**Five-Wishes Document - Addendum**

Name: \_\_\_\_Lee Warren

DOB: \_\_\_\_4/24/68\_\_\_\_\_\_\_\_\_\_

Dated: \_\_\_\_Created 7/30/17, Updated 12/22/19, Updated 1/27/2023

**Elaboration on My Five Wishes**

Wish 1 Re: Health Care Agent

* As much as possible for the Health Care Agent to rely on group-think, collaborative support, and collective wisdom. Ideally all three health care agents will work together to support each other. My partner, Damon Dickinson is listed first but may also need significant support and welcomes collaboration. Mary Lane represents my Asheville death care team, which consists of Mary, Evalena, Benita, and MayaJoelle and NikiAnne Feinberg represents my Earthaven death care team, which consists of NikiAnne, Molly, Carmen, Julie, Sara, and others.
* All of my health care agents are death literate folks who share my values about conscious, positive, and ecstatic dying, minimal interventions, and as much honoring of the death process as possible.
* So much gratitude to my health care agents and my death care agents for walking this path with me. Please give generous and gracious allowance to yourselves and each other as you make the best decisions you can. There are no wrong choices. Please know I am grateful for the process and your walking with me. As much as possible I invite you to release all guilt or fear or anxiety from your process and encourage ultimate trust in the process. I humbly bow in gratitude for your service.
* Feel free to request support for my care, including seeking advice from alternative sources, i.e. acupuncturist, chiropractor, nutritionist, massage therapist, etc.
* I wish for my health care agents to become my death care agents when I cross over. .

Wish 2 Re: Medical Treatments I Want or Don’t Want

* My preferences:
  + I want zero to minimal interventions during my time of dying.
  + I do not want to be hooked up to machines and if I am, I want to be removed from them.
  + I wish to die at home if possible.
  + I prefer quality over quantity of life.
  + I prefer no life support treatments but open to inputs that make dying more comfortable.
  + I prefer to be placed in Hospice care if possible.
  + I do not want antidepressants administered.
  + I do not want CPR, ventilation, feeding tubes, fecal tubes or other invasive procedures.
* Pain Medication:
  + I prefer to be as conscious as possible with my dying and therefore balance the amount of pain meds administered. Please only administer pain medication if I show actual signs of pain.
  + I’d like to experiment with non-pharmacological attempts at pain control before or in addition to medications, i.e. guided imagery, music, spiritual readings, co-meditation, plant medicines, etc.
* Please allow me to dwell between the worlds as much as possible during my departure phase. Being unresponsive, having hallucinations, and seeing spirits are all part of the process of crossing over. I welcome these experiences and would like the people around me to be comfortable with them as well.

Wish 3 – Re: How comfortable I want to be

* Please be conscious about the kinds and types of foods that I find nourishing. In life my diet has specific due to high desire for health and wellbeing. Please check with close friends regarding dietary preferences and follow those guidelines as much as possible. Meat-based, organic, paleo-based, and non-sugary foods are a baseline.
* Fasting is a natural end of life process. Please don’t force me to eat or drink. Let my body dictate what it needs and when. During thriving times I fasted often. That will only increase closer to death.
* Nature connection is hugely important to me. As much as possible let there be open windows (in appropriate weather), access to sky and clouds, earth and ground and breeze and fresh air. Being in a sealed room is unpleasant for me in life. Access to the natural world will bring me comfort and ease.
* I prefer loose and natural bed linens. Nothing tucked or tight.
* Please use only natural oils or lotions on my skin.
* I would like to experiment with using erotic energy to engage with spirit, reduce pain, and enhance connection with the mystery of death.
* It is OK to play music such as Buddhist Monks or medicine journey music or relaxing music. Silence is ok as well. Please NO TV OR RADIO or other distracting sounds near me. And nothing that contains ads.
* While I wish to have my personal space kept clean and fresh smelling I am sensitive and very much dislike artificial smells/scents. Please do not use artificial aromas or scented candles of any kind, cleaning agents, air fresheners or the like. I prefer unscented beeswax candles and very MILD authentic and organic aromatherapy such as lavender or rose.
* I have had an altar my entire adult life. I would love a transition and dying altar that contains sacred objects of mine or my caregivers. Appropriate stones and cards and quotes and mystical items are welcome.
* Do not put any cosmetics or make-up on my body (even after death).

