

Treat Yourself Like Royalty – Memory Missionary Missive – January 2017

When coming to “The End” section of the Binder of a Lifetime (BoaL) workshop, one might anticipate it being ‘a downer’ since it involves considerations surrounding your death. However, most participants view this with at least some speck of reality [especially since studies show no evidence of people avoiding death - at least thus far :-)]

Fact of the matter is, what we advocate with BoaL is treating oneself like royalty! Here’s how Queen Elizabeth is dealing with “The End” according to [a 12/30/2016 International Business Times article](#)

“... while it may sound morbid to some, plans for the funeral are regularly updated, with the Queen consulted. ... Obviously we all hope such a sad event will be a long way off - yet we need to rehearse the logistics and timings for what will be a huge ceremony, ... The Queen, who is very pragmatic about this sort of thing, knows about the dry run. The arrangements are reviewed annually and any significant changes have to be approved by her. There's no sentimentality involved on her part; she actually takes rather a keen interest in the details.”

Most of us without royal blood do not have a committee making our arrangements, and the ceremony will be a little less grand. Yet our loved ones will be blessed substantially if we provide some guidance on various aspects of “The End” and other BoaL sections. This includes a mixture of the PRAGMATIC (burial or cremation, location of remains, computer passwords;) SPIRITUAL (service held in a church or funeral home? Favorite stories, scripture, songs, etc. to be told/read/sung?) and FINANCIAL (location of insurance, financial records, safety deposit key, deeds.)

How prepared are your loved ones should the sad day of your death arrive sooner than anticipated?... The good news is, even if your response is “not very,” there is help readily available from various sources. An attorney and/or insurance professional may be a good resource for some people, while others may opt for a less formal but very viable solution like Binder of a Lifetime. What most everyone advocates is being prepared for the unimaginable so that loved ones are not left wondering what you would want, where you left key documents, how to log into your computer and countless other questions they can no longer ask.

For an idea of what these BoaL activities involve, consult [BinderOfALifetime.com](#) for complete resources. Or, contact me - 513.225.2335 longmemories2@gmail.com - to sign up for our January 21 morning workshop at Anderson Center or to express interest in a workshop later this year.

Whether you fill out “The End” and other BoaL sections entirely or just some key pieces, I hope that you’ll prepare yourself like royalty do for the eventuality. It’ll be a blessing to those who love you during an extremely difficult time. In fact, maybe like Queen Elizabeth, you’ll even relish discussing some of the details in advance with those around you?

Enjoy the day...and the memories!

Steve Long, an Anderson Township resident, is an aspiring “memory missionary.” He and wife Kim are having fun with Long Memories efforts (www.LongMemories.info), focusing on helping others in “Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!”

[NOTE: compilation of all MMM articles is here: <http://www.longmemories.info/articles-by-long-memories-llc-founders-pdf-format>]