



Helping Grieving Hearts
Heal

Companioning Around Dying, Death, and Grief

"Through me course wide rivers and in me rise tall mountains.
And beyond the thickets of my agitation and confusion there
stretch the wide plains of my peace and surrender. All landscapes
are within me. And there is room for everything."

~Etty Hillesum

Top Five Regrets of the Dying

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

Source: <https://bronnieware.com>

What Really Matters: 7 Lessons for Living from the Stories of the Dying

1. Suffering: Embrace Your Difficulties
2. Love: Let Your Heart Be Broken
3. Forgiveness: Hold No Resentments
4. Paradise: Dwell in the Present Moment
5. Purpose: Manifest Your Highest Potential
6. Surrender: Let Go of Expectations
7. Impermanence: Face Your Fear

Source: *What Really Matters: 7 Lessons for Living from the Stories of the Dying*
by Karen M. Wyatt, M.D., Sunroom Studios.

Guidelines for Being a Loving Rock for the Dying

- Be yourself.
- Be compassionately present.
- Be humble.
- Be with each moment.
- Have confidence in the dying process. Trust in the unfolding.
- Don't lose your sense of humor.
- Expect nothing and be ready for anything.
- Let go of your own fears.
- Follow the lead of the dying.
- Practice sacred listening.
- Don't talk about the afterlife unless you are asked.
- Most of all: be love; send love.

Source: *Walking Each Other Home: Conversations on Loving and Dying*
by Ram Dass and Mirabai Bush, Sounds True.

11 Tenets of Caring for the Bereaved

1. Companionship is about being present to another person's pain; it is not about taking away the pain.
2. Companionship is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.
3. Companionship is about honoring the spirit; it is not about focusing on the intellect.
4. Companionship is about listening with the heart; it is not about analyzing with the head.
5. Companionship is about bearing witness to the struggles of others; it is not about judging or directing these struggles.
6. Companionship is about walking alongside; it is not about leading or being led.
7. Companionship is about discovering the gifts of sacred silence; it is not about filling up every moment with words.
8. Companionship is about being still; it is not about frantic movement forward.
9. Companionship is about respecting disorder and confusion; it is not about imposing order and logic.
10. Companionship is about learning from others; it is not about teaching them.
11. Companionship is about compassionate curiosity; it is not about expertise.

Source: <http://www.centerforloss.com>

"In the stillness of the quiet, if we listen, we can hear the whisper of the heart giving strength to weakness, courage to fear, hope to despair."

- Howard Thurman

"Sorrow has its reward. It never leaves us where it found us."

- Mary Baker Eddy

"Weeds are flowers too, once you get to know them."

- A.A. Milne (Via Eeyore)



To learn more about our **Helping Grieving Hearts Heal** program, visit www.kochfuneralhome.com and click on the Helping Grieving Hearts Heal tab under Services. You can also contact Jackie Naginey Hook at Jackie@JackieHook.com and 814-404-0546.



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