

Dearest one,

How are you feeling? I hope this letter finds you well. And I hope that, wherever you are, you are feeling safe, secure, and comfortable.

Maybe you ordered this *guide* because you were curious, or maybe you wanted to receive this because you are weighing your options, because you think of ending things. Maybe this is part of a new story. Here, the old me ends its things and a new chapter awaits. This could be a way of renewal. Perhaps this is part of how you'd like to deal with grief. Or maybe you want to share in my views of how we can start letting go of all that is, all the while we are very much present, instead of letting it slip by.

You can think of this as a very long guided meditation. We take our time. If it's your wish to go through with this guide when you feel that you are approaching the end of your lifetime, you could see this as a way of starting the process of grief, while you're alive, for your surroundings. There are a number of things you can do to start a conversation with your loved ones...

About that it all ends, for all of us, at some day.

Before we continue, I must stress a few things.
Some 'disclaimers' so to speak:

Disclaimer one: this pathway was never meant as a last resort. If you are in need of (medical) care, be aware that you can always reach out. If you have suicidal thoughts or suffer from mental health issues, please call:

(0800-0113 Dutch Suicide Prevention Line) (116 123 UK Suicide Prevention Line)

Disclaimer two: this will probably be a very slow process. Through this method, we are bit by bit letting go of life, letting go of a person, letting go of a habit. There is no way to rush the process. It is hugely important that follow each step with tremendous care.

Disclaimer three: you can opt out at ANY moment. Maybe, somewhere along the way, you'll find yourself in a different state of mind. Never feel guilty for leaving this trail behind. It is up to you.

Disclaimer four: this is not by any means, the way to leave life, or anything really, behind. It is merely a way. I can not and wish not to claim that this way works for everyone. I tried to write this guide as a handbook. To take you by the hand. So that letting go, or overcoming, is not only a long, painful or hard trail, but that it can also be nice, and comfortable.

Disclaimer five: this method was never meant to glorify suicide. It was only meant to be friend. Something that helps you not forget the steps you might want to take before you end your life.

Disclaimer six: feel free to skip any part of this path. This is your life. Therefore, I would never want to force things upon you. Feel free.

That being said,
We enter our first stage.

Which starts with step one: reading this letter.

Think of this letter and upcoming letters as an agenda. And in this case, I will be your personal assistant.

I will try to give you updates on when certain things need to be done.

When you might start writing letters to distant relatives whom you will not be able to visit, when you might want to take a moment to look back, a moment to contemplate, a moment to make a recording, some time with yourself, a phone call you might want to make, a recipe you might want to cook, a moment to take care of your paperwork.

Life is for the living. Hence, if you choose to use this guide as a way of letting go of this life, a lot of things we will take care of, prepare and do, are meant for those who stay behind when you cross the river Styx. Once again, I can not stress enough that I can not make your choices, this last part of your life is as much yours as the rest of it has been, maybe even more. Do what feels right, opt for the comfortable.

We are entering a process of about 365 days,

One whole year,

But as was said before:

You can do whatever you would want to do.

If you feel like opening letter two, I would not and I could not stop you.

The same goes for if you would let it sit for a long time.

There is not one way to leave something behind.

We all suffer from loss.

And we all face that what is imminent.

And we all change all the time.

Thank you for reading the letter for day one,

I will get back to you.

Did you read the letter fully, and do you understand all that was written?

You can tick a box and return it to the sender.

You can also keep it in case you'd like to hold on to the letter for whatever reason.

☐

I read the letter and I understand everything that written

☐

I read the letter, but I did not understand everything

☐

I did not read the letter

If you would like to respond to this letter in any other way than ticking a box, which would be understandable and even recommended, I left this page blank, just in case.