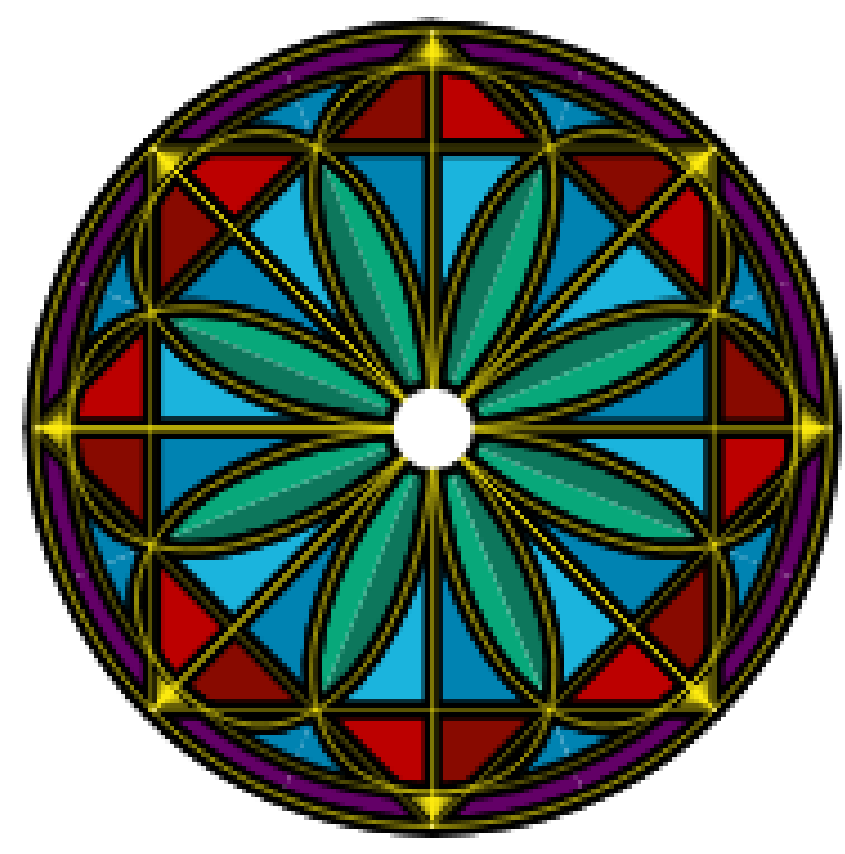


THE
PRINCIPLES
OF
*Sacred
Deathcare*

A GUIDE FOR SOUL-CENTRIC
PRACTITIONERS

www.sacreddeathcare.com



THE CENTRE FOR SACRED DEATHCARE

*Sacred deathcare is a spiritual healing modality
that attends to our souls as well as our bodies,
and to the dead as well as the living.*



Welcome, and thanks for your interest in doing death better.

Death is more than just a physical experience. It's a transformational soul-journey, for the dying person and for those who love them.

To meet death well, we need a more nuanced and more sacred response than Western culture currently offers.

I invite you to join us at The Centre for Sacred Deathcare, and be part of creating a culture where transformative loss is honoured as an important part of our spiritual journey.

Warmly,
Sarah Kerr, PhD
Founder, The Centre for Sacred Deathcare



Sarah Kerr, PhD



It's a Worldview Problem

Western medicine gives us many valuable gifts, but a model of death that only addresses the body, and ignores the very real experiences of the soul, is missing half the picture.

If you're attuned to the soul-aspects of death and bereavement, you'll know how much unnecessary suffering people experience when they don't have appropriate spiritual support.

Tending only to the body, and ignoring the soul, is like trying to walk with one eye closed. With no depth perception, we don't see the full picture. We miss what we're reaching for and we bump into sharp corners. Without spiritual support, death and bereavement hurt in ways that they don't have to.

As someone called to sacred deathcare, you might be attuned to the subtle dynamics of this spiritual process. You may know things through an intuitive or felt awareness. Internally, you know these things matter for how we meet death but, externally, it may be hard for you to articulate exactly what they are, how they work, or why they matter.

