

How to Create an AngelKIT



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Disclaimer

The information in this PDF is provided for guidance and inspiration only and does not constitute the practice of medical or psychological advice.

Readers are specifically advised to consult medical professionals in regards to physical or mental wellbeing.

Introduction

It is just as noble and meaningful to be a part of creating a peaceful death for someone, as it is to help save lives. Caring for the dying can also be one of the most profoundly loving journeys we undertake in life.

We all want our loved ones to have a peaceful passing. The better equipped we are, the more comfort and dignity we can bring to someone we love as he or she takes a last breath. As you prepare to say goodbye, knowledge provides security and peace both for you and the person who is dying.

Know that your presence and love are the only things that matter now.

Anything that will comfort you and the person who is dying will help the whole process and help contribute to what will hopefully be a respectful and dignified passing.

Knowing we did what we could to be present, available, and to show our love helps sustain us through our grief.

AngelKIT

Sometimes, small things make a big difference, **especially** in sterile environments, like hospital rooms far removed from the comfort and safety of home.



What the AngelKIT package contains!

The pamphlet “**Dignity in the final Hours**” (you can download the pamphlet for free at www.lifelineingrief.com), an LED candle, a CD with soothing music, lip balm, an “mobile angel”, and essential massage oil.

These are some basic things that are easy to bring to the Hospital or Hospice.

You can add more personal items, depending on your loved ones wishes and needs. Some love the smell of roses, others may have other favorite things.

Create a Peaceful Atmosphere

“The sick can close their eyes but not their ears. Hospitals are terribly noisy environments with noise constantly coming from machinery and personnel. No hospitals meet the World Health Organization’s noise standards.”

Lars Heslet, Professor, Dr. Med. Sci

Light

Keep the lighting soft and dim. Hospitals do not usually allow real candles, but an artificial one can help create a sense of serenity in the room. Some places allow candles after the passing. Ask the staff about guidelines.

Music

Hearing is the last of our senses to disappear when we die. Try to reduce unpleasant noise and replace it with soothing music from MusiCure® or music that you know the dying person like.

Hydration and Moisture

Be sure your loved one receives enough to drink, and use lip balm to keep the lips soft. If he or she is unable to receive fluid during the last hours, ask the staff for a cotton swab to moisten the mouth.

Angels

The angel is for many a universal sign of love, hope and protection.

Touch

Gentle touch in the form of light massage, with or without oil, or just holding your loved one's hand is a soothing gesture. It is a good way to be present without words. Just as touch is one of the first forms of communication a baby receives, it may be one of the final ways we express our love to a person who is dying - to let them know we **are there**.

Ritual

Tradition and ritual hold an important place. Prayer, poetry, or last words said in a comforting voice can help us feel connected in the midst of life's transitions.

Essential Oils to Comfort the Dying and Grief Stricken

Teresa Conroy, Essential Oil Expert and Spiritual mentor

“ I cared for my husband for many years throughout his illness and during his passing. I found frankincense and lavender were very calming for him. I used them, as well for myself, for strength and during my grieving after his passing. I used bergamot and other citrus oils as well. I also added lavender and frankincense to my Epsom Salts for bathing. This brought me comfort while soaking in the tub”.

Essential oils have been around for thousands of years, they are mankind's first medicine. The oils listed below help to bring emotional calmness and a sense of balance and grounding during the most difficult time in life.

The following combinations have also been used to help individuals pass on more peacefully.

- Frankincense - ILL or Dying or Grief/Sorrow
- Rose - ILL or Dying
- Ylang Ylang - ILL or Dying
- Bergamot - Grief/Sorrow
- Clary Sage - Grief/Sorrow
- Lavender - ILL or Dying and Grief/Sorrow
- Roman Chamomile - Grief/Sorrow

How to Use

Diffuse in the air with a diffuser or place a couple drops in palm of hand, rub palms together then cup around nose and mouth and breathe in.

Dilute oil with carrier oil (coconut, olive, Jojoba). 1oz. carrier oil to 5 drops oil. Massage onto skin in auricular emotion points.

I hope that you found some inspiration, and that these will bring you some peace of mind.

If you need more information about the end of life, please visit our website www.lifelineingrief.com

With heartfelt compassion for you and yours,

Susan Binau
Founder
Lifeline in Grief

