



Jocelyn Nute Curell

end-of-life doula

A Graceful Ending

End of Life Program Series

May 30, 2025

Sacred Truths of the Dying Process

A Foundational Philosophy for End-of-Life Care

As an End-of-Life Doula, I serve with reverence for the sacred transition from this life to whatever lies beyond. These sacred truths are not beliefs imposed—they are **lessons observed**. Time and again, across diverse lives and deaths, they reveal themselves as universal, mysterious, and meaningful. They remind us that:

- **Dying is not a medical event, but a human experience.**
- **Presence, peace, and personal autonomy matter as much as physical care.**
- **The veil between life and death is thin, and filled with messages, energy, and spiritual depth.**
- **Legacy lives through story, touch, silence, and love—not things.**

Whether you are a caregiver, family member, clinician, or companion to the dying, these truths can serve as guideposts. They help us turn toward death not with fear, but with sacred attentiveness.

Important Lessons for End of Life

1. Environment Matters
2. Presence Over Perfection
3. Legacy Lives Through Story
4. Closure Brings Peace
5. Autonomy Brings Dignity
6. Spiritual Needs Are as Important as Physical Ones
7. After-Death Preferences Are Part of the Journey
8. Talking About Death Is a Gift



Reflection Prompts for Your Own End-of-Life Vision

This guide is meant to empower thoughtful preparation, meaningful connection, and sacred closure.

what does a comfortable death
look like?
who's with you at the end?
what message
will you leave behind?

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4 things to say
I love you
I forgive you
thank you
forgive me



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What is an End of Life (EOL) Doula?

An End of Life (EOL) Doula is a non-medical professional who offers holistic support to individuals and their support systems during the dying process. Their role is rooted in compassionate presence, emphasizing the emotional, spiritual, mental, and psychosocial aspects of end-of-life care, alongside the physical.

EOL Doulas create opportunities to celebrate and complete life with intention and dignity. They serve as peaceful guides, encouraging individuals to live fully while honoring their unique journey and offering techniques to alleviate suffering.

The term *doula* dates back to ancient times and has long been associated with life's two great transitions: birth and death. Just as a birth doula serves during the beginning of life, an EOL Doula serves at its end.

Philosophy of Care

End of Life Doulas follow a service-oriented, holistic philosophy, including:

- **Companionship over treatment**
- **Beginner's Mind**
- **Unconditional positive regard**
- **Turning Toward**
- **Sacred space creation**
- **Informed consent & boundaries**

What to Expect During a Visit

EOL Doulas offer a range of personalized services based on individual needs:

- **Vigil Planning**
- **Legacy Projects**
- **Dignity Therapy**
- **Advance Directives**
- **Care Coordination**
- **Hands-on Care**
- **Vigil Sitting**
- **Grief Support**