

Curiosity Corner

Grow your awareness and open doors to an inspired life!

Contemplation...

Exploring Death

Time: One hour or more... you choose!

The U.S. culture and much of the western world keeps death behind closed doors. We don't talk about it in our families, with our children, or with our aging parents. It's a taboo topic.....

- 1 As a child, how were these two topics discussed or handled in your family:
 - 1) Mortality (the fact that everyone dies)
 - 2) Death (if/when someone in your family or close to your family died)

- 2 What teachings, philosophies or experiences (religious, spiritual, etc.) influenced your beliefs about death, dying and the afterlife?

- 3 What are your beliefs today and how have they been shaped based on your experiences, or lack of experience with death?

- 4 What comes up for you when you think about your own death?