

「生命提昇慈善基金會」的標誌
Logo of "Life Enlightenment Charity Foundation"



標誌的下方是一雙手，代表人類互相守望相助，以「生命燃點生命」。正在燃點的燭光，表示人類的智慧獲得啟迪，照耀著人類的社會及其文明，引向美好的將來。左右兩旁，分別有兩個人手攜手地往上提昇，表示著人類整體之「生命、精神素質」得以提昇，從而發揚人類的文明，促進世界社會之「和諧共融」。

The two hands at the bottom of the emblem represent the mutual care and support of all human beings through our motto of "Life Lights Up Life". The lamp of the lighting candle represents the enlightened human wisdom will be able to shine upon our human society and civilization, and thus will lead to a better and brighter future. On top of that, at the two sides, the two persons are united and are joining hands together for a higher elevation upward towards the sky. This symbolizes that the "quality of life and spirit" of the whole humankind would be further elevated so as to evolve our human civilization to higher levels of progression and elevation, towards a more universal "harmonious and accommodative" global community.



生命提昇

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**End-of-Life Experiences:
A Guide for Carers of the Dying
Nearing The End of Life: A Guide
for Relatives and Friends of the
Dying**

玉樹州災後紮西大同和
新寨孤寡老人物資發放
總結報告
百病生於氣 - 恐則氣下
臨終經驗 - 給亡者
護理人員及親友的指引

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End-of-Life Experiences: A Guide for Carers of the Dying (5)

By Sue Brayne and Dr Peter Fenwick

The Life Enlightenment Charity Foundation Limited hereby acknowledges the kind authorization, with a written permission, by the two authors to publish their following two publications in our English and Chinese bilingual magazine “Life Enlightenment” for a wider circulation to the general public, namely:

- (1) **Nearing the End of Life: A Guide for Relatives and Friends of the Dying;**
- (2) **End-of-Life Experiences: A Guide for Carers of the Dying.**

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USE OF GOOD QUESTIONS

Good questions can help you to reach out to the person, as well as making it easier for them to talk to you.

Direct question:

Sometimes a direct question such as (closed):

'Are you frightened of dying?'

Or (open):

'What are your fears about dying?'

can help the person to talk about their attitude towards death. But this may be **too challenging** for others. The way you use questions depends on your relationship with your patient, and their willingness to engage with you.

Indirect question:

A more gentle approach is to use an indirect question such as:

'Is there anything you want to talk to me about?'

Or:

'Is there anything preying on your mind that you would like to tell me about?'

This provides the person with the choice to either say yes, or no. Providing choice is empowering. The person may decline initially, but knows the door is open if he or she wants to talk about it later.

Indirect, exploring questions give the signal that you are safe to talk to, and that you **care**.

Leading questions:

You also can ask leading questions to gently find out how they are feeling such as:

'If you become really ill, would you like someone to come and say prayers with you?'

Or:

'If you were to become ill, who would you like me to call?'

This again provides the person with the opportunity to think and prepare for what he or she would like when their time comes.

Short Statements:

Short statements can also **provide comfort**, such as, *'If there ever comes a time when you wanted to talk about something or you felt frightened, please know you can always do that'*. This gives the person permission to talk in his or her own time, without expectation.

Some patients throw out these little emergency flares – help! They will say something – and when that happens I want us not to ignore it, as I believe sometimes a lot of us do. It’s much easier to deal with the pain and the vomiting than to deal with the ‘help’.

CONSULTANT ONCOLOGIST

(Conditions and Treatment Methods that Carers Might Encounter:)

1. I DON'T THINK I COULD DO SOMETHING LIKE THIS

That’s OK too.

Knowing your limitations is an **act of courage** in itself. If you feel you don’t want to talk about death and dying because it makes you uncomfortable, or you feel the person does not want to talk to you, then speak to your colleagues about it.

They may provide you with important information about the person which could help you to approach him or her in a different way. Or it may be better for someone else from the team to open up the conversation.

The most important thing is for you **to feel at ease** when talking to someone about their dying process.

So, **when in doubt, don’t!**

Seek help and advice instead, at the same time as making sure your colleagues know the person may want to talk to someone they trust.

2. HOW DO I HELP SOMEONE COME TO TERMS WITH UNFINISHED BUSINESS?

If someone asks for help to find resolution for something that’s bothering them, ask them what they need in order to do this.

