

The Outerknown
Season 1, Episode 2
On Death and Dying with Jill Schock of Death Doula LA
Full length episode: 38:28

Jill Schock 0:00

My dog for sure is very earthly, and he is a happy little being that just goes around. He never thinks about death. Like he does not think about his impending doom. But we will sit around and be like, what if I die suddenly today?

It's really amazing watching people like the poses they take and when you give them the freedom to be able to move around in their own unconscious death space.

Jackie Peterson 0:33

Just a heads up for our listeners: today's show contains some spicy language, aka some cuss words. Discretion is advised.

I'm Jackie Peterson.

Lane Collins 0:52

And I'm Lane Collins.

Jackie Peterson 0:54

And this is the Outerknown: a podcast that shines a light on the outer edges of inner knowing.

So in the last year, I think death has probably been on a lot of people's minds probably in a very real way and probably in an abstract way, because of COVID. Totally.

Lane Collins 1:19

And I feel a little bit weird to say that I feel kind of excited to talk about death today. But it's mainly because this is also just such a, even though it's heavy on all of our hearts. It's something we don't talk about nearly enough.

Jackie Peterson 1:34

I totally agree. I can't sort of shake the fact that we've unnecessarily lost so many people in the last year. But yeah, I don't think that we as a society have any kind of framework or space to really talk about what death is or what that process feels like. And so I'm really, really excited that we got to talk with Gil shock of death doula la about the actual process of dying, and what it means to support somebody who is dying.

Lane Collins 2:04

Yeah. And it's so interesting as well that it takes these conversations for us to learn about the process of dying, because for many of us, our first introduction to that is like the death of our pets. Or even then we're we're often very separated from it. And for me, personally, my first introduction to what dying even looks like was when my maternal grandfather was in hospice, and being there every day, visiting him every day kind of seeing the stages. And ever since then, to me has been such a like a topic that I have craved exploring and talking about, but so many people that I know, don't even want to mention death or open it up as a topic of conversation, right. And I find that so unfortunate, and I want to support a more open

conversation about it.

Jackie Peterson 2:55

Yeah, me too. This is a really wonderful interview. Lots of practical information, lots of heart-happy information. So I hope you enjoy it.

Lane Collins 3:05

Yeah. Without further ado, let's hear from Jill.

Well, Jill, welcome to the Outerknown We're so excited to chat with you today.

Jill Schock 3:15

Thanks so much for having me.

Lane Collins 3:17

So death is death is often such a taboo subject even amongst close friends and family. What was your journey to working with death?

Jill Schock 3:26

row a long time ago, you know, it started as personal grief. I think just having a sudden death in your life for the first time that's in a clinical setting, and everything comes crashing down on that day. So having that experience with my loved ones really left me with this emptiness of like emptiness, I guess I felt like there was something should have been there someone should have I needed some kind of like guide to get me through the process. I just felt the lack of something. So that's kind of how this whole journey started. And it's had many phases because this happened in 2007. Yes, November and 2007. Now so it's been a while but yeah, that's that's where it all started. Sudden Death chaos.

Jackie Peterson 4:15

And before that moment, were there any models in your life? Did you see, did you have any kind of roadmap for what grief looked like or what a healthy grieving process should look like?

Jill Schock 4:27

No, and I still don't. Death and grief are actually two totally different areas. Grief for me has actually been front and center-personal grief. The loss of my father five and a half years ago has finally started to just really needed to be dealt with. So I'm still learning about grief and being around grief is a whole different ballgame. Death and dying I can do; for grief, I got to go to other people. And I will say there's a whole new wave of thinkers, healers and helpers around grief these days that are dynamic and amazing and it's no longer the misinterpreted model of Elisabeth Kubler Ross. Yeah, there's a lot more there.

Lane Collins 5:14

And you're a death doula. So for our listeners who aren't familiar with the concepts, can we break that down a little bit? What's a doula? And how does it differ by midwife?