Perhaps you've been able to cobble together a picture of what happens for the soul, after it separates from the body at death. But that model may not be as complete or trustworthy as you'd like, and you might not be clear exactly how to use it to help dying people and their families.

You may want to meet death in a soul-centric way, but without a clear understanding of what's happening, and the skills to effectively apply that knowledge, that's hard to do.

A sacred deathcare practitioner needs a medicine bag of practical spiritual healing tools. As you start to gather these tools, you'll be able to help yourself—and your community—navigate death and loss with grace and confidence.



Death is hard and sad, that's normal. It doesn't also have to be confusing, overwhelming, or frightening.



You may be called to sacred deathcare because it's part of a larger cultural healing project. You may also recognize that transforming how we meet personal death and loss in dominant culture will, ultimately, help us heal through the massive ecological and social death and loss that's happening all around us.

How we meet death is how we meet life. If you're called to help heal dominant culture's relationship with death, you'll also be playing an important role in the larger movement towards a healthy, just, sustainable future.



We Need a Worldview Solution

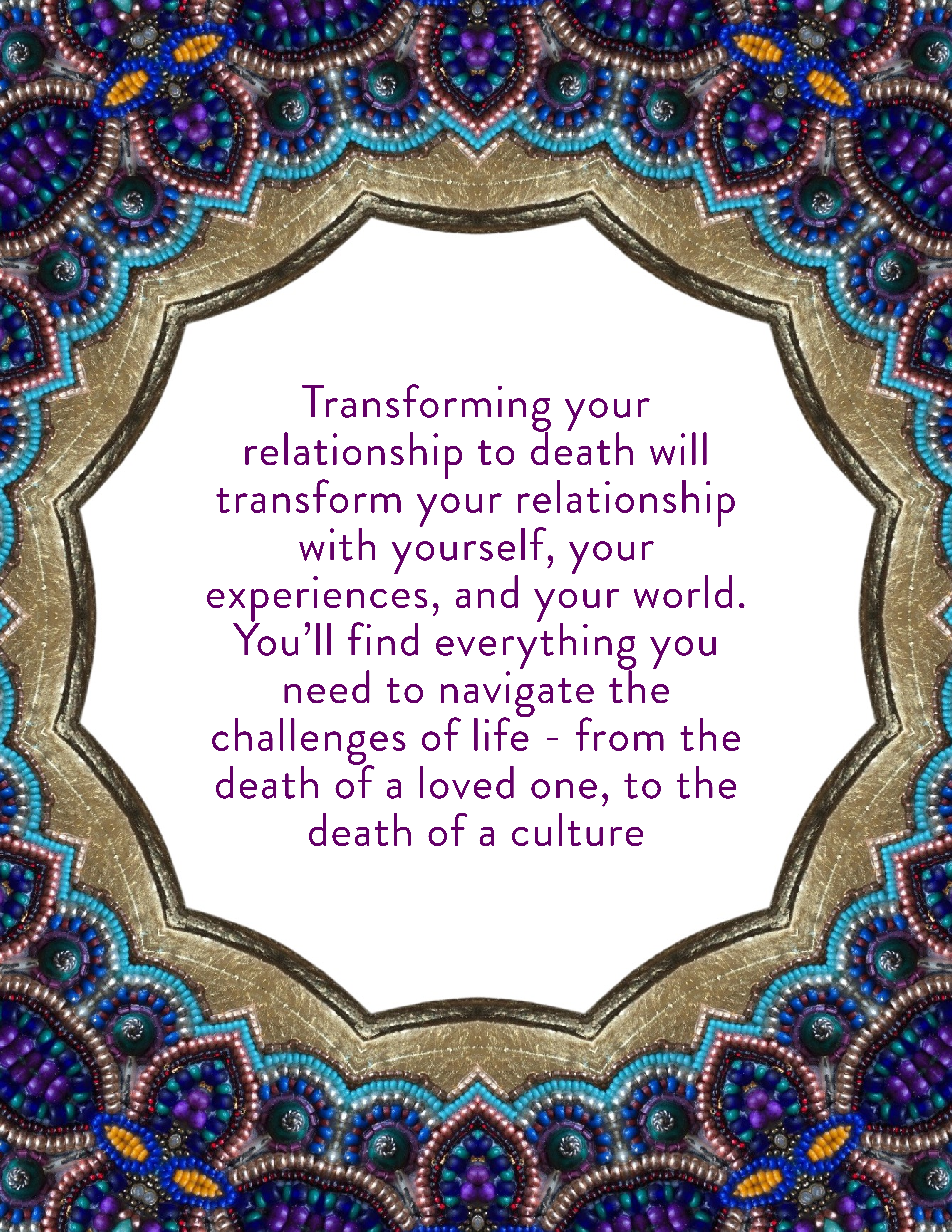
When you learn to move beyond the limitations of the dominant worldview, and look at life through lenses that acknowledge the spiritual and energetic aspects of the soul's evolutionary journey, the work of sacred deathcare is suddenly normalized.

