

Lesson 4 Homework: Letter to Shanti

This assignment invites you to notice what you have learned in this class and to share it with Shanti.

Part 1: Think about some important things you have learned in these four weeks. What impact will this class have on your life and your ability to work as a death doula? Center yourself in your heart, think about the 9 Death Contemplations of Lord Atisha, review the class in your mind and write about it.

Part 2: Discover some additional resources that build on the class. Reach out to some people in the field and see what bonds of collaboration you can build. Will you offer an educational or support session? Perhaps you will interview someone about their experience and record their story. How will you make a difference going forward?

Part 3: Spread the word like a peace gardener nurturing your crops. Who else do you think would benefit from Transforming Grief programs? What bits of wisdom to give away are on your priority list? Will you be glad to attend some additional Zoom meetings to help keep the momentum going? What does it feel like to be part of the Transforming Grief Community?

Some opportunities include:

- Co-facilitate a Transforming Grief class
- Be a guest speaker and share your story with others. (Includes Q & A)
- Participate in other Transforming Grief online classes.
- Invite friends to visit the website and learn more.

Please share your ideas and input with Shanti!

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