

Inquiry in to the ELE (End-of Life Experience)

A conversation / discussion with Leigh Davis

June 11 2017 at 11am

CHURCH of Monika at Open Source



An ELE is usually something that occurs before, during or after a death which deeply affects you – in a way that feels oddly timed, circumstantial, or connected to the death or the person or your connection to the person.

The questions below are helpful prompts for our conversation about ELEs:

- Who passed away? And what was their relationship to you?

- What kind of death did this person have, and how did they experience or process it from your perspective? How did you experience or process it?
  - (Whatever you want to share or recall, as all memory)
  
- Did anything specific stick out for you? Or anything out of the ordinary?
  
- How do you think about the loss (or losses) you've experienced differently now versus then?
  
- Have you kept any objects- keepsakes, clothing, nails, a piece of hair, snapshots in your wallet, numbers forever stored in your cell phone, etc. to remind you of the person / people?
  
- Did any specific circumstances occur after the person passed? This is ADC or After death communication.
  
- Last, are you afraid of death? How do you think of it?