They may want to contact a relative, or write a letter. (They may even ask you to write their letter). They may want to speak to a pastoral carer, or unburden themselves to you.

It is vital that these final requests are taken seriously. They not only help the person to prepare spiritually for their death, but also ease the process of dying.

So, talk with your team to make sure requests are registered, and acted upon. **Tell the person that this is happening, and keep them informed of progress.**

It is our task to make the end, the parting from human beings, when it comes, as pleasant as possible...

NORBERT ELIAS



3. BEING A BENEVOLENT WITNESS

Becoming a benevolent witness is a privilege, and respecting confidentiality is immensely important.

However, listening to people's stories can be a burden. This is where supervision and team leadership are important.

Make sure you feel supported, and make use of that support, particularly if you feel emotionally affected by what you have heard.

4. MY COLLEAGUES WILL THINK I'M MAD!

Unfortunately, in some situations there is still a taboo around 'strange' things that happen when someone dies. Not everyone you work with may be receptive to the existence of ELEs. Sometimes you might meet with reserve and possibly even ridicule.

However, it is important to challenge this taboo. Those who are dying deserve the finest possible end-of-life care. Sharing what you know, and how you dealt with difficult questions, can help form best practice within your team.

IN SUMMARY

- Be alert to 'Granny visiting' ELE language. A change in language or behaviour can indicate that death is nearing and that this person may require additional attention and care.
- Respect what people tell you about their dying process, or any ELEs they may be having. The

dying process is an intensely personal journey and very real to that person.

- Trust yourself. You know if you are comfortable talking about death and dying. If not, and if you think someone in your care would like to talk about what is happening to them, make sure you tell your team.
- If someone asks you about your beliefs, be truthful. But remember that none of us knows what happens after death.
- Some of what you hear may cause you discomfort, or challenge your personal or spiritual beliefs. If so, it is best to withdraw and seek advice and help from colleagues about who might be best to talk with that person and listen to them.
- If you become distressed by what you hear, make use of team support and supervision.

Finally – as authors of this guide, we hope this information has given you a little more confidence in dealing with difficult questions or 'strange' situations that you may encounter as part of your end-of-life care-work.

We wish you well with the essential work you do with those in your care as they move into their final phase of life.

When they tell that they're seeing things, I feel they will go soon. So they need understanding and support.

NURSING HOME CARER

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..... (The End)

Nearing the End of Life: A Guide for Relatives and Friends of the Dying (5)

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BEING THERE AT THE END

Accompanying someone to the point of death **is a remarkable experience**. Nonetheless, you may find the anticipation emotionally and mentally exhausting. At times you may fervently wish for it to be over. And then you can **feel guilty** for thinking like this. But **it is a normal and understandable response** to a very stressful situation.

Remember: **Hearing may be present until the end**, so never assume the person is unable to hear you.

- Talk as if they can hear you, even if they appear to be unconscious or restless.
- If possible lower lighting until it is soft, or light candles, making sure they burn in a safe place. **Try to keep bright sunlight away from their face and eyes.**

- You can create **a peaceful, soothing** atmosphere by playing a favourite piece of music or songs softly in the background.
- You might wish quietly to read a favourite poem, or **a spiritual passage or religious text that means something to them.**
- Strong physical contact can be painful or invasive. It is best to sit beside the bed and gently hold their hand.
- If appropriate arrange for **end-of-life prayers** to be said by a chaplain, vicar or priest, or by other faith ministers.



The Use of Gentle Touch

Gentle touch can provide comfort for the dying, and help communication on a deeper level. Even when a person is unconscious or semi-conscious, they might be able to respond with faint pressure from their thumb, or for example twitch a toe.

A light massage using aromatherapy oils such as rose, geranium or lavender can soothe and reduce discomfort and distress. Those who are dying can also find gentle hand and foot massage relaxing and calming.

Claire's Story

My friend was awe-inspiring in how she put all her affairs in order and planned her own funeral arrangement. We sang songs and we laughed until the end came.

The biggest lesson for me was that although she appeared deeply unconscious – she hadn't spoken or stirred for a number of hours – she could still hear.

