and lined with a decorative fabric. The coffin is buried six feet under the ground and a two-ton concrete grave liner is usually placed over the coffin. A headstone sits on top of the grave to mark the spot.

The average cost of a traditional funeral with burial in Canada is between \$7,000 to \$10,000

Green Earth Burial—Green burial cemeteries are meant for the living: to be used as parks, to preserve areas as green space, to grow trees, to clean our air, and to restore or maintain an area's ecological diversity. Bodies are buried 3 feet underground with biodegradable coffins, and bodies are not embalmed.

The cost of a Green Burial is estimated at \$3,500