Wish 4 – Re: How I want people to treat me

* I am open to there being a wide range of experiences in my dying space - from expansive and erotic to quiet and contemplative. I believe all of this is sacred and trust the group to navigate these waves. I imagine that as I near death, that I might prefer contemplative time with deep and mystical connection to spirit.
* I prefer to have sweet alone time and also close loved ones around who can be easy and soft and present with death. I especially want to be with folks who know me to my depths and can honor both my life and my death. I relish being with my beloveds who know how to touch, talk, and relate to me and even laugh and cry with me.
* I wish to be cared for with kindness, presence, and sweet, deep connection. Please honor my pace, style, and flow – no rushing.
* I wish to die in my own home or, if that is not possible, in someone else’s home or as a Hospice inpatient.
* Soulful, spiritual, and deep conversations are welcome. Poetry is welcome. I encourage the conversation about my death and dying, about feelings and needs, and about depth of connection. Please refrain from god-talk or soul-saving talk.

Wish 5 – Re: What I want my loved ones to know

* I believe that everyone has the right to a “Good Death”. I believe a good death involves letting go, being present, being guided by soul, and receiving.
* My spiritual practices in life have been embodiment, women’s mysteries, shamanism, mysticism, gene keys, tantra, sensuality. I believe these practices will naturally aide my death and dying process.
* I relish my own and others’ reflections of my life. Important themes are: catalyzing culture change; relatedness; community; embodiment; sexuality/tantra; health sovereignty; liberation of all beings; intimacy with life, death, others, land; holding a frequency and vibration for the emerging paradigm.
* If possible, please create a loving and comfortable place for caregivers in my place of dying so that everyone’s needs are met in a good and low-stress way with a strong and loving community feeling. One ideal is to have this be separate from my dying place (in another adjoining room). See the list of suggestions regarding “navigating visitors at the end of life” that might be helpful to give others as they visit.
* After my passing I wish my body to be prepared to lie quietly and undisturbed for at least three days following my passing. I wish for my body to lie-in- state somewhere that’s sacred and convenient for the caregivers.
* Due to my desire to lie in state for three days following death, I am not an organ donor or a body donor of any kind.
* Regarding memorial service: Whatever those who want such a memorial service need. If a memorial service occurs, please wait until three days after my death.
* My body and remains could be put at my home of 20+ years at Earthaven Ecovillage or at Carolina Memorial Sanctuary or somewhere else appropriate and relevant.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, acknowledge this addendum to my 5-Wishes document, dated \_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

Witness

Witness

Notary

State of North Carolina, County of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On this \_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_, 20\_\_, the said \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ known to me (or satisfactorily proven) to be the person named in the foregoing instrument and witnesses, respectively, personally appeared before me, a Notary Public, within and for the State and County aforesaid, and acknowledged that they freely and voluntarily executed the same for the purposes stated herein.

My commission expires \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Notary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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SEAL

**Navigating Visitors at the End of Life**

* Lee is moving along in her decline process towards death. The best we can tell is that she is in the pre-active phase of dying and will soon enter the active phase of dying. [More info here.](https://omnicarehospice.com/end-of-life-timeline-signs-symptoms-dying/)
* That means she is sleeping more, unconscious more of the time, and more inward. That’s as it should be. That’s the natural cycle we want to encourage.
* Thank you so much for wanting to visit. It's completely understandable. And we ideally want to make that happen.
* Visiting is a mixed bag - she appreciates receiving the care/love and yet she's trying to let go. Sometimes visits can be distracting and draining.
* Even if she seems engaged at the time please trust us that the visit is going to leave her exhausted. This is the case with very ill people.
* Everything about her care and needs is unpredictable and changes moment to moment. She’s preferring less visitors at this time.
* If you come, be prepared for her to not be available. And/or plan to keep the visit short. We’re talking 5 minutes. Really. 5 minutes. She may look engaged but it takes so much out of her. Keep your expectations low.
* The caregiver of the house at that moment will make their best call about whether visitors are welcome at the moment based on the day and how things are going. Please respect her decision. You may be asked to try back in some time.
* When you do visit, we ask that you sit quietly to get a vibe of the room and feel for the flow before going over to her. Encourage her to not speak but just feel the love you’re giving her.
* Bringing or leaving gifts is fine - we will deliver them.
* **Please don’t accept money or significant gifts from her at this time. She’s altered due to illness, drugs, and mental confusion. Small tokens are fine to accept but anything more, please tell her to work it out with her caregivers.**
* There will be altar and hearth space at the white owl created and maintained. Please feel free to be there with others in community to grieve, pray, celebrate, and be.
* Please know that we are all in this vortex together. Send love, be love, and know that we are entering the portal. It is a tender and mysterious time. Blessed be to us all.

Feel free to edit this as is applicable to the situation. This was created for Kimchi’s dying in February of 2017.