As you begin to discover a conceptual framework in which intuitive insights, mystical experiences, and communication with the dead are as real as rocks, those things will start to make sense in a completely pragmatic, non-metaphorical way. You'll find language to describe what they are, what they mean, and how to work with them in service of healing.

When you're able to explain the principles behind ritual healing, mediumship, energy medicine and other practices that are "inexplicable" in the Western frame, you'll feel confident adding these modalities to your sacred deathcare medicine bag.

Sacred deathcare is rooted in transformation, rather than information. Doing death in a fundamentally different way requires that you become a fundamentally different person. It calls you to express the healing wisdom of your true essence, wisdom that has been socialized out of you by dominant culture.

As you learn to meet death in a more sacred way, you'll align yourself with the reality of your interconnection with all beings. You'll reconnect to the truth of your belonging, and remember your place in the web of life.



Transforming your
relationship to death will
transform your relationship
with yourself, your
experiences, and your world.
You'll find everything you
need to navigate the
challenges of life - from the
death of a loved one, to the
death of a culture



Personal Transformation

Finding healthier ways to meet death helps you connect more deeply with the magic and mystery of life. Each day will become more precious, and you'll have access to a fuller, richer experience of being alive.



Embodying this new knowing will strengthen your capacity to meet life's challenges, and all the transitions in your life will get smoother: You'll be able to apply soul-centric approaches to the smaller deaths in your life—the end of a job, a relationship, a dream—and to meet those losses with equanimity.

As you begin to live—and serve—in this way, your sense of how you fit into the world will change. Your new identity will find a home in you, and you'll find a home in the world with it. You will, as Mary Oliver says, “take your place in the family of things.”



Community Transformation

Sacred deathcare offers you a powerful medicine bag of tools and techniques for supporting dying people and their families. You'll develop a well of deep spiritual wisdom to draw on, and find words and practices that are pertinent, meaningful and healing.



Whether you choose to serve as a practitioner, volunteer, or simply the go-to person for family and friends, you'll be able to use your new knowledge to ease the suffering of those around you. You'll have the skills to help people find a healing path through the difficult experiences of death and bereavement.

When you deepen your relationship with the innate wisdom of the dying process, you'll begin to act as a kind of energetic tuning fork in a healing space. You'll carry a frequency of confidence and stability around death, and be able to share it with others.



Cultural Transformation

Sacred deathcare is part of a movement for a death positive culture. As you develop your knowledge and skills, you'll be able to help families, institutions, and the culture at large meet death in a more soul-centric and healing way.



Our world is at a turning point. As we collectively learn to face the death of a loved one, and emerge stronger and more resilient on the other side, we can apply those same skills to facing the massive cultural and ecological deaths happening all around us.

Sacred death care calls for a profound paradigm shift in the underlying structures of dominant culture. As those of us socialized in the Western worldview learn to see beyond that individualist lens, there is hope for our collective future.