Jill Schock 5:22

Well, there's a much bigger conversation at play here. Because depending on who you ask, there are many conversations around this. In fact, in Canada, it's illegal to use the word midwife, because that requires some level of our high level of medical training. So you know, some people are like, okay, don't use the term midwife, because it has that background, and you don't

have that background. So, but some people would also use the term midwife instead of doula, because they might say that they have a higher level of technical training, for example, nurses, or funeral directors who do come into this field and have a license and have a really high functioning practice. And so it just kind of depends. doulas tend to be more organic and free flowing, and they're kind of like water, they go whatever way the client needs them to go. They become whatever they need to become. And I think midwifery has a more strict entry point and guidelines. So I'm definitely training wise. I'm a clinical chaplain. So I've been through it. And I worked as a chaplain for eight full years in health care. So I've been through that. And that's actually the burnout rate of chaplains eight to 10 years. So I was right there, even though I was like, determined not to get burned out, but it was all true. So it's like right around that time where you're like, so fed up with the bullshit around healthcare administration, how it gets paid, Medicare, Medicaid, Medicare, all the shit. So insurance plays a lot into it. And that's an interesting conversation. So yeah, I became more of a doula, I suppose. Because I wanted to help in more general ways, with people not happy. So all the time. If that, if that makes sense.

Lane Collins 7:12

Yeah, that's fascinating. What role do you play for your clients and their loved ones in the in the process,

Jill Schock 7:17

Every client is different, like I said, do whatever they need you to really be. I think, I give my clients the flexibility to reach out for me on my website, you know, I'm really clear about what services I can offer. So a lot of times people reach out with very specific needs, and I can handle that and respond. There are patterns I would say of types of clients that I get. Like, okay, if someone comes to me with Alzheimer's, dementia, versus if someone comes to me with stage four pancreatic. Totally different doula mode, and stage four pancreatic, I've got a month to get everything like locked down. And when I say locked down, I mean, like, organized and set in a nice package for people to like, not even worry about it anymore. Because one of the biggest things in life, and death and God and universe is happening in front of you right now you need to pay attention to this. So a lot of my work is just getting that paperwork out of the way. But it's different kinds of clients with different illnesses. So it just depends.

Lane Collins 8:21

Could you talk to a little bit us a little bit about the dying process? Yeah. And what that that looks like from your perspective.

Jill Schock 8:29

Yeah. So I can tell you about the general dyeing process. And it also depends on illness, I guess, look at it this way. There's illnesses of the organs and there's illnesses of the mind or the bones also, and that's pretty much like as you age, or just what your body encounters or becomes you know, we'll find out so there you can kind of classify people in those different patterns. But overall, when people die, it's a it's like a 123 months some people might use the word laboring process. The first thing that happens is people start to withdraw from social things like it'll be a subtle like, okay, grandma's not, you know, showing up to bingo or her weekly like event or she's not taking her calls from her daughter really so much anymore. She's want to talk and they start spending more time in bed. So really, there's like two parts and this is general dying. This isn't like sudden dying, or things like that. This is like illness or age. Yes. So there's the conscious part. So when people can interact, talk to you do whatever they want, but they know they have limited time and then there's the unconscious part of the dying. What I see is people moving towards the bed and getting a bed and going to sleep and then sleeping into

death. That's the typical pattern. So it starts with the withdraw the getting in bed more the less attraction, less meals, less food, more sleeping, more dreaming more visions potential. Hmm, that's what kind of the mystic stuff happens when they're starting to sleep more and sleep more and sleep more. And eventually about, you know, people go unconscious and are unconscious, they really become purely energetic. I think in my experience, I always train or talk to my clients about setting the atmosphere. And how do you want your atmosphere to be usually it's very dark, warm, quiet, the ability to like move around, push sheets around hug pillows, things like that, like a lot of unconscious type settings. So once they go unconscious, it's then really a matter of two things, again, organs and brain in their minds, they'll get ready to take the journey of let go, whenever they feel safe, I really do see a pattern when people choose to let go, that's undeniable. And the second thing is that their organs needs to shut down. So you know, that depends on when was the last time they ate, all that kind of stuff, and blood pressure goes up heart rate, all that kind of stuff. And that gets managed. Hopefully, they'll be on a hospice team, by mostly morphine, actually. And a lot of people are morphine adverse, because it's morphine, it's like, but it's such an old and like solid drug. It's been around forever. And there's wondering, like, the biggest reason is death. It's like what the best tool we have for death is, is this drug. So as our body goes crazy, morphine is really used to keep us a low level of morphine and a very steady state as they enter and then they're calm enough to be able to choose. Okay, I'm ready. I'm ready to go now. So that's kind of the whole dying/labor process, I guess. I could talk about that for hours. That's so fascinating. Yeah.

