



Coming for to Carry Me Home: A Guide to Living and Dying Consciously

Wendy Hayhurst

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It is the essential right of every human being to die with love, dignity and grace and to be reassured that they are cared for at the moment of their greatest vulnerability with support and guidance available to them. Despite the need for care of body, mind and spirit as death nears, we rarely address more than the physical needs and there is a lack of other forms of help when they are required in the days, weeks and months leading up to passing and as the moment draws near. We have a right to be treated with care and respect, enabling the transition to be a loving and sacred experience. As we explore dying it releases not only the fear of death but also the fear of living, as it is only when we have learned how to die that we learn how to live our lives to the full. At a time when confusion, fear and suffering often take centre stage, Coming for to Carry Me Home offers a clear guide to dealing with our challenges by harnessing them to create empowerment and healing. This book provides practical keys to help us identify and face our fears so that we can greet this great adventure with both wisdom and compassion.

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