As we learn to make death sacred, we learn to make life sacred.

The 3 Core Principles of

Sacred Deathcare

As we look at death through these lenses, profound and effective healing practices become available to us, our communities, and our culture.



COMMUNITY

Life is an intelligent, sacred, interconnected whole. We can lean into that larger power when our experiences are too big to face alone.



INITIATION

Like the rest of nature, humans are in a continual cycle of releasing the old to make way for the new. We can trust the soul-wisdom of this archetypal process.



RITUAL

Rituals create structures in consciousness through which healing energy can flow. We can rely on this healing modality to restore balance when the patterns of our lives are disrupted.

When what we know intuitively about death and loss is validated by these perspectives, the healing gift we each carry will find a path for its expression.



COMMUNITY

Connecting with the larger whole

Community is more than just the other beings we share our world with, it's a profoundly transformative way of seeing, understanding and engaging with life.

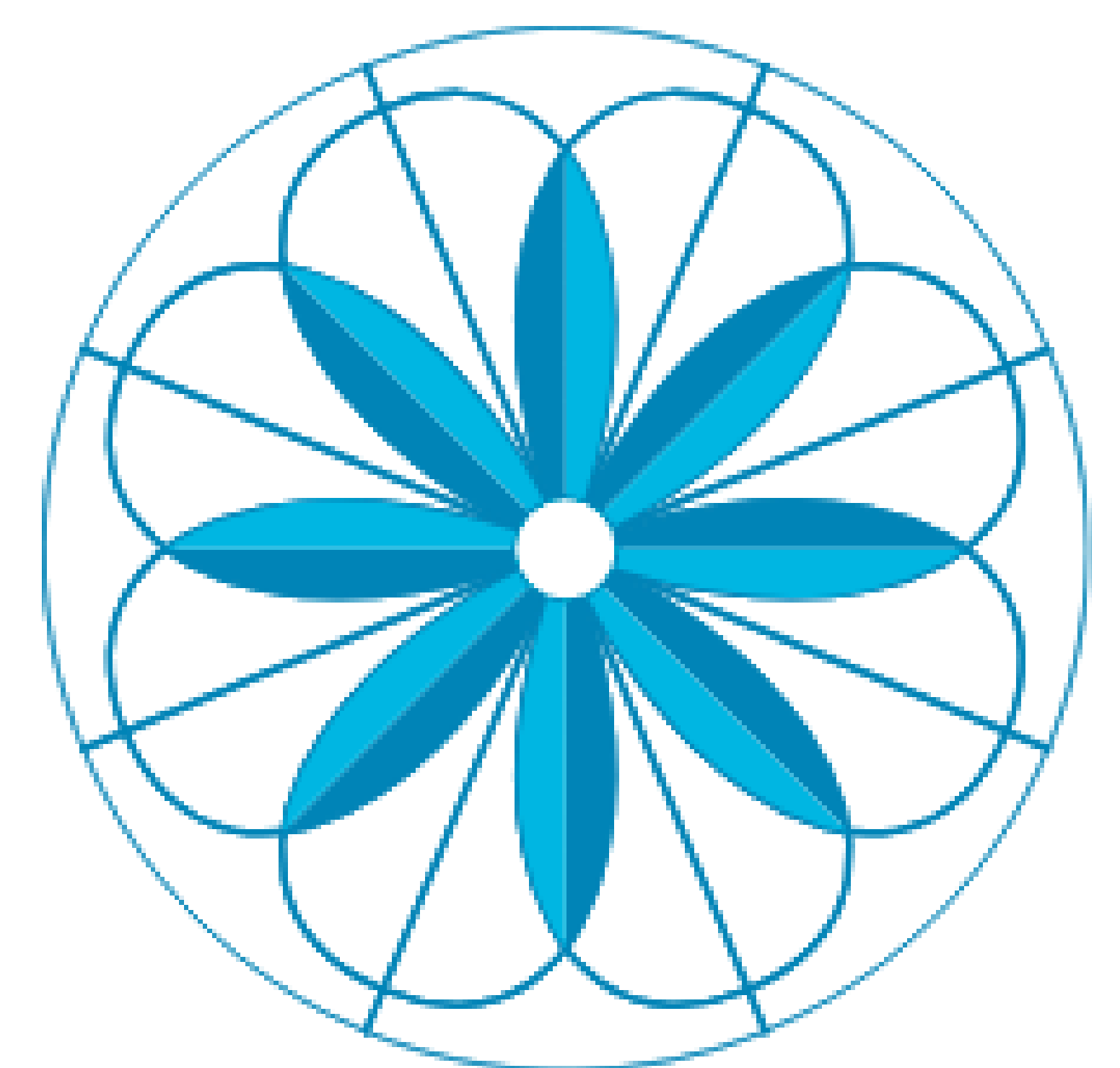
Mainstream culture approaches life, death, and healing through the lens of separation and individualism. A community-focused worldview recognizes that the world is alive, aware, and deeply interconnected.

