

Making your wishes known

Your wishes after your death

Organ donation

Donating your organs can be considered a final act of generosity however some people prefer their body to remain undisturbed after death.

- It is important to me that my organs are donated after I die
- I have registered as an organ donor
- I do not want to donate my organs
- It is up to my family if my organs are donated or not

Donation to science

If you wish to donate your body to science you need to arrange this before you die. It is not sufficient to leave instructions in a Will. Consequently, you will need to make arrangements with the institution of your choice (e.g. a university medical school) before your death.

- I have donated my body to the following institution:
- Arrangements have been made with the following person at the institution and their contact details are:

Burial or cremation

- I would prefer my body is cremated.
Ashes can be placed in a cemetery or a place special to you or your family. You may wish for a tree to be planted over your ashes or for your ashes to be scattered at a special time or place.
- I would like my ashes to be:
OR
- I would prefer my body is buried.
It is possible in some circumstances to be buried on private land but permission is usually required from the local council. Approval and arrangements can be completed before you die.
- My preferred place of burial is:

Cultural or religious preferences

- Special practices that I would like observed after my death:
- It is important that my body is cremated or buried within _____ hours of my death,
OR
- It is important that my body is cremated or buried within _____ days of my death

Care of the mind

- The person(s) from my faith tradition or community that I would like to be notified of my death is:

Buddhist preferences

- It is important that my body is not moved or touched for _____ hours / days after my death.
- It is important that my body is not moved or touched until After the final stage of the dying process is complete. This is when my consciousness and body have finally separated and there is no longer any warmth coming from my heart chakra.
- Before my body is moved first pull the hair at the crown of my head.
- The prayers I wish recited on my behalf for 49 days after my death are:

Funeral Service

- I would like to be involved in planning my funeral, OR
- I prefer to leave it to my family to arrange my funeral

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



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