Lane Collins 11:50

What, um, you mentioned the mystical part of death. What is your perspective or your experience with the spiritual side and crossing over?

Jill Schock 11:58

Just that it's endlessly mystical endlessly. And that's like, the one thing that I love about it so much. It's a never ending, beautiful thing. I kind of think of those. I look at NASA's Instagram a lot. And I feel really comforted by the images of those like auroras and like all those crazy things that go on in space. So I don't know, maybe there's a connection there. I have no idea. I continue to explore it all day, every day.

Lane Collins 12:30

Yeah, I'm curious about the you mentioned people having visions and dreaming. And what's if you recall, one of the more surprising things that people have told you, or that you have heard about some of these dreams or visions that people have had.

Jill Schock 12:45

Okay, I have one story for you. And then also a very recent data survey. So one time I was brave enough, I had a client who I was with, and I could tell she was looking right behind me. And I knew she was looking at, it felt exactly like she was looking at a real person, like her face is totally. And so I was like, You know what, I'm just gonna go for it. I'm just gonna ask her, even though I'm, like, terrified, I'm like, do you see someone behind me? Or like someone back here? And she was like, yeah. And I was like, Do you know who it is? And she was like, yeah. And I was like, okay, who is it, and then she didn't talk anymore. From that point, I was, I tried to, like, get her to talk a little bit more, but she was full blown, like locked in on this. So that's a very close experience that I've had with a vision or a visitor. Typically, people describe, and this happens all the time, the data survey, I was in a Zoom Room yesterday with a take on very small groups of mentees, I guess, if you will, but just people who really want to hone in and like do this and become a business and like, get out there and do the work. And but I think we had, I

don't know, it was like two and a half rows of people. How many is that in Zoom Zoom? of people. And I think only three, two or three had not had some kind of experience where someone who was dying could see or was talking to, or whatever. And you know, you'll hear this in past podcasts or things that I write or whatever. But it's such a high number of times that I see this, that I look for it. It's like something I look for, and it's usually like a week, a week and a half out. And I use it as a measurement actually to see how close they are to death. So this is the layer of death that I will never understand that I love that.

Lane Collins 14:42

Yeah, just from my own experience of that actually, it's secondhand. But unfortunately, when my paternal grandmother died, I was unfortunately living in New Zealand at that time, so I couldn't be there in person but my family has always told me the story of my aunts and my dad and my uncle like being in the room with her and I think the Nurses came in to like flip her or something. And they asked her to clear out for a minute but my one of my aunts just refuse to to leave the room. And to leave my grandmother, she told the story of like my grandmother suddenly when she was turned, like reaching out as if she was going to hug someone, and like in closing her arms, and I do believe my grandmother died within a couple days of that. But it's always been such a moving and mysterious part of this. And I'm just fascinated with your experience of it.

Jackie Peterson 15:29

Yeah.

Jill Schock 15:30

I would also add, if you have for people who have someone at home is dying, or is spending more time in bed, the best thing you can do is get a bed that's adjustable, and also one that has a mattress that can have airflow, so that people are less likely, the more time they spend in bed to develop sores. So that's like a really real level of comfort for the person who's dying. Also, the bed is adjustable, so you can put it lower down. And I like to give people like space, different layers. People don't have to wear clothing if they don't want to wear clothing. So typically, people just like get down to diapers. And I give them a layer of like sheets or blankets and they can pull it on or take it off. I also use those like maternity pillows, you know, those biggest ones. So when they do things like hugging like you were just explaining, they like have something to hug and like, it's really amazing watching people like the poses they take and when you give them the freedom to be able to move around in their own unconscious death space, because I think a lot of times people think we're restricted to rails and it doesn't have to be like that you can lower the rails, you can take the gates down, but take it down. So there's no risk of fall, right, make it safe. And that's one of the better ways that you can help support a dying person. I think it's really cool to see what they do.