When we view the world through the lens of community, the web of relationships that makes life possible, becomes visible to us. We recognize that the essence of life is relationship, and that healing is about restoring balance to those relationships.

When we meet death through the lens of community, we can lean into that web of relationships for support and sustenance. We can use relational and systemic principles to create conditions that allow the wisdom of the whole to flow to us, and through us, and to facilitate healing.



As individuals, we each carry only a small part of the greater mystery. Healing happens when we align with the larger, more capable, and resilient whole





INITIATION

Cooperating with the archetypal forces

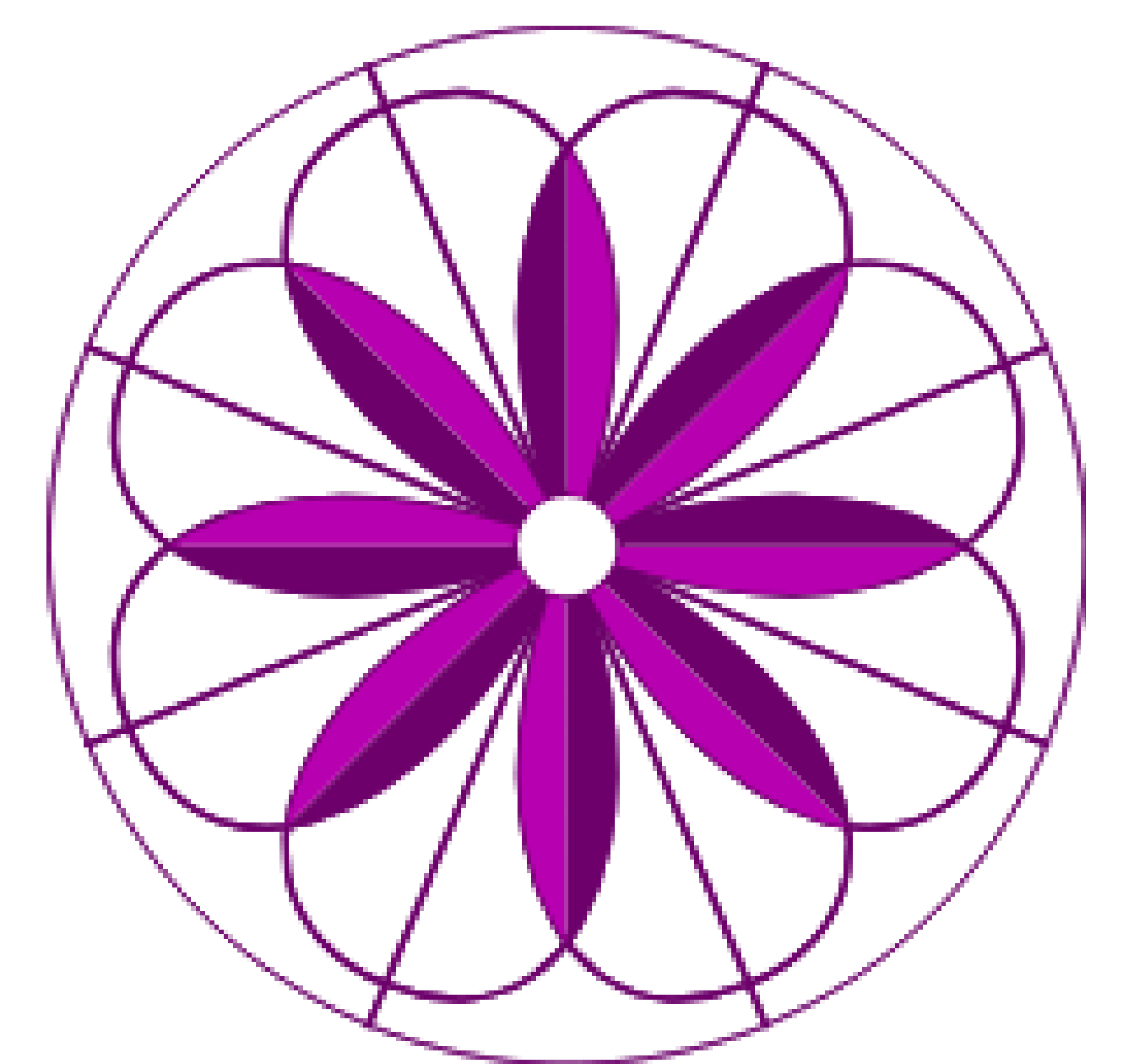
All of nature is in an ongoing process of birth, growth, death and rebirth. Endings make beginnings possible. The archetype of initiation is the organizing principle that both determines and describes this transformative process.

