

Death Positivity

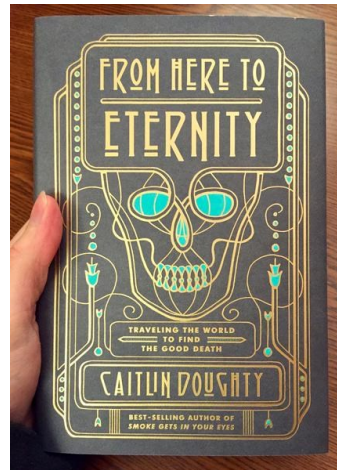
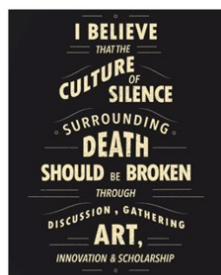
or How To be Death Positive

These are the Tenets of the Death Positive Movement:

Whether you have participated in the death positive movement for years, or are brand new to us, we want to offer you a way to boldly state your intentions and participation.

1. I believe that by hiding death and dying behind closed doors we do more harm than good to our society.
2. I believe that the culture of silence around death should be broken through discussion, gatherings, art, innovation, and scholarship.
3. I believe that talking about and engaging with my inevitable death is not morbid, but displays a natural curiosity about the human condition.
4. I believe that the dead body is not dangerous, and that everyone should be empowered (should they wish to be) to be involved in care for their own dead.
5. I believe that the laws that govern death, dying and end-of-life care should ensure that a person's wishes are honoured, regardless of sexuality, gender, racial or religious identity.
6. I believe that my death should be handled in a way that does not do great harm to the environment.
7. I believe that my family and friends should know my end-of-life wishes, and that I should have the necessary paperwork to back-up those wishes.
8. I believe that my open, honest advocacy around death *can* make a difference, and *can* change culture.

Death Positivity is a feature of groups like Dialogue Cafe, where stimulating conversations, great company and good food are always on the agenda.



From Here to Eternity :
Travelling the World to
Find the Good Death

by Caitlin Doughty

Fascinated by our fear of dead bodies, mortician Caitlin Doughty set out to discover how other cultures care for the dead. **From Here to Eternity** is an immersive global journey that introduces compelling, powerful rituals almost entirely unknown in America (read Australia).

In rural Indonesia, she watches a man clean and dress his grandfather's mummified body, which has resided in the family home for two years.

With boundless curiosity and wicked humor, Doughty investigates the world's funerary history. She introduces death care innovators researching body composting and green burial, and examines how varied traditions, from Mexico's Dias de los Muertos to Zoroastrian sky burial help us see our own death customs in a new light.

Doughty contends that the funeral industry sells a particular—and, upon close inspection, a peculiar—set of "respectful" rites: bodies are whisked to a mortuary, with much of what goes on behind the scenes beyond the understanding of the family paying the bills. She argues that our expensive, impersonal system fosters a corrosive fear of death that hinders our ability to cope and mourn. By comparing customs, she demonstrates that mourners everywhere respond best when they help care for the deceased, and have space to participate in the process.

Exquisitely illustrated by artist Landis Blair, **From Here to Eternity** is a story about the many fascinating ways people everywhere have confronted the very human challenge of mortality.

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Caitlin Doughty is a private funeral provider in Los Angeles, California. Author of **Smoke Gets In Your Eyes: And Other Lessons from the Crematory**, 2015; and **From Here to Eternity**, 2017, she hosts the website *Order of the Good Death* and *Ask A Mortician*. <https://www.orderofthegooddeath.com/death-positive-movement/>