

YOUR BODY AFTER DEATH

Once you have died, your body begins the process of returning to the universe. We call this decomposition. It begins in the soil and ends in the stars.

Your body is made of roughly
7,000,000,000,000,000,000,000,000
(7 octillion) atoms.

Every atom in your body is billions of years old. The hydrogen is 13.7 billion years old. The carbon and oxygen were forged in stars between 7 and 12 billion years ago, and blasted across space when the stars exploded. These components of your body are truly ancient; **you are recycled stardust.**

When you die, the work begins of **returning your atoms to the universe.** The soil is a haven for this labor. Your body contains its own bacteria, carried inside your whole life, which will begin breaking down the tissues and seeing to this redistribution.



Lacey, infinite webs of mycelium - the wise fragile conduits that penetrate every morsel of dirt - will transport the matter of your body through the earth around you, through the burrows and dens, past the big tree roots, even up to the topsoil and all its flora. You will be dispersed everywhere.



The diptera order will come and create an entire generation in your name. They will lay their eggs so that their children will fill their bellies, convert your matter, then carry you above ground, flying off into the air.

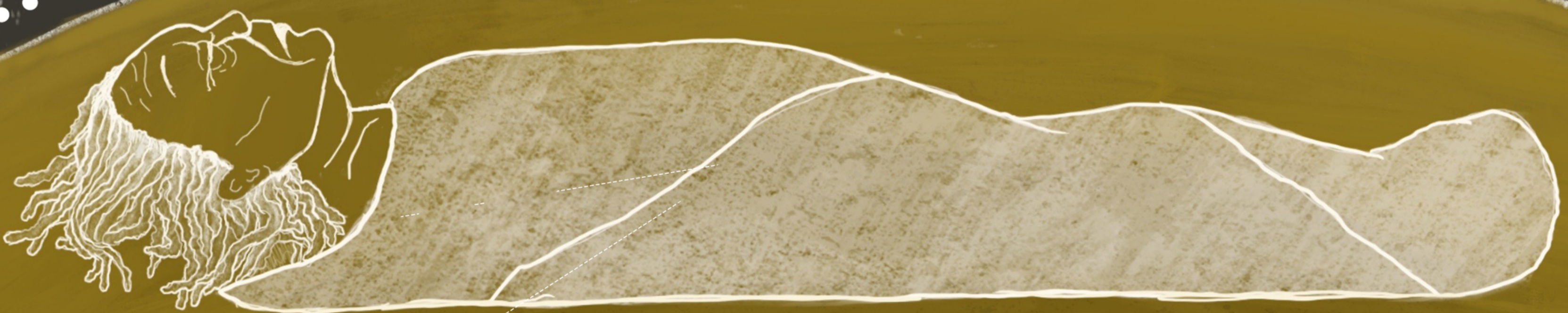
All around, the living soil will respire the hydrogen and oxygen as they become available, returning these fundamentals, so critical to all organic life.

Over time, every part of you will make its way into the biosphere.



And the coleoptera, with their strong jaws, will work unseen to aid the process, their wide bodies forming tunnels. Like a shift change -- they takeover for the diptera, one species saluting another.

Lastly, in the decomposition process, a few elements will degrade into other elements. And in this, a small amount of helium is formed. Since helium cannot be held by earth's gravity, small bits of what was once you will float off into the universe. Some may be captured by the sun or Jupiter. **Some will escape and drift off to the stars.**



PLEASE CONSIDER

Your body does not need to be embalmed or buried in a vault. Your body doesn't need an eco pod or a special gimmick. Simple green burial is sustainable and affordable. Wherever you live, please choose green burial and document your plans with your family.



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Created by Tara Koger (2020)

