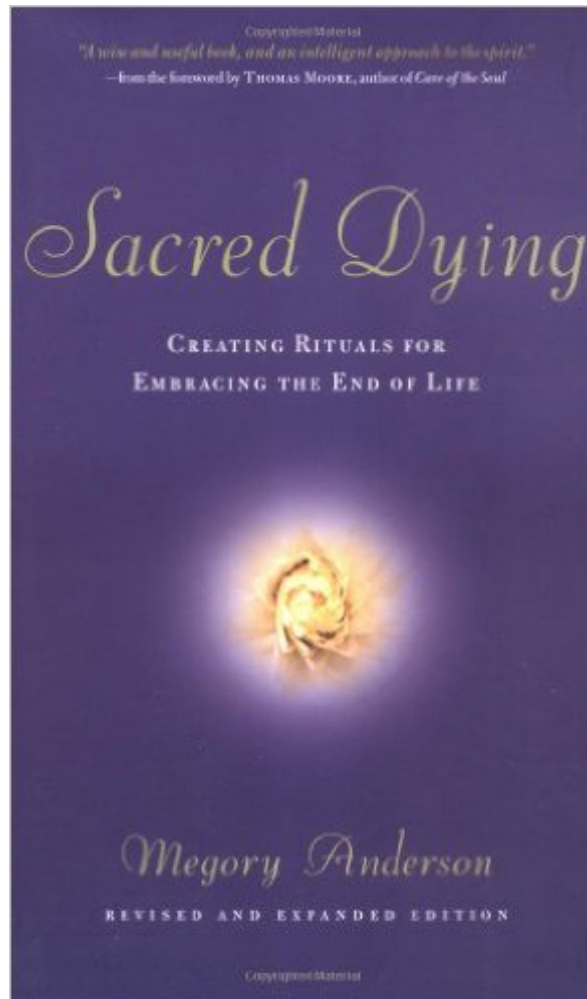


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Sacred Dying: Creating Rituals For Embracing The End Of Life



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

This is one of the books I recommend as a "must read" for all human beings! I only wish I had found this book years ago when I was helping a loved one navigate her own death. I was so ill equipped, mentally and emotionally. I would have done things so differently-- this book has made me view the dying process (and the possibilities for making it incredibly special) in a whole new way. Megory Anderson is the modern day Elizabeth Kubler-Ross. I now give this book to friends on a regular

basis.

Sacred Dying offers that hard to find balance: compassionate advice on a very emotional topic written in a clear, clean and easy to understand style. The stories of patients and families are very moving and uplifting. There are lots of practical guidelines for those of all faiths to make the end of life experience what it should be - beautiful!

Megory Anderson has provided us with a beautiful, thoughtful book that will be a comfort to many people. It is accessible without being simplified, and intelligent without being pretentious. I highly recommend Sacred Dying to anyone who is in need of it.

As one exposed to multitudes of books since the age of 5 or 6, I am now much less impressed with content or style than with the impact of a text on human persons and human lives. Having labored with Megory on the final edit of this book, I found that it held a very human size and scope in my imagination, and for some reason, I resisted writing a review until I had an opportunity to watch it 'work.' Recommending it to friends who were dealing with painful end-of-life transitions, and seeing the power it wielded for those grieving, I can now speak to its ability to do the 'work' for which it was created. "Sacred Dying" is not a book to help you 'figure-it-out,' or gain the kind of facile comfort that comes with glib metaphors or promises of other-worldly realms. It is a testament of stories, and ways of being and doing in the presence of those near the end of life. It will make you smile; it will make you cry; but above all, it will make you know that in your love for the dying, you can help create the sacred space that is all about life and human connection. Thomas Moore, in his introduction, remarks, "This is one book to keep at hand, because you can be sure that one day you will need it." I can only add that on the day you need it, you can rest assured that it will do its work.

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 technological flail.

In Western societies today, the amazing feats of technology have led to a view of death as a medical failure, rather than an absolute spiritual transition. Ms. Anderson helps us to see how we can make this transition into the unknown in a spiritualized and sacred way, no matter what our belief system may be. Ms. Anderson has done amazing work in her life and in this book. Her passionate style and use of personal anecdotes, creates a wonderful synthesis of exposition and storytelling.

Megory seeks to bring meaning to the end of life. She encourages the reader to make dying a sacred event. One way she creates this sacredness is with rituals. Megory includes in her book a wide range of Scripture, Sacred Texts, and Poetry to aid in creating this sacredness of space and participants. This is a good resource to have on the shelf when we have the opportunity to help others embrace the end of life.

I found this book to be the most helpful of Megory Anderson's books. It is accessible 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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