

Most people don't want to think of their impending demise, let alone plan for it. Yet one of the most practical ways you can truly rest in peace is to thoroughly prepare for your death before you are forced to. For this reason, I created the "Ready or Not: Preparing for the Inevitable" course. Fellow mortals come together in a safe, non-judgmental space to not only prepare for the practical aspects of their death (like funeral planning and wills) but to also face their fears and to gently cozy up to the reality that one day we will all die. The practicalities of death preparation are vital but there are so many other things to consider as you imagine the end of your life. If you don't know what your options are then you really don't have any.

Class participants arrive to the first class at varying degrees of death preparation. Some people have an idea of what they want and may have made plans, while

# How To Truly Rest In Peace

By: Julie Keon,  
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others have never given any thought to it, usually due to fear and denial. Some arrive comfortable with the topic at hand while others show up with terror in their eyes. The course is comprised of weekly material, up-to-date video clips, thought provoking exercises, rich discussion and guest speakers who are experts in their field. From the first to the final class, each participant is guided through a series of steps so that at its conclusion, they have created a beautiful, practical

death box that will eventually be a final parting gift to their loved ones.

Each class builds on the previous class learnings so a commitment to attend each week and complete the homework is paramount in getting the most out of the course. At its end, participants feel a sense of relief and accomplishment. Planning for and facing your death head on is deeply challenging. It is worth the struggle, though, knowing that, upon your death, your loved ones will simply need

to open your death box to handle your affairs and grant your wishes.

Witnessing the transformation experienced by those who have bravely signed up for the course has been nothing short of gratifying for me. One class graduate shared: "We cried. We laughed. We had meaningful discussions of life's most difficult topic. What an opportunity you have provided for us to grow, to learn and to ready ourselves and our families for a richer, more comfortable death."

If you are interested in how you, too, can truly rest in peace, please connect with me about fall/winter classes.

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### ASK THE EXPERT:

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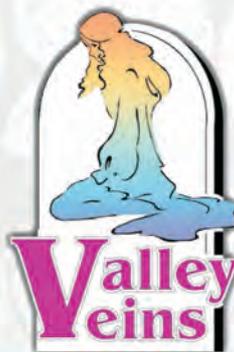


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