

Care of the mind

Being at peace with your death

To die peacefully is a wish we all hold for ourselves and those we love. In order for that to occur, preparation for death needs to be done in advance.

There is no point in thinking that death will not happen; death is certain and it happens to all of us. We don't know when we will die, so it's important to prepare now. Being ready for death brings us peace in our lives now and then again at the time of death as it will be a calm extension of the work we have already done.

There are 3 stages in developing readiness for death as provided in the following information sheets:

- [Developing an awareness of death](#)
- [Knowing how to use that to our advantage](#)
- [Achieving peace](#)

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



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