



## THOUGHTS TO PONDER

Through the strength and peace and deep compassionate attention of your presence, you will help the dying person to awaken their own strength. The quality of your presence at this most vulnerable and extreme moment is all-important.

Cicely Saunders wrote: "The dying have shed the masks and superficialities of everyday living and they are all-the-more open and sensitive because of this. They see through all unreality. I can remember one man saying, 'No, no reading. I only want what is in your mind and in your heart.'"

Listening is a magnetic and strange thing, a creative force.

The friends who listen to us are the ones we move toward, and we want to be in their radius.

When we are listened to, it creates us, makes us unfold and expand.

We don't live in a *listening* society, we live in a *telling* society.

Active listening is one of the highest forms of giving.

As we listen to others we allow them to learn.

We know something only once we have expressed it. Expression makes it ours.

As others talk (and we listen), they gain insight into their problem.

The most essential thing in life is to establish an unafraid, heartfelt communication with others, and it is never more important than with the dying person.

Often the dying person feels reserved and insecure, and is not sure of your intentions when you first visit. Don't feel anything extraordinary is supposed to happen.

**Just be natural and relaxed.  
Be yourself.**