We see initiation happening all around us and, when we understand it, we realize that it is also happening within us. Whether we are aware of it or not, the initiatory archetype shapes how we heal, learn, and evolve. It drives the process of letting go of our past and stepping into our future.

When we understand the archetype of initiation as the foundational dynamic beneath our experiences of death and loss, we can work with that force, instead of fighting against it.

When we align with this deep pattern in the energetic structure of the dying process, we experience more equanimity and grace, and less fear, confusion, and suffering.

—○—
*Healing is about integrating what's happening to you,
so you can grow into the kind of person that the
affliction is asking you to become.*
—○—





RITUAL

Creating the conditions for healing

If the “what” of death and bereavement is an experience happening in community, shaped by the initiatory archetype, then rituals are the “how” for meeting it well.

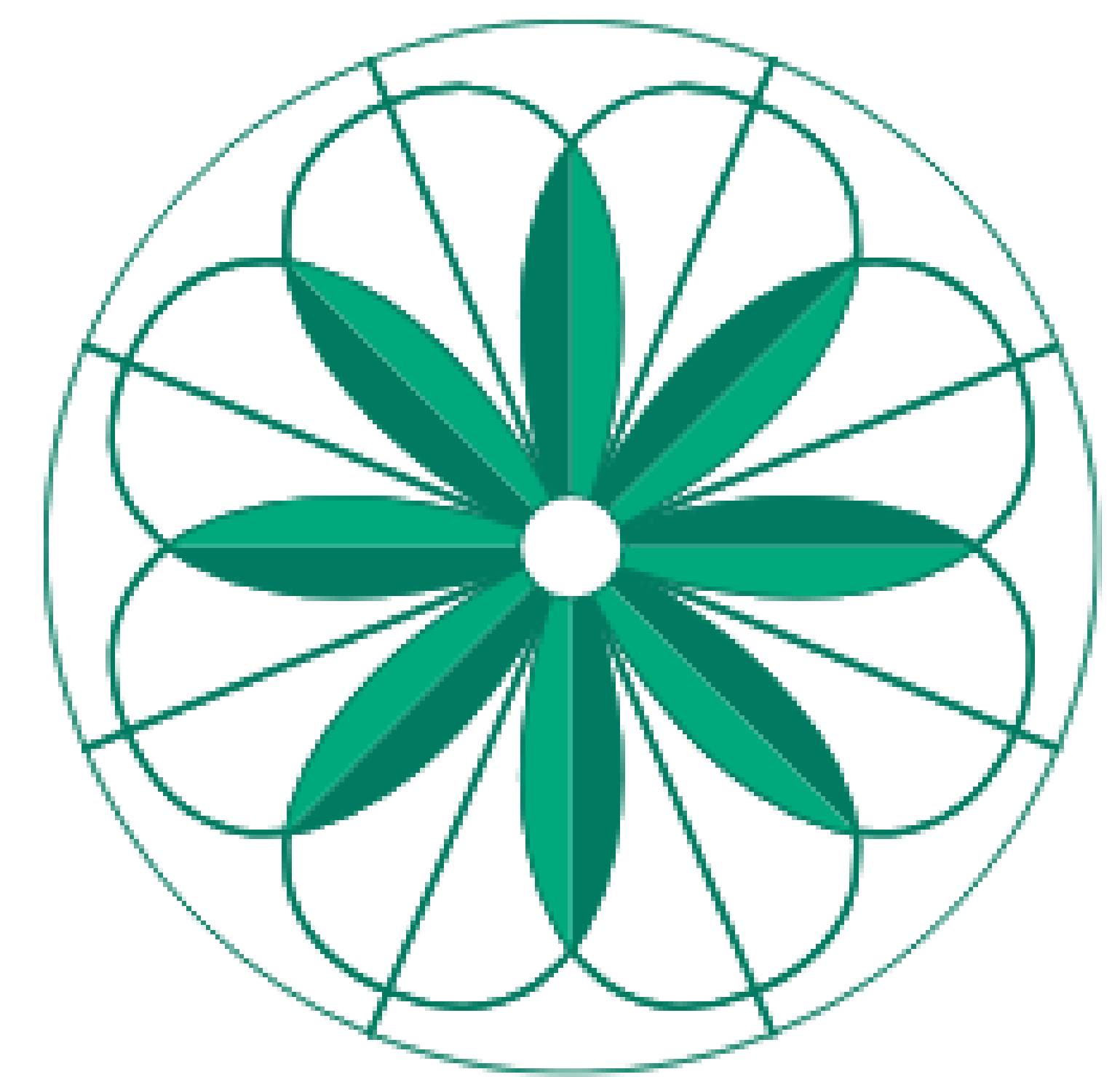
A ritual is a structured, relational healing intervention. Rituals are choreographed symbolic actions that contain and channel energy and restore right relationship between different parts of a system.

