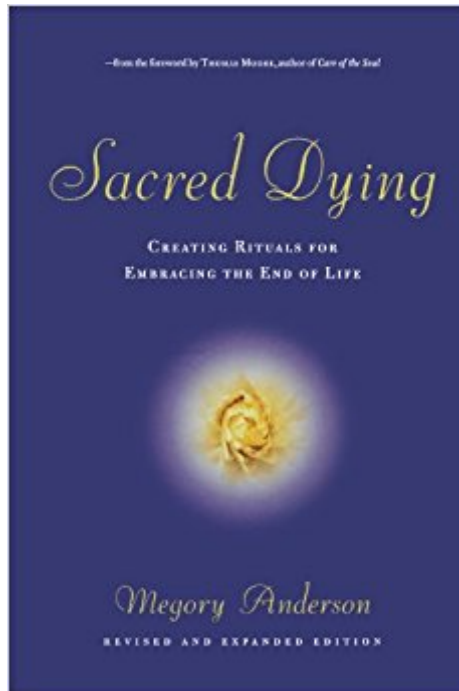




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Sacred Dying: Creating Rituals For Embracing The End Of Life



Synopsis

Death may be inevitable, but dying alone or in fear does not have to be. *Sacred Dying* is theologian Megory Anderson's essential testimonial and handbook for creating a dignified, peaceful, and more sacred end to life. Anderson includes a section with many prayers and poems from various traditions, and shows how to use personalized and creative rituals to help those dying prepare for their death and to bring a sense of peace, reconciliation, and acceptance both to themselves and to the loved ones they leave behind. She discusses all aspects of this final transition, including how to help a dying person put "unfinished business" to rest; using massage to help the dying let go of his or her body; and how to use music to help the dying focus on specific times, places, or events. For this first-ever paperback edition, she adds a chapter on what can be done after death to help move the soul along. Intended for those who are going through the death of a loved one as well as those facing death personally, *Sacred Dying* facilitates creating a setting where death is experienced as it should be—with honor, respect, and sacredness.

Book Information

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Customer Reviews

At some point in our lives, many of us will find ourselves sitting at the bedside of a dying loved one. Thanks to Megory Anderson's *Sacred Dying*, we now have one of the most important and eloquent books available on tending to the dying. Anderson offers readers rituals and interactions to soothe and support a dying person as he or she crosses over into death. Even in situations where there is a specific religious ritual at hand--such as summoning a priest for the last sacrament--there are still

many hours (and even days) that can be used to make a dying person feel spiritually and physically comforted and prepared. As the founder of the Sacred Dying Foundation in San Francisco, Anderson provides real-life examples and strong storytelling to cover all aspects of dying, including how to help someone let go of "unfinished business" and how to massage a dying person to help them let go of their body. Anderson lists the tools for rituals (such as holy water, incense, and markers and paper for writing final thoughts). She even devotes an entire chapter to music--a powerful tool in healing and transcendence. Anderson offers a lovely book that covers everything you need to know to help a dying person feel deeply cared for, whether you choose to read poems aloud from the final chapters or simply sit in silence, holding the hand of a loved one. --Gail Hudson

--This text refers to an out of print or unavailable edition of this title.

Anderson, a theologian who founded the Sacred Dying Foundation, has written a guide for people facing the death of a loved one. To that end, she relates stories of her work and discusses rituals that help the dying find peace and the survivors to go on with their lives. These rituals include prayer, creating sacred space, using music, listening, and dealing with the past. Quotations from Christian and Jewish sources as well as The Tibetan Book of the Dead illuminate the text. Not just a guide, this is also a useful reference work: the appendix contains prayers and poems about dying from a variety of traditions, and the bibliography, which is over 20 pages long, covers such categories as general works, care giving and hospice, rituals, and afterlife as well as the various religious traditions. Recommended especially for public libraries and patrons wanting resources for action and solace; other libraries and resource centers may purchase accordingly. Naomi E. Hafter, Broward Cty. P.L., Ft. Lauderdale, FL Copyright 2001 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Excellent, excellent book. Can't say enough good about it. Describes rituals Megory Anderson has created in the most unlikely of places. Brought tears to my eyes in places. You may not follow exactly the rituals that Megory Anderson creates, but it will give you permission to create your own, valid for your family and culture, and not imposed. It is possible to humanize and make sacred a death in a hospital, nursing home, or even intensive care-- even when the dying person has a roommate. Opened my eyes to new possibilities. part of the movement to reclaim death as a sacred rite of passage, not just a hospital-dominated a technological flail.

This book is beyond excellent and oh so needed in the world!!!! Anderson has created a life and a

book that is bringing some of the most needed work out into the world. She masterfully fuses many spiritual traditions together making the book accessible to all... and since we all know we are all going to die we might as well start honoring the process and transition with a bit more reverence and much less fear. Anyone interested in sharing such a powerful journey with a loved one will benefit greatly from this book!

This book was lent to me by a coworker who is a pastoral minister. I wish I had found this book sooner. But with only a couple of weeks I learned enough to help my mother in law travel to her new life with peace and joy. I bought it and I am going to continue reading it. I will leave my family more of my own wishes in writing. I have decided to write in the book itself. I will buy this book for others from now on. I recommended it to the wonderful Hospice (First Care) people that helped us all along. It helped me find peace and it helped my mother in law and I come to terms and connect with the mystical peace of dying. I am grateful.

I highly recommend this book for those who are doing end-of-life work. It's full of nuggets of wisdom. My copy is dog-eared and full of highlighter marks!

The book is easy reading with many examples of caring acts given to those passing. The book has a good resource at the end for scriptures and poems for different faiths. I plan on using several rituals shared in the book and create my own transition time for those passing. I do believe this book is a good resource for those entering into the ministry of being a midwife to those ready to die. I think a main focus is preparing the person for death (releasing fear and earthly issues), creating a time of peace, and encouraging the person to move out of their earthly body and towards eternal peace. I have placed sticky notes at sections I found I would use and will take the book with me to use as a resource.

This book is unique, that it not only honors the space & time preceding death/transition, but it opens the opportunity for an officiant to transpose thoughts of fear & morbidity, into something glorious and wonderful.. perhaps, it even fosters the concept of death as the celebration!(These are concepts many religions strive to conquer but, miss the reality, of convincing.)Rev. Ted Miller

Simply one of the best books written on death and dying. Anderson writes in a way that is easy for both loved ones and the dying to read and reflect. Her stories are touching and easily related to. I

think this book should be required reading for everyone - not just for those preparing to die or lose a loved one.

I found this book to be the most helpful of Megory Anderson's books. It is a accesible and based on Ms. Anderson's experience. I found it inspirational and practical, my favorite combination. It is a great primer and also I think those with experience would also find it helpful.

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