A nurse came in to check on her, and loudly said to me 'She is on her way now. She can't hear you and is in no pain.' At which my friend opened her mouth and loudly said 'I can and I am!' Her final words. She never opened her eyes or spoke again.

So I think it very important to be aware that a dying person may well keep their hearing even when it may appear they have lost all senses.

When she was declared dead the nurse lit candles and scattered petals on her pillow and made her look beautiful.

One of her requests to me had been to always make sure that she smelled sweet throughout the dying process, so I had given her French perfume, and over the last few days had dabbed this on her wasted body.

She had a desire to eat chocolate, so chocolate was bought and she ate as much as she wanted.

I believe she found tremendous support and strength in having someone with her who had the same spiritual outlook as herself. She knew that I could and did cope.

CHOOSING THE MOMENT TO GO

You get times when people suddenly seem to perk up just before they die. They seem to get better – enough sometimes to say goodbye to a relative. It's really strange. It's like an extra energy that they're got just prior to them dying. They become coherent – and then they seem to just go. It's almost like they know – and they are waiting for someone to come. Sometimes they will just hang on until the person gets there. The person can just walk into the room and they go. It's like they wait for the time to be right for them. It's strange, but it happens a lot.

Nursing home carer

More than we realise, people appear to choose the moment to die. They seem to **know** who is strong enough to face the moment with them, and to **protect** those who aren't.

It is **not unusual** for someone to hang on to life against medical odds **until a relative or friend arrives at their bedside, or until a special anniversary or birthday**. As mentioned before, a person who is confused, semi-conscious or unconscious may become lucid enough to be able to say a final goodbye before dying.

Some relatives may feel compelled to visit the dying person in the middle of the night, or experience being 'called' back to the bedside, for example, from a coffee break, just in time to be with them as they die.

In contrast, **some people seem to make a deliberate choice to die alone**. We have collected many stories of the dying who appear to wait until everyone has left the room – even for the shortest time – before they die.

We have also heard accounts of the dying seeming to **choose to die with only particular people in the room**.

It can be difficult when someone dies just as you have taken a break from being with them for many hours or even days. You may feel hurt that they haven't 'chosen' to be with you at the moment of death. Or you feel guilty for believing you have let the person down by missing the crucial moment.

It may help to know that sometimes **a person needs emotional freedom to die in peace on their own**, or, perhaps because emotions are running high, they choose to die in the presence of other relatives or friends who are more able to cope with it.

Jane's Story

When I was with my father while he was dying, I had been there most of the night. In the early morning having checked with the nurse I went to have some breakfast and as I got there they phoned and he had died.

The same thing happening with my uncle. I was with my aunt with him while he was dying and we went to get some lunch, and he died.

I felt there was something here about some people being able to die at a time when they **weren't being 'held back'** by the people they loved.

Mind you I did feel cheated when after all that being with I missed the actual departure and I know my aunt still **some 12 years later has a lot of regret** about not actually being present when her husband died.

Regarding this **it was very important to me to do some ritual about actually saying good bye**. He (my father) did not want any funeral or such like but I really needed to do something **to acknowledge his life and his going**.

So I took his ashes out to sea and scattered them from the boat – he had been a naval man. There was then **a sense of completion** about his going.

I know for my aunt, who was 74 when my uncle died, she had never seen a dead body before so I took her to see him and this was very important for her having missed the actual death.

I think **the ritual of the funeral was extremely important** for her. She kept some of his ashes and still has them with her.

WHAT HAPPENS PHYSICALLY WHEN SOMEONE DIES?

It is impossible to predict when death will actually happen. People can hover between life and death for a long time, and **it is easy to miss the final moment**.

There are certain **signs which indicate** the person is **preparing for death**.

