

Care of the mind

Spiritual Will a plan for the time of death

The purpose of this Will is to provide you with a plan for the time of your death and to enable those who will be caring for you to know and respect your beliefs and choices. It is designed for use by those from any faith tradition or those without a religious affiliation.

In this Will you can specify your wishes in relation to the following:

- 1. Your spiritual beliefs about what happens at the time of death**
Taking time now to clarify your beliefs helps you determine how to prepare for and experience death with confidence. It also helps those who will be caring for you to understand and respect your wishes.
- 2. The prayers and aspirations that inspire and uplift you**
Your familiarity with these will be a source of comfort and refuge for you when you are dying. If you have recordings or copies of these, others will be able to help you continue them later on when it may be difficult to do them on your own.
- 3. The spiritual support that will be important to you as you are dying**
When you are close to death, due to diminishing physical strength, illness or medication, you may find it difficult to say what you want, think clearly, pray or meditate on your own. Completing this section of the Will enables others to support you.
- 4. The spiritual support that is important to you after death**
What is important to you after death will depend on your personal beliefs. Communicating your wishes now will give you greater peace of mind and will also help those caring for you to understand and respect your wishes.

If you require assistance in completing or implementing this Will, please contact Karuna Hospice Services/Spiritual Care:
Phone 07 3632 8300.

Name

Date

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1. My beliefs about what happens at the time of death

- ☐ I believe in reincarnation – that my mental continuum will take another rebirth
- ☐ I believe in eternal life
- ☐ I believe I will cease to exist
- ☐ Other beliefs

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.....

2. My prayers and aspirations

For more information see Karuna's Information Sheet [Making your wishes known: Your wishes before you die.](#)

My personal practices are:

Meditations/Contemplations

.....

.....

Readings

.....

.....

Prayers

.....

.....

What gives me solace (eg. the divine or transcendent being I rely on, nature etc.)

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How I keep a positive mind

.....

.....

How I make life meaningful

.....

.....

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How I practise generosity

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.....

How I practise forgiveness

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.....

How I overcome the things I regret

.....

.....

My hopes and aspirations for a peaceful death

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.....

3. The spiritual support that will be important to me when I am dying

The following support person(s) is/are familiar with my wishes and I have asked them to be with me:

Contact person (1):	Contact Details:
Contact person (2)	Contact Details

For more information see Karuna's Information Sheet [Making your wishes known: Your wishes as you die](#)

My preferences for support while I am dying:

Meditations/Contemplations

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Readings

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Prayers

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Sound eg. music, chanting

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Environment (eg. what I would like in the room)

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Other

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.....

I wish for prayers and rituals to be performed by a religious or cultural community, contact:

Name of person to contact:	Address:
Religious tradition or cultural community:	Contact details:

4. The spiritual support that is important to me after death

Let my body remain undisturbed for at least
..... (specify time)

Rituals before moving my body

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.....

If I need to be moved eg. from a hospital room, please ask the



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the kindest care

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funeral directors to do nothing to my body (eg. washing, internal cleaning, changing clothes, repositioning) for a period of (specify time)

Cremate my body (specify period) after my death. I would like my ashes to be:

Bury my body (specify period) after my death

Recite the following prayers for me for (specify time) after my death

.....
.....
.....

Request the following communities to make prayers for me:

.....
.....
.....

Make donations to the following people/causes/communities /organisations on my behalf:

.....
.....
.....

Other

.....
.....

For more information see Karuna's Information Sheet [Making your wishes known: Your wishes after your death](#)



This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org

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