Jackie Peterson 16:47

I feel like that must also give over some power to the person who is dying to feel that they're supported and safe, but they still have control over their movements or their space.

Jill Schock 16:57

Yeah, that's the whole point. It's all for you. If you're dying, this is for you. You know, this is serious. Let's do this. And it's like death. We like really don't face it until we face it. I think I think it's like one of those things. Yes, we can practice with our death anxiety. But until by the time you see it, it's too late. Right?

Lane Collins 17:20

You spoke of death anxiety, how does a person prepare for or even embrace death?

Jill Schock 17:26

Okay, yeah, that's where I was going with that. I don't think I think until you're really faced with death and dying for real, like as the animal that we are, we don't know, right? We can only watch and be with the witness to until it's our turn. And you know, we're lucky if we even get a dying process that some of us die quickly. Some of us die, suddenly, some of us die painfully, you know, so we're talking about ideal death here as well. So yeah...

Lane Collins 17:57

What is a good death? I hear that term.

Jill Schock 17:58

I know, I do too. I don't know, it's a term that maybe needs to go away. I think we need some better words, I think easy. Like, we want to make the path easier somehow, you know, given whatever situation is at hand, whoever and whatever has happened to them? How do we adapt and make that the how do we give them the easiest path? I think that's maybe a better way to look at a good death. Because right, our death isn't really our choice. I might live to 100, I might get cancer tomorrow, I might get struck down, you know, I might have a car accident, you name it. Like, I don't know, the best thing I can do is try to control my anxiety, because that's terrifying. And make sure that I have a plan. I think when people sit down and actually do some planning for themselves, like start with you really take it personal, like what do you want? What if you can't go to the bathroom on your own? That kind of really detailed human being level stuff. So yeah, starting with ourselves.

Jackie Peterson 19:01

That makes me think about the fact that you have spent so much time around death. What have you learned about or what has that taught you about living?

Jill Schock 19:12

It's taught me to be a really joyful person. Before we started, I was like, cheers, Friday Martini, you know, it's all about the joy in life. And I really do surround myself with joyful people. Before COVID, you know, on the weekends, we're kind of like an open door house. You know, we have a lot of chosen family and loved ones. We love water. So being in the pool or at the ocean is a really big deal for us. But I think living an intentional and joyful life is what I try to do every day every day. We have bits of just anything, even if it's a hug. I guess I'm fortunate enough that I do have a really amazing partner in my life. I will say there was a difference in my career when I was like super super lonewolf, and having actual real loving support now has made the world of difference. It's made Death Doula LA possible I think using I don't know, I I feel really lucky. Yeah. Oh, and that's definitely consider that like one of the biggest things I've learned from the dying. I think this is important really. I think some people need to hear this is like Love is not a guaranteed in life. It's a gift and you got to put out love to receive love and some people don't always get it. So it's interesting to see people at the end of their life who have experienced and have not. I do have some some belief in reincarnation type spiritual beliefs. So I do believe we may be loved in different lifetimes. So that influences that a little bit. Yeah, I think we're lucky in life if we find a partner or even friends or even beloved family that is so close to us that we can share real love with. That's it, that's the stuff. That's the stuff in life. So a big part of my brand is joy. And I guess love, as I've discovered in this conversation.

Lane Collins 21:12

I love that. Is that, is that belief in reincarnation - is, does any of that come from your work as a death doula?

Jill Schock 21:19

No, no, it's come from I grew up in a fundamentalist Christian family, a deeply rooted one, one where we have generations of evangelists and our families. So I grew up as what some would call a PK or a pastor's kid. So I started under, under a really strict Christian lens with my spiritual formation. And I've been through a lot I've been, I've been an atheist. I have, you know, looked at the different laws of Judaism and, you know, looked into, I've looked into a lot of different stuff. And really what I can say is philosopher William James talks about himself as a seeker, you know, someone who continually just kind of like is looking out and trying to find the more and I really like his description of the mornings, I get that from death, too. So I guess I would qualify myself as a seeker, the reincarnation part comes from dreams, visions, hints from the universe, I don't know, it's hard to put your finger on it. But I feel like there's something there. For whatever that's worth.

