

A Preview of *The Most Important Day of Your Life: Are You Ready?*
by Maria Dancing Heart Hoaglund

In Buddhist thought, the day you die is considered the most important day of your life. The moment of your death is the culmination of your entire life; and you want to be at the highest vibration possible in that moment so that you can move on to the highest vibration possible on the other side.

Crazy Horse, a holy man of the Lakota people, became well known for the phrase “Today is a good day to die.” His words epitomized the Native American philosophy that understands that our lives are cyclical. Life on mother earth is a circle just as the stars; the moon and the sun are circles. We are born, we live, and we die. Crazy Horse and the holy men and women of the many tribes of what is now North and South America were indeed great prophets.

Maria Dancing Heart’s new book, *The Most Important Day of Your Life: Are You Ready?*, will help you get ready for your death. You will learn about some of the best kept secrets of hospice. You will learn how expansive your life is and how lovingly, creatively, and graciously you might live it. And who knows? You just might decide – as the Celtic way suggests – to die before you die, so that when you finally let go of your earthly life, there’ll be no need to die!

Chapter titles:

Chapter 1. Life and Death Go Hand in Hand – Bringing Death Back to Life

Chapter 2. Hospice Work – Like Having a Gradual Near Death Experience

Chapter 3. The Simple Power of Being a Loving Witness

Chapter 4. Maintaining Attentive Ears with an Open Heart

Chapter 5. There Is So Much More than Meets the Eye

Chapter 6. Developing Flexibility

Chapter 7. Growing Our Intuition

Chapter 8. Holding a Grateful Heart and a Non-judgmental Attitude

Chapter 9. Being Open to the Mystery and Unpredictability of Life

Chapter 10. We Are All Profoundly Inter-connected: Tuning into the Synchronicity of Life

Chapter 11: Healing Tools for Self-care and Relaxation

Conclusion: A Vision of Peace

Suggestions for Death Care Reform in America

20 Questions You've Always Wanted to Ask a Hospice Counselor

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