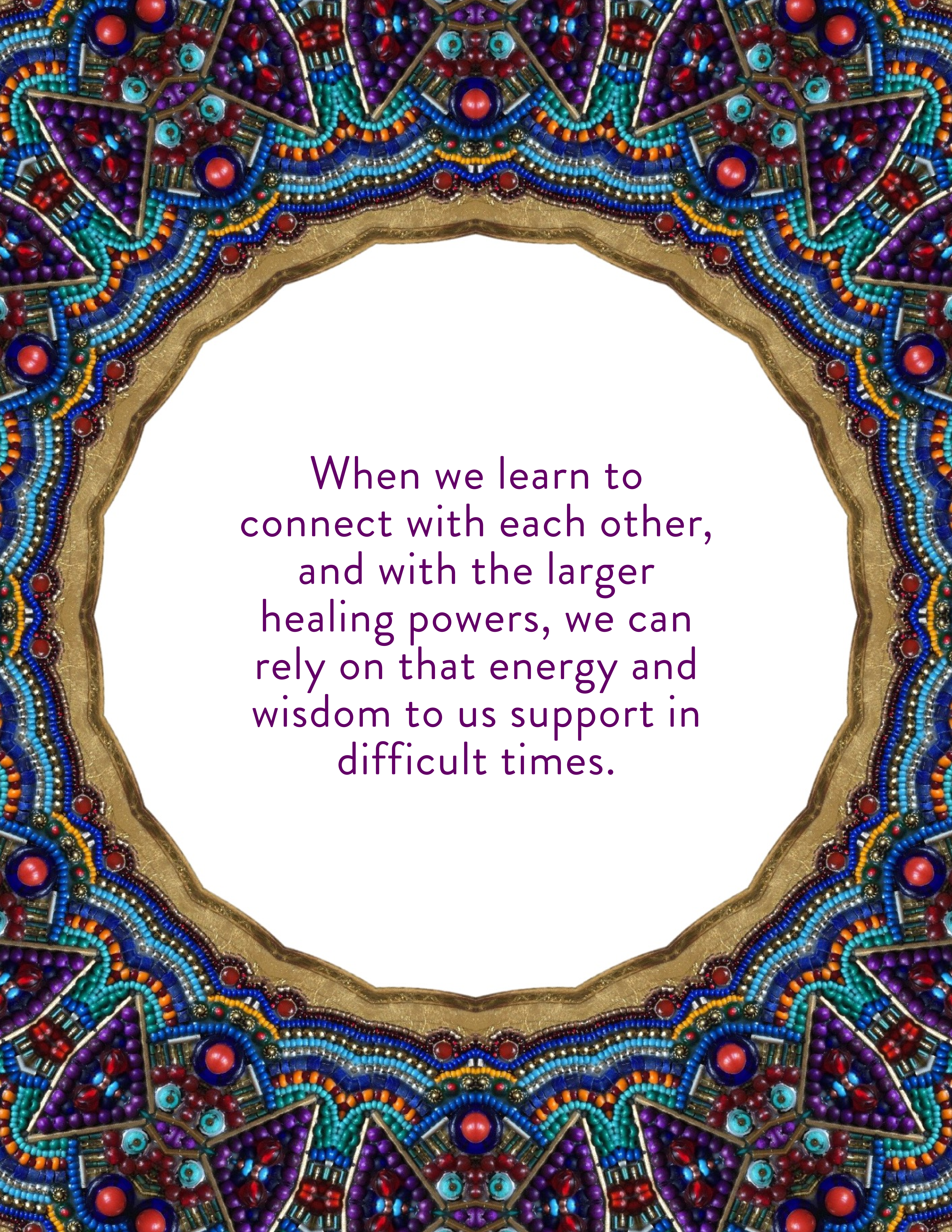
Rituals work by bringing us into alignment with the healing wisdom of the whole, and allowing that creative intelligence to flow through us and restore balance to our lives.

Rituals are medicine for our soul’s afflictions, the same way allopathic and alternative practices are medicine for our body’s afflictions.

Rituals are pragmatic healing interventions that help us navigate the soul-journey of death, loss, and transformation.

Rituals provide a communal spiritual structure in times of big transition. They help us come together to face things that are too hard to face alone.





When we learn to
connect with each other,
and with the larger
healing powers, we can
rely on that energy and
wisdom to us support in
difficult times.



If you're called to become a soul-centric deathcare practitioner:

- Align with a set of teachings that validate your intuitive knowing
- Find learning tasks that give structure and direction to the energy that's stirring inside you
- Connect with a warm-hearted community of supportive colleagues
- Learn to cooperate with the larger healing forces, for guidance and support

The Centre for Sacred Deathcare's programs blend robust theory with heartfelt practice, all rooted in the wisdom and healing power of community. Join us, and learn to align with the innate wisdom of the dying process, so you can meet mortality with grace and confidence.

Free Mini Course

An Introduction to Psychopomps

Psychopomps are soul-guides to the afterlife. These archetypal spirit beings appear in different forms in different cultures. They gather the souls of the dead and guide them to the Village of the Ancestors.

When you understand what psychopomps are, and the role they play in the spiritual dynamics of death and dying, you'll be better able to align with their powerful healing energy.

This short, 4-video course explains what psychopomps are, and why they matter for soul-centric practitioners.

[**REGISTER HERE**](#)