Jackie Peterson 22:25

That's worth a lot

Lane Collins 22:26

So much. You know, you spoke earlier as well about how dying and the death process and grief are so different. And it really strikes me like your appreciation for joy and for love reminds me I don't know who the quotes from unfortunately. But it reminds me of a quote, that's the grief is love with nowhere to go totally. And I'm curious about you do so much amazing work for the dying and for their families and their loved ones. And, you know, what do you wish that people knew about the dying process, particularly if they're supporting their loved ones through it.

Jill Schock 22:58

That hospice care is a good thing, and that we want hospice care to support us to the dying process, because dying can be very physical, and that depends on you and your illness, and whatever. So having a medical team who comes to your house, and this is also a benefit that's covered by Medicare, okay, so if you're terminal and you need hospice, it'll be covered. So use this benefit. It is full, psychosocial, spiritual, clinical, full care team. There's also palliative care, which is more like people who need long term chronic support. So Hospice is six months or less, but it's one of the best things. And then even within hospice, looking at the dying process, again, the physicalities of it, how long is someone going to be in bed, how to keep them the most comfortable having the conversation around morphine with your hospice stars, that kind of stuff. So that's what I really want people to know. And I guess Also, if you do anything on an advanced healthcare directive, at least name, your health care, durable power of attorney, which is different from your financial durable power of attorney. But a lot of times when you go to a state attorney, they're in like the same chunk of paperwork, and people don't really think it out. And this is like bottom line is just durable power of attorney. Some do go above and beyond and have an extensive health care investigation and support program. So it just depends, but that is the person who's going to be making decisions if or when you can't speak for yourself. That must be a very intentional decision, because the default in the state of California and in most states is next of kin. So that's not always the best situation for a lot of people for a lot of different reasons. And I want people to know that so they'll think about it and be seriously empowered to at least name a durable power of attorney for health care if something happens to you. Who do we call bottom line, there's more to it, but that's like that's the kind of pass go collect \$200 or whatever. That is super, super helpful.

Lane Collins 25:02

Well, I know this may be a bit of a non sequitur, but something we Jackie and I were talking about before talking to you, we can't not mention the incredible mass amount of death that we've been faced with as a society recently with COVID-19. And I'm just curious, as someone with so much experience with death and the dying process, you know, what's the impact you see on our society?

Jill Schock 25:27

So I think it's in a way, it's impacted the death industry in a positive way where people are actually now thinking about their mortality, thinking about what could happen to me if and the big if right now is if I get this Coronavirus, strain, what if I can't, you know, so even getting people to do the practice of, you know, moving up and down their death anxiety scale, and then having something right in their face that they can actually be prepared for we know it's here, we know how to prepare. So there was a huge wave of people in you know, after March 2020, that were coming in for pre planning. And this is kind of like the first time that I've seen such a boom in pre planning, typically, it's so boring. And this year, it's been abundant. And it's been fun, and people feel good about it. And I feel in control and empowered, which they should, because they just took a step towards personal freedom of choice. So I hate to see the amount of death that's impacted all of us, but especially our frontline workers, I hope frontline workers, you know, get the support that they need. And think about working with healers as well, because I think healers have a way of unlocking things where we don't have to talk about it, we can just be within them. And that's important as an option. But yeah, the frontline workers, they've absorbed quite a bit. And I think about their grief and the force, the grief of people are like, what the fuck just happened? My entire family? You know, there's so much and it's also dynamic, and there's macro, and there's micro, and I mean, we will be looking at this decades in the future. Yeah. And maybe we'll understand a little bit more. So all I know, is it's a lot. It's very complex, it's affecting me too, you know, so I'm in the lens, so there's no vacuum here. So it's, it's all very freaky, it's a great way to put it.

Lane Collins 27:25

So you touched on this point that a lot of us have had to really face the possibility of death much more vividly than in the past lately. And I'm curious, you know, I don't know, I personally know a lot of people who don't even want to talk about death at all, don't want to even entertain the concept. And I'm really curious, you've talked about death anxiety, like, what are some tools or workshops, etc, that people can do to really explore that for themselves?