- **Congestion in the lungs:** The person's breath becomes laboured and 'gurgling', which can sound alarming. However, this is quite normal and caused by secretions pooling in the back of the throat.
- **Yawning:** Even when unconscious or semi-conscious, the person may often yawn. This is a natural response to draw more oxygen into the body.
- **Coldness in the limbs:** Sometimes the person's hands, arms, feet and legs become cold, with the skin colour changing to a pallid yellow as blood circulation slows down. However, this may not happen until right at the end.
- **Tea-coloured urine:** The lack of fluid intake and kidneys beginning to shut down means the person's urine will become concentrated and tea-coloured. It may also have a pungent smell, or cease altogether.
- **Incontinence:** As the muscles of the body cease to function, there may be a loss of bladder and bowel control. With patients who are unconscious, nursing staff will insert a catheter.
- **Agitation and restlessness:** Dying people who are confused or semi-conscious can become quite distressed. They may also cry out. Nursing staff will often give medication such as morphine to calm them down.
- **Dark bruising:** As the body system slows down, blood may coagulate, or pool, particularly at the base of the spine, with patches which look like dark purple bruising.
- **Smell:** The shutting down of the dying person's system and the changes of the metabolism from the breath and skin and body fluids, create a distinctive acetone odour. Be aware that this will happen, and that it may at first be uncomfortable for you.
- **No longer responding:** The person can no longer speak even when awake, and will take rasping breaths through an open mouth. This can sound like loud snoring which can be very disconcerting to listen to. It also makes their mouth dry. You can help to ease this by gently wiping mouth and lips with a damp cloth.
- **Breathing pattern change:** The person can alternate between loud rasping breaths to quiet breathing. Towards the end, the dying will often breathe only periodically, with an intake of breath followed by no breath for several seconds, and then a further intake. This is known as **Cheyne-Stokes breathing**. This can be upsetting to witness as the person seems to have ceased breathing only to start again.

- **When death happens**, it happens very quickly. There is no doubt about what is taking place. Sometimes the person will give several outward pants as their heart and lungs stop. Others may give a long out-breath followed quite a few seconds later by what seems another intake of breath. This may be repeated for several minutes, which can be alarming if you are not ready for it. However, this is only the lungs expelling air.

Other indicators are very clear:

- There will be no pulse.
- Skin colour rapidly drains to a sallow yellow.
- Facial expression changes, or loosens. You may not feel you 'recognise' the person anymore. Some people look remarkably at peace.
- There is a sense of no-one being 'home'.

David's Story

As I watched the death of my partner, his 'consciousness' appeared to lift out of his body steadily over a period of days – with the process appearing to accelerate in the last few hours of his life.

It started with his feet, moving upwards. His head and upper body were the last areas to appear animated by his 'life force' before his consciousness finally separated from his physical shell.

I sat with my partners' body for some hours after the moment of physical death.

I felt as if my vigil was supporting the departure of his spirit, and it also gave me an opportunity to let go and begin my grieving process.

..... (To be Continued)



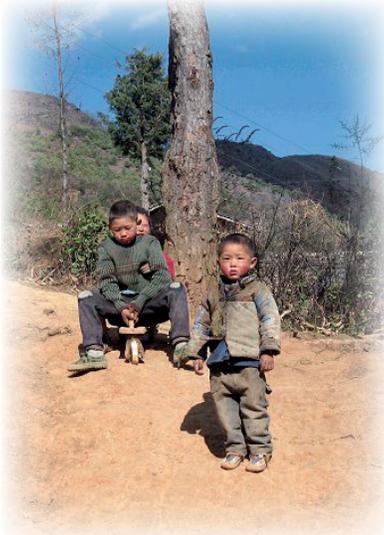
Dr Peter Fenwick and Sue Brayne

The Project on the "Life Enlightenment Hospital"

The notion and plan of the "Life Enlightenment Hospital" is a totally new, innovative and unique large project on medical services. The core of the project is initially to establish a full service private hospital with 260 beds. Besides the provisions of general medical care, it will also provide **an innovative integrated holistic caring service** that has never been provided by hospitals and other institutions before. This unique kind of **"end-of-life care"** will comprise of the following:

