



What would you do if you knew you only had one year to live?

It's a startling question! We all know that death will claim us someday, yet we have the uncanny ability to deny it and avoid the topic altogether ... as if that will somehow keep it from happening. What is actually true is that when we make peace with our own death, we open much more widely to life!

If for one year you took on the mindset that you only had 365 days left to live (and counting down as each day passed), what do you think would happen? Likely you would experience the profound transformation that others have enjoyed. You would...

- **Discover** what is truly most important to you and live your life accordingly, knowing that YOU profoundly matter.
- **Learn to** be in the *Present Moment*, opening to a deeper connection with yourself and others. You would find that clarity, peace, and joy can only reside in the *Present Moment*.
- **Make Peace** with all people (alive or dead), so that when you leave this world you have no regrets and nothing is left unsaid. **Make peace** with the idea of your own death and the death of others. **Make peace** with the afterlife, as you define it.
- **Identify** and calm your *Resister*, the part of you that “doesn't like” what is going on with other people, yourself, your circumstances, and the world. Your *Resister* tries to protect you from getting hurt. Instead it creates stress and the unwanted feelings of frustration, animosity, and thinking you have no control.
- **Nurture** your *Essence*, your *True Nature*, which comes from a natural place of love. Your *Essence* is the antidote to your *Resister*.
- **Settle** your affairs so that when you do eventually die, your paperwork and environment are as you want them. This would allow your loved ones to clearly know your wishes and more easily navigate what you leave behind.

“You know, death is something many of us are uncomfortable speaking about. But to die is to be human. And anything human is mentionable. And anything mentionable is manageable.”
~ Fred Rogers (*It's a Beautiful Day in the Neighborhood*)

You are invited to consider a year long immersive course (on Zoom) that offers deep peace and profound meaning. **Begins January 2024. Register by November 15, 2023.**

A YEAR TO LIVE

A Sacred Journey into Life and Death

EXPLORE THE POSSIBILITIES

Give yourself the gift of one year to take a deep dive into your life to re-energize it and realign it with what matters most. Give yourself the gift of knowing that your life has great meaning and that YOU profoundly matter!

A Year to Live, a Sacred Journey into Life and Death is a "come as you are party"... bring your whole self and your unique ways of thinking and believing.

The course is held in a container of love, compassion, humor, flexibility, and challenge. It is highly interactive to keep you engaged, growing, and completing what you set out to accomplish. The journey is enhanced with music, poetry, journaling, discussions, and more.

You will receive many tools and practices including instructional videos, guided audio meditations, daily practice suggestions, touchtones, personal songs and other simple practices that build emotional and spiritual muscle and create transformation. A buddy system beautifully supports your journey.

THREE COURSE OBJECTIVES

ONE - Life Completions: Finish business and catch up with your life in three areas:

- **Relationships:** Nurture relationships most important to you. Make peace with and/or let go of those that no longer serve you.
- **End-of-Life-Details - Paperwork and Environment:** Put everything in order to ensure that your wishes are honored and your loved ones respected.
- **Bucket List:** Make your dreams come true. Experience what is most important to you.

TWO - Death and Dying: Become so peaceful with death that talking about it is as normal and natural as talking about life. Make peace with the law of impermanence, the fact that everything changes and eventually vanishes, including all living things.

THREE - Live from Essence: Live more often from your True Nature, guided by love and the very best within you.

TO LEARN MORE...

Contact Chris Lucerne, Creator and Facilitator

Chris@LifeWorksAcademyLLC.com (303) 601-9999

www.LifeWorksAcademyLLC.com

I believe that at the core of all people lies a deep well of goodness, that when evoked can shape a happy life guided by love and true meaning.

With over 30 years as a Executive and Personal Coach and workshop creator and facilitator, I have created a vast and eclectic toolkit focused on conscious relationship with self and others, emotional literacy, spiritual development, and whole brain manifestation. **Certifications:** Conscious Living Coach (the Hendricks Institute); Certified Strengths Coach (Gallup); Previously held the designation of Master Certified Coach (International Coach Federation); and more. I consider my most important offering to be my lifetime of first-hand personal and professional experience.

