



Dying to Understand



However

If they'd let me wear pants made out of the fresh-mown grass from the place. I'd do it.

If they'd let me make out with every single Eucalyptus tree in Ganesh's Grove, I swear. I'd do it.

I have sweated out dew these days. worked out the deers, rubbed my chin on tree bark, mistaking it from my master's leg. I can't get far enough in.

If they let me eat the soil of this place served on the plate of bird's' nests; I'd finish only half my plate.

Then sleep all night on the

JOURNALLING

Written by
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Introduction

The number one rule when it comes to journalling is not to make it a big deal but to have some fun.

Take a trip down memory lane and record your experience. It doesn't need to be a masterpiece or dead cold honest facts as in a court of law. It's your recollection, and we can help you transform your black and white recollections into a colourful masterpiece. There are many journaling resources online, please feel free to use them or make it up as you go along with us. Our workshop has a unique approach to help you get your story out there.

Are there any other rules? No.

Your legacy may be a single word that defines your whole life—a word like legend, or champion or princess, but with these words we know there is and should be more. Tell us why and how and when you were all these things.

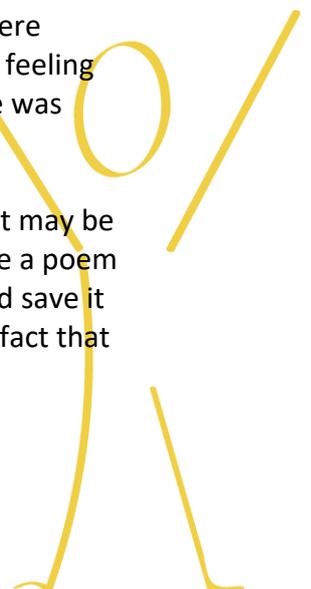
The most common mistake people make in journaling is to try and list in chronological order, all the things they have done in their life and then go on and on. We suggest that you think about the important and meaningful things in your life. Once you think about it, try and recreate the event.

Colour it in with language. Use sights, sounds, smells, and noise. Try to describe the characters, the time of day, the weather. Jog your memory - what did it feel like? What did it smell like? How did it sound and what did it look like? How did you feel? What was the best part and what was the worst part? What was the memorable part? It is easier than you think and once you get going, it will be more fun than you can imagine.

Let's start with an example. Think about a memorable event, such as winning a school backstroke swimming race.

Take us back there when you tell the story. Was it a sunny day and were there crowds? Do you remember the smell of the chlorine in the pool? Were you feeling nervous? How did you feel when you won? Were you exhausted? Who else was there? These are just examples of how to expand on "I won the race".

Your story does not have to be a masterpiece. It does not have to be long. It may be a single meaningful recollection. It does not have to be in writing - it may be a poem or a drawing or you may simply wish to record the event on your phone and save it as a word file. It's not what you say or how you say it that matters, it is the fact that you took the time to say it.



Remember that in every life, there is good and bad. It is what makes us human: superhero one day and villain the next. We don't have to be superheros to tell our story and we don't have to hide from being villains either. Telling a story is beneficial, so why not open up and tell us about your life adventures?

Ten steps to journaling

Step 1. Think about the benefits

If you write down your story, who will benefit, who cares? The secret is, that as much as it may be a real gift to those who are eventually left behind, they are not the ones who get the most benefit, you do!

There is a real advantage in telling your story. The process of storytelling and reliving the past is a rich journey and a reminder that your life mattered. Your story about your life will be more valuable than gold. Your story is unique and once you are gone, there will never be another opportunity to tell it like it is.

Step 2. Think about the risks

There should not be any! You are in control of the whole process.

You get to write what you want, and it can be 'fiction' if you like. There is one catch though, you need to be aware of the risks of gossip and slander and the sensitivity of people you add to the story. Don't use this as an opportunity to get revenge...as attractive as that may seem at times.

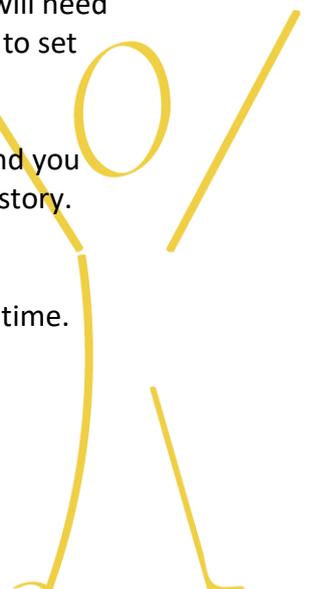
Think about the others in your story and be kind.