Jill Schock 27:51

Well, knowledge is power, I think there's something that can change psychologically, once you understand that death, anxiety is our nature as a human being. So we're all on the scale. And then the second thing we can understand is that our environment is constantly interacting with that scale. So it's a really personal thing. But I think that's just a tool. You know, for people that are curious about it, we'll go ahead and look at it like, what's your death anxiety today? You know, high, medium, low, and why did someone cuts you off on the way to work and you had to slam on your brakes, you know, very high def anxiety for the rest of the day? Or was it a great regular day, it was full of love and joy and food and drink, and you didn't think about death at all? No, no death anxiety. So you know, it just depends. It goes up and down. So getting people to look at the scale and just like, Hey, we're all human. We all got this thing. It's called consciousness. It's cool. But it's also really scary. Because we're aware of our own demise. We know life is finite. So we get this gift of knowing. Animals like my dog, and my-well, I don't know,

my cat might be a mystical being, I don't know. But my dog for sure is very earthly. And he is this happy little being that just goes around. He never thinks about death. Like he does not think about his impending doom. He doesn't sit around and be like, "What if I die suddenly today?" Oh, but that'd be like, like, it's just the existentialist conversation with death can go on and on. So it's a scale, play with it be human, you know, it's there. Face it.

Lane Collins 29:28

Yeah. And feel free to answer this or not. But I have to ask: what's important to you about your own death?

Jill Schock 29:36

To be as green as possible, actually, if, depending on my diagnosis, currently, if I have an accident, I'll just be dead and my estate and everything will be appropriately taking care of those so I'm ready to go. But my remains, I would love to be a memorial reef so I'm starting the process of signing up. Actually, we're going to get like a partner. reef, I think I was just I just showed all this stuff to my partner the other day was like, do you want to do this it was like instead of getting gray flats, like this stone reef thing created out of our ashes than with regrow, the things that are reef need to thrive and bring that back again, being in the water being the ocean was snorkeling so much because it's like a whole nother world. So that's important, but also there's natural, organic reductions. So we finally have a word or a term for human composting, which is it's, you know, this is farming what farmers have been doing for a long time. But now it's available to us as humans and Washington State, there's a couple different companies that are doing it. And I think the product looks beautiful. And there's a couple of things I do, I try to be a steward of the environment as much as I possibly can. So there's two things the reef right the reefs, we need more reefs, and then the soil we need soil to nourish the earth. So I feel like we have both options now. And that just makes me happier than ever. Then of course, there's always green burial, which many traditions around the world already do. It's very American to be embalmed. So be aware of that, and the history of it and why so yeah, I'm excited for everything we have out there and even solidified ash remains, you know, people don't realize that you get like 10, eight to 10 pounds of basically bone dust back, what do you do with them? All? Yeah, suddenly, we have a generation of people who have two or three urns already in their home, and they're aging, and they're making their own funeral plans. It's like, what are we doing with all this ash? We? So that's a huge question these days.

Lane Collins 31:42

It sounds like there's a lot of amazing innovation in the concept of what to do with a body and what to do with ashes. And what are some of the new options that are out there? Like I saw something the other day about a diamond, is that a thing?

Jill Schock 31:58

It's a thing, the company that I know. And now there's for every idea. I'm sure there's three or four different companies, so do your own research. But the company that I've been watching and like hoping a client will try is a turn of a they can turn ashes into gemstones. They use the word diamonds. Yeah, it looks gorgeous. There's so personalized, and there's so many ways you can use that right a gemstone we already pass jewelry down from generation to generation. So that's really beautiful. There's also parting stone that does the solidified remains, that turns you into rocks, basically, which is cool for people who like to garden or this is also a very physical act that you know, put throwing a stone Can you imagine like throwing one of those in the ocean, like the kind of symbolic release or, you know, or having it on the four corners around your house or something like that. There's just so much that you can put into it. There's so much

innovation, it's so fun. I did and it's cool, because you get to update your own options as time goes by right? Before I was Memorial reefs. I was going to do a green burial on the desert. But I was like, I went totally opposite. And I went to the ocean. So it changes over time. And I think our options will grow over time as well. So it's I think we're just starting an era of innovation. That's not an embalmed body and inside effect, you know, casket that's so heavy, just the whole thing. So green, yeah, in green,

Jackie Peterson 33:34

That's so beautiful. And I love that there are becoming more options where you you can make a meaningful connection, that those those options are meaningful to you. And it's not just whatever your relatives decide, or can afford, right.

