



The Center for Conscious Living and Dying (CCLD) Digital Media Kit

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The Center for Conscious Living & Dying

Healing our relationship with death



Photo: Ethan Sisser and Aditi Sethi, M.D.

From the documentary film, “The Last Ecstatic Days”

Introduction

Ethan Sisser's wish has blossomed into a thriving community at The Center for Conscious Living and Dying, where volunteers and residents embody his desire for community at the heart of their existence.

Dr. Sethi's personal and professional evolution, catalyzed by Ethan's passing, finds expression in the vibrant atmosphere of the Swannanoa Valley center. Her unwavering passion and commitment infuse every aspect of CCLD, inspiring members and volunteers to embrace conscious living through diverse events, workshops, and experiences.

By fostering a more compassionate approach to death and promoting a deeper connection to life's beauty and significance, CCLD is single mindedly positioned to mend society's fractured relationship with death by enriching the lives of all who engage with its mission.

Pronunciation tip: Aditi Sethi (Uh-DEE-tee Seth-ee)

"There's so much room for creativity here in caring for one another. Death is not a medical event. It is time to remember that and see what we can do, on a community level, to support one another as our population ages and as more and more people face death head-on."

- Aditi Sethi on [You're Going to Die: The Podcast](#)

What is the Center for Conscious Living and Dying (CCLD)?

CCLD was founded in 2022 as a Comfort Home in the [Omega Home Network](#). Located in Swannanoa, NC, USA, it is a registered 501c3 nonprofit.



The Center operates distinctly from licensed medical facilities such as hospitals, nursing homes, and hospices. Instead of following the traditional model of medical care, it provides a more personalized and home-like environment for end-of-life care.

Complying with North Carolina regulations, the Center provides three transitional suites for residents and offers its services free of charge. Nestled on six acres in the picturesque mountain vistas of Western North Carolina, the Center provides a serene and tranquil setting for individuals nearing the end of their journey.

MISSION: The mission of CCLD is to create a community that embodies living a meaningful life through inner exploration and growth, service, and community-supported end-of-life care.

EDUCATION: CCLD offers a highly valued Certification Program for Death Doulas, providing comprehensive training for individuals interested in supporting others through the dying process. Additionally, the Center conducts workshops, training sessions, and retreats aimed at helping participants integrate death awareness into their conscious lives. These programs empower individuals to nurture authenticity and presence, develop a sense of readiness for death, and explore the profound interconnection between life and death.

About the Center in North Carolina

CCLD is housed on a six-acre property in Western North Carolina, near Asheville. The Light House is a community center for hosting in-house gatherings and member events. The Sanctuary is an 8,500 square foot end-of-life comfort care home with three home-like suites for residents receiving care.

CCLD Services

[Click here.](#)

The CCLD Team

[Click here.](#)

More About Aditi Sethi, MD

[More on Aditi Sethi.](#)

Press Coverage and Interviews

[Indian Express: What a new film tells us about dealing with death](#)

[End-of-Life University \(podcast\): Ep. 377 Center for Conscious Living and Dying: An End-of-Life Care Home with Aditi Sethi, M.D.](#)

[You're Going to Die \(podcast\): The Value of Death With Aditi Sethi](#)

[Podcast AVL: Living With Dying](#)

Social Media and Links

- CCLD [Facebook](#)
- CCLD [Instagram](#)

Quotes

“I noticed a significant gap between what Ethan wanted and what was being offered to him. In the medical world, we rotate around a standardized, systems-based culture. My heart longed for what I knew was possible: **a connection-based, individualized, fully embodied experience of dying.**”
- **Aditi Sethi, from “The Last Ecstatic Days”**

“Does dying have to be a solitary experience? Or maybe what we call dying can be a communal experience?” - **Ethan Sisser, from “The Last Ecstatic Days”**

“I believe this is what we all deserve – to have autonomy over our last days and to be fully connected in loving embrace as we take our last breaths. As I move forward in building a community that remembers the value of death and affirms love over fear, I have made it my mission to do what I can to ensure that others like Ethan will be supported.” - **Aditi Sethi**

“Even though this has just been very painful and hard, it's been so much fun. I mean, who gets to have this experience?” - **Ethan Sisser, from “The Last Ecstatic Days”**

“...there's something very deep happening in my heart and my life. And since the beginning, I felt like this experience can benefit many, many people.” - **Ethan Sisser, from “The Last Ecstatic Days”**

"Cultivating presence with death and a way of being with those approaching their final passage from this world can remind us of who we are, and connect us to the mystery of this life."- **Aditi Sethi**

“Right now, there's not many options if you don't have a community. And nowadays, families are scattered all over the world and separated, and there are practical reasons family can't be together. So why not have an option like this, for community?” - **Aditi Sethi**

“I don't know how Jay would have gotten through it if this place and community had not been available...I (felt) very much alone. I felt a tremendous amount of pressure on me...And it was all in divine order: how we connected with Aditi, and this place became available, and the support of the community. It was like it never really dawned on me until it happened how crucial and important community is. It's essential.” - **Mary Goure, wife of CCLD's first resident**

“What really struck me when I saw Ethan was his willingness to be vulnerable. If I had had part of my skull removed, I would be self-conscious, but he was so willing to be with all his emotions. He cried, loved, laughed and suffered. He showed us pain. He wasn't shy. From sorrow to joy, from grief to love, why do we hide from each other? To be seen is actually a gift. Vulnerability is powerful, and engaging with it will help us all.” - **Aditi Sethi**

“So, to me the possibilities are endless for self healing, for personal growth and transformation as a provider of loving care. And the person who is receiving that care, feeling the depths of love and the expansiveness of that time together, with the music, with the smells, with the food, with the celebration. And with the grief, and the sorrow, and the sadness, and the weight. But to only focus on that, and not acknowledge the life that this

person has led, doesn't really serve the whole: the whole family, the whole person, the whole community..." - **Aditi Sethi on You're Going to Die: The Podcast**

Logos and Images

Photos of the grounds, buildings, rooms and members of CCLD are available on request. We can also provide media with a logo file. Please just contact our Director of Operations courtney@cclld.community.

FAQs

[Click here.](#)

Resources for "The Last Ecstatic Days" Documentary

["The Last Ecstatic Days" trailer](#)

["The Last Ecstatic Days" stills](#)

["The Last Ecstatic Days" at the October 2023 Santa Fe International Film Festival \(sold out world premiere!\)](#)

["The Last Ecstatic Days" website](#)