

ANSWERS TO SOME IMPORTANT QUESTIONS ABOUT *LifeBook*®

What is *LifeBook*®?

- *LifeBook*® is a tool, a sacred book if you will, that documents the human and spiritual journey of its owner. It is not a bound book, but like your life, is contained within a structure that allows for changes and additions as they naturally occur in your own life cycle.

How is a *LifeBook*® obtained?

- Through participation in a series of nine sessions entitled, "SpiritJewel: ality and Humanity"®, "Connecting the Journey", we explore life's journey, both spiritual and temporal. (Each session is 2 ½ hours in length) Each participant receives his or her own personalized copy of *LifeBook*®.

Why is this program important?

- *LifeBook*® enables documentation of information that is both practical and critical in one place that is easily accessible.
- *LifeBook*® is as a record of the most significant people and moments in your life.
- While *LifeBook*® provides the place to record the life and soul journey of its owner, one of the most important aspects of doing this work is to recognize the sacred element of one's being and to recognize one's own unique purpose in this life journey.
- The process of exploring and documenting one's life journey holds the potential of addressing and healing the four spiritual pains, Meaning, Relatedness, Hope and Forgiveness, as identified through the *Sacred Art of Dying* program, by Richard & Mary Groves. (The Sacred Art of Living Center, Bend, Oregon. <http://www.sacredartofliving.org/>) A "Circle of Healing" is initiated by addressing the pain that arises from loss of *Meaning or purpose for one's existence*. A soul begins to recognize its *Relatedness* with God and to all of creation. When there is a sense of connectedness, *Hope* is ignited. And if one has hope, then one can enter into the process of *Forgiveness*. To extend this blessing of forgiveness into one's own life first, merciful and compassionate forgiveness is then extended to others, completing the "Circle of Healing". By living the "Circle of Healing", peace and harmony are restored.
- *LifeBook*® leaves a "legacy" to be handed down through generations.
- The process provides a means to deeper avenues of communication and understanding with families and loved ones. It can also be a valuable tool for those working within hospices, nursing homes and hospitals. Not only is this a useful tool for those we care for, but for those who are caring for others. For it is in honoring our own unique purpose and value, that we enter more deeply into what it means to love and how we can truly be present to another and provide compassionate and mercy-filled care.

Who is *LifeBook*® for?

- The process of beginning a *LifeBook*® can commence at any stage of life. From the time a parent becomes aware of a new life, to those entering the final stage of their earthly existence. It can be a tool for those who are grieving the passage of their loved ones, by remembering and documenting their journey.

What are the nine series?

1. Medical history/medical directives
2. Wills – temporal/spiritual
3. Ritual
4. My heritage/human journey
5. Healing therapies
6. My spiritual journey
7. Spiritual care in my dying
8. After I die
9. Sharing the journey, certificates of completion and evaluation

What is the cost?

Requested donation for the Nine Session Series: \$90.00

For a personalized edition of *LifeBook*®

- Linen cover edition: \$65.00
- Non-linen edition: \$40.00

How can we learn more about *LifeBook*® and have this series presented to our organization, group or faith community?

- For ongoing and upcoming *LifeBook*® series presentations, please contact: Dee Curci at The Blessed Foundation – 330-725-5456 or go to our website <http://www.blessed-foundation.com>

To arrange an appointment for more details and to see an edition of *LifeBook*®, please contact Dee Curci at 330-725-5456 or you may e-mail a request of *interest in LifeBook*® in the subject line to: DeeCurci@Blessed-Foundation.com

For additional pamphlets to share with others about *LifeBook*®, please call 330-725-5454 leaving your full USPS name and mailing address OR e-mail: LifeBookPamphlet@Blessed-Foundation.com

In the subject line, please indicate the number of pamphlets requested.

The Blessed Foundation, 6605 River Styx Road, Medina, OH 44256 330-725-5456

The Blessed Foundation, founded in 2000 by John and Dee Curci, is a not-for-profit foundation company, dedicated to the ministry of body, mind and spirit of all persons, regardless of spiritual or religious orientation, by providing a safe, sacred place for retreat, reflection, education and spiritual growth.

Dee Curci, President of The Blessed Foundation, created *LifeBook*® and the *LifeBook*® series “SpiritJewel·ality and Humanity® , Connecting the Journey” with the grace of God.

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