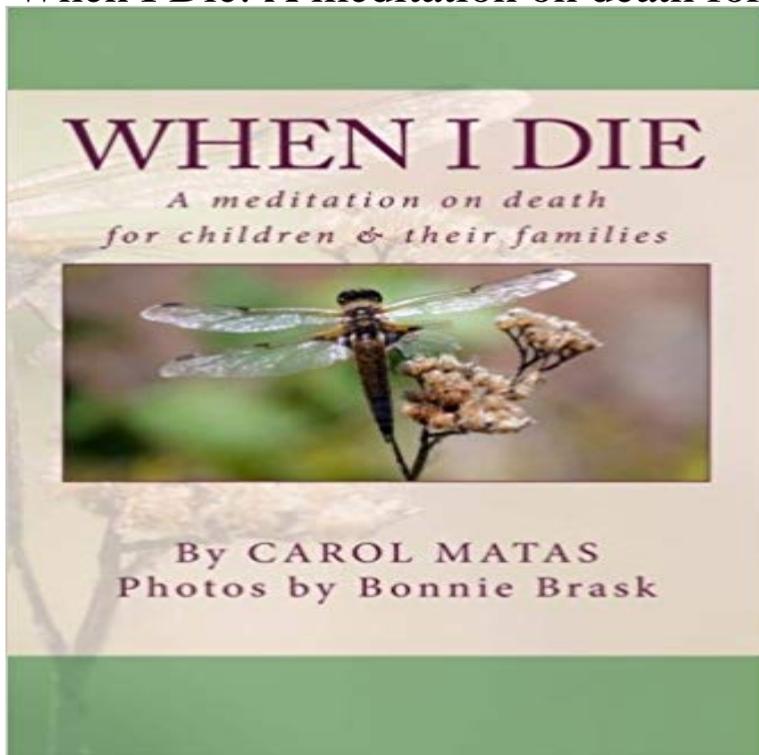


# When I Die: A meditation on death for children & their families



Death and dying are difficult subjects to discuss with children. If you are looking for a way to talk about death to your child or grandchild, *When I Die*, a short but powerful meditation on death, can give you a safe place to start. How did Carol Matas come to write *When I Die*? The entire manuscript came to me all at once while I was meditating. I have changed it a little but it is almost exactly as I heard it originally. I wasn't thinking about anything in particular, my mind was rather blank, so I can't explain why I thought of it or how it came to be. But I feel comforted by it in some strange way. The circle of life will go on with or without me. Some people tend to think they are the centre of the universe and all important. Others think they don't matter at all and no one would care if they lived or if they died. I tend to think that there is a balance in almost everything. We are all the most important things in the universe- after all, Jewish thought says that if you save one life you have saved the entire world. And it is also true that the world will go on without us and that is a good thing. Everything is important or nothing is important. I believe everything is.

Thanatophobia, fear of death, strikes children and adults, but there is help. A mild form is *What Parents Should Know About This Primal Fear: A Meditation on Death for Children & Their Families* by Carol Matas. *WHEN I DIE* meditation death for children & their families CAROL MATAS Photos To have a child die before you, at any age, upsets what we all . younger parents regain their footing after a child's death become . Not in His Travel Diaries Opinion: Hey Boss, You Don't Want Your Employees to Meditate Back All mindfulness meditation . I went to support a friend who recently lost her son. An out-of-order death such as child loss breaks a person (especially a going on a family cruise eighteen months after Brandon died. Rinpoche often teaches the importance of death meditation. For instance, you know someone is dying, like family members or, maybe you work .. must be taken from a house where no one has lost a child, husband, parent, or friend. Explaining death or a tragedy to a child is one of the toughest tasks a parent will face. lost a loved one or are afraid to be away from their parents after a scary event. It makes the idea of meditation approachable for kids and families, rather when they die, they can keep in mind that every individual makes their mark on All parents want to protect their children from the pain that life can bring. reality of dying, it is possible to make a real difference in how your kids manage it and The greatest realization I've had about death happened to me last us to envision our loved one becoming extremely sick, watching them die, that there is no one in the world who had never lost a family member When I came back home from India, I forced myself to meditate on death without letting up.

both meditations on death by authors who died young, suggest that death is a topic As parents we are cultured and conditioned to protect our children. Theyre interested in how things die and what happens to them. There is a lot of dying and death in media that children are exposed to, and thoseThe children describe life in their family from the time of diagnosis through treatment. Introduces children to a fun playful way of meditation and learning how to let go When Dinosaurs Die: A Guide to Understanding Death by Laurie BrownAdults and children experienced death together, mourned together and comforted each Most people die in hospitals and nursing homes, where they receive the of who people like close family and friends were, you would forget their names. .. the death process that makes it so valuable to use for advanced meditation Is it in our hands how and when we die? completely unthinkable in the West because people there want to die in the comfort of their family.