Lane Collins 33:49

I love the idea of death as a creative process.

Jackie Peterson 33:51

Yes, exactly.

Jill Schock 33:53

Very creative. And think about it. We've we're seeing a different age now. Because we're moving away from ultimately tradition and church. A lot of this is a church thing. Church cemeteries, I don't hate church at all. I think it's beautiful, and it's sacred and should be protected. But a lot of society Yes. And a lot of society is just moving away from it. People are finding church and God in different places, especially now during COVID were the most determined people got you know, you can't get to church, you know, so being displaced from that definitely puts a whole new meaning of where do you find these sacred traditions? What does it mean expanding the idea of God and how that plays out in what's meaningful to us how people make meaning when there's no rules. So the creative process it's here we have to thank the generation that's staring us in that direction that the boomers you know, we all joke like okay, Boomer, but I'm like, OK, Boomer, like let's do this. Like they've been innovative and open and vulnerable and creative and they want to making choices. And I just think the new age is here, whatever that means. I did a podcast one of the astrologists that really outlined it for me, which you guys can listen to if you want to. Elisa Kelly, she's kind of innovative in that space. Yeah, she got me thinking of now we're in a different age, and it's totally playing out and how we're doing death funerals before you die. Why are we waiting? after we die to say goodbye. That's a very precious part of all of this, say goodbye and, and mean it when you can. And that's hard. That's really hard. If you've tried it, that's a really, really hard thing to do. But it's also magical and precious. It's like a gem in life. So yeah, creating space for those hard but beautiful moments is a big part of all of this. Yeah.

Lane Collins 35:52

What do you think is most beautiful about death?

Jill Schock 35:54

I think that probably one of the most precious moments in life is being with the person you love while you die or when they're dying, because one of you is going to go first, but you don't know which ones so I think that is one of the most beautiful, painful, magical things that this existence, you know, has to offer.

Lane Collins 36:19

Any last closing thoughts that we didn't cover or that you would like to offer?

Jill Schock 36:23

Just think about your mortality. That's all. Just exercise it like a muscle like we were talking about the death anxiety scale earlier, like people step on a scale to weigh themselves maybe like step on the the death anxiety scale in the morning and just be like, where are you at? At the end of the day: where are you at? All right - human being, cool. And I just think the exercise of awareness will change your life in a positive way. So hopefully, and I think we're in it. We're primed. Like we've already everyone's already thought about it. We've all thought about the Coronavirus so you've already done the first step. You've been scared shitless let's move forward. Let's make a plan.

Lane Collins 37:00

Thank you for that. Yeah. Well, thank you so much, Jill, for spend some time with us today. You've inspired the hell out of me. And I believe Jackie too.

Jackie Peterson 37:10

Yeah, this has been a really beautiful conversation. I feel like I got some gems, for sure. And certainly as somebody who thinks about death in a very abstract way on a regular basis, this definitely made me want to think about it in a more real way and hopefully our listeners as well.

Jill Schock 37:26

Thanks. That's nice.

Lane Collins 37:36

That's it for our show today listeners. As always, thank you for tuning in. If you enjoyed what you heard today, please subscribe to the Outerknown wherever you get your podcasts. And if you use Apple podcasts, we'd love it if you left us a review. Keep the conversation going by joining us on social media: we are at Outerknown pod on Instagram and Twitter, and our home for all things Outerknown is our website, Outerknownpod dot com. Today's episode was edited by Jackie Peterson and produced by Layne Collins and Jackie Peterson. Our theme music is by the ever talented Smoke Bonito and our cover artwork is by Eric Centeno. Until next time, blessed be.

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