Step 3. Commit to the task and be realistic about your task

Nothing happens automatically and if you are going to tell your story, you will need to set some time aside to do this. This requires a realistic commitment and to set some easy goals to get there.

We can assure you that you won't become a best-selling author in a day, and you won't have time to sit down for 8 hours a day, 7 days a week to write your story. There should be no pressure.

We suggest small steps. Do not spend more than 30 minutes on this at any time.



Step 4. Plan to have some fun

Writing does not have to be a dry and unpleasant experience. Surround yourself with music you like, perhaps a small beverage to oil the cogs, a snack or two to keep the juices flowing and pleasant surroundings. It must be 'your time', so be a little bit selfish if you must.

Step 5. Have a plan - get it out, then get it down

Once you have determined to write your story, it is important to have a strategy about how to do this.

Our 5% : 95% rule is a good option. We suggest you spend the first 5% of your time jotting down as many thoughts as possible but not to go on for more than 3-5 minutes. This gets it out.

Once you have done this, spend the next 25 minutes expanding this and writing it down. Never mind if it is sloppy or ugly writing, the editing can wait. Dump the story on the page and get it down.

If I have to think about farming for example, I remember a wild cow with a calf that chased us in the paddock. I remember sheep dipping and being allergic to Lucerne, I remember horses and dubbin. Once I have jotted down all these thoughts, I can then tell the story around them.

Step 6. Start ugly

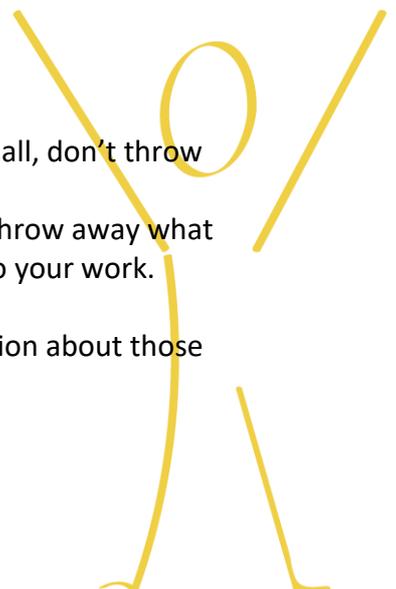
The biggest mistake people do when it comes to journalling is to try and be perfect. It won't happen, there is no perfect way to do this. Expect criticism, accept ridicule and rejection of your efforts. Laugh at your critics, scorn the naysayers.

As with anything new, it takes time to get going so start today. Remember how you get physically fit. Start on a low base and build on that, but whatever you do, just start.

Step 7. Save your work

Even scraps, doodles, drawing and draft material is valuable. Keep it all, don't throw it away. Have a special folder to save your work in progress. Even if you get discouraged and think it is all a waste of time, don't throw away what you have done. You may just be having a bad day or week. Hold onto your work.

We have always been thankful for even the smallest bits of information about those whom we have loved. The stories are so valuable.



Step 8. Enrol co-workers

Sometimes our memories are a bit foggy. Ask those who were with you about what happened if they were there, or if they can help you remember the story. You may have forgotten someone's name or the name of a place. That's what spouses and siblings are for - a spare memory bank when you need it.

Step 9. Use what's already there

There are a number of journaling applications on-line. Why not make use of them. Rather than re-invent the wheel, use an already established template to get your writing or recording done.

NOTE: *The Dying to Understand online workshop is currently in development and will be ready to go soon. We'll be sure to let you know once it's available. In the meantime, enjoy some helpful tips below.*

Step 10. Share your journey and progress with us

Tell us about what journaling means to you and whether you found it a positive or negative experience. Invite others to journal as well. Make this bigger than just yourself.

Please share your experience with us at: admin@dyingtounderstand.com

Conclusion

You can do it!

Tell us *one thing* about yourself and you have already made a start. Have fun.

We are super keen to have feedback so please share your experience with us. As a charity we are trying to make the journey at the end of life better, easier and meaningful for those who are left behind. Be a legend and tell us your story - admin@dyingtounderstand.com

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