
Each person approaches death in their own way, bringing to this last experience their own uniqueness. What is listed here is simply a guideline, a road map. Like any map, there are many roads arriving at the same destination, many ways to enter the same city.

Use this guideline while remembering there is nothing concrete here; all is very, very flexible. Any one of the signs in this booklet may be present; all may be present; none may be present. For some, it will take months to separate from their physical body, for others, only minutes.

Death comes in its own time, in its own way.

Death is as unique as the individual who is experiencing it.

If the following signs were to be put on a timetable, a very flexible timetable, we could say these changes begin one to three months before death occurs. The actual dying process often begins within the two weeks prior to death. There is a shift that occurs within a person that takes them from a mental processing of death to a true comprehension and belief in their own mortality. Unfortunately, this understanding is not always shared with others.

One To Three Months Prior To Death

- WITHDRAWAL

As the knowledge that “yes, I am dying” becomes real, a person begins to withdraw from the world around them. This is the beginning of separation, first from the world, no more interest in newspapers or television, then from people, no more neighbors visiting: “Tell Aunt Jessie I don’t feel like company today,” and finally from the children, grandchildren, and perhaps even those persons most loved.