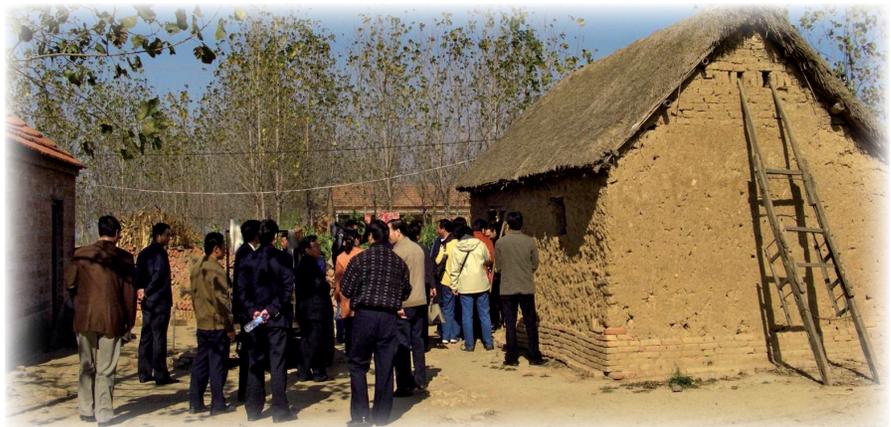
1. **Death Education, and knowledge on course of the after-death world** – to eliminate the patients' feeling of loss towards death and fear;
2. **Palliative care before death** – including care service for the dying persons' relatives and caregivers;
3. **An all-round "end-of-life care" and after-death services** – caring services for the dead at the crucial moments of death and dying, as well as the "guiding services for both the few hours, and (for navigating through the critical period) within 49 days, after death".

In fact, modern people have a very limited understanding on death.



Currently, the services provided are very incomplete and fragmented, such that it makes the dying persons and their relatives to have suffered, especially from the **flaws and faults** that are caused by the present death and dying services. The scientific knowledge on brain cognition in advanced modern sciences has unveiled the fact that "human cognition" does not necessarily occur only in the human brain. There are some cardiac arrest patients who have suffered from their health problems and

had gone through the "Near-Death Experiences" (NDEs), as well as those who have revived from their deaths, due to various causes, and had also gone through the "Near-Death Experiences". These people could provide lots of relevant information in providing a clue that deceased persons could still have their "cognitive ability" even after "clinical death". **These empirical experiments, which have been conducted by world-renowned authoritative scientists with their reports published in scientific journals, have found to be strong proofs with solid scientific evidence.**





Scientists have found that about 10-15% of those cardiac arrest patients who had been confirmed as “clinically dead” (that is, the cessations of breaths, heart beats and brain functions) could be revived by “cardiopulmonary resuscitation” (CPR) from death. Their “experiences of clinical death” could provide solid scientific evidence in proving that the human “consciousness and awareness” continue to exist during the “state of death”.

In fact, the findings of at least five scientific researches conducted independently in England, USA and Holland have shown that about 10% of those patients who have later survived, after suffering from acute cardiac arrest and were confirmed as in the “state of clinical death”, were found that they still had their “continuation of consciousness” during that time period.

This “continuation of consciousness” of a person never cease even during the “state of clinical death”. This discovery has a strong and significant meaning to it, which has confirmed the fact that it does not mean that nothing will remain after death, but instead, the “continuation of consciousness” of a person still continues to keep on functioning. In fact, these relevant researches and their findings had now been published in such renowned medical journals as “Resuscitation” and “The Lancet”, where availed relevant research reports.

Dr. Sam Parnia, as Chairman of the “Horizon Research Foundation”, an independent organization focused on research of the “mental states of human beings during terminal moments”, has announced the launching of a large-scale research project during the “Symposium on Human Consciousness” held by the United Nations in September of 2008. This is a large-scale research experiment on the topic of “whether

there is the continuation of consciousness and awareness at the moment of death”? This research project would last for three years, and has been carried out by 25 physicians from nine different hospitals in both England and USA. This research project has sampled on researching 1,500 patients

who had survived cardiac arrest, which is led by Dr. Sam Parnia, the Honorary Senior Clinical Researcher at the University of Southampton, UK, together with **Dr. Peter Fenwick**, an authoritative Neuropsychiatrist.

The numerous research findings of the different experiments have confirmed that the “consciousness and cognitive ability” of human beings continue to exist even after death. Furthermore, it has also shown that the physical bodies still have not yet died completely after a few hours to a few days, and so special caring services for them are much needed. In fact, a related large-scale study of near-death experiences has already been launched. Therefore,



the palliative care services before death, the end-of-life care services, and the “guiding services after death” are clearly all extremely important for the dying persons. If the dying person has received the necessary **“Death Education”** while one is still alive, and has learned the necessary knowledge on the operations of the **“World After Death”**, they will definitely understand the importance of the “end-of-life care services”. As a result, the society will have a huge demand for this kind of service. Unfortunately, there is still not a single institution that can provide such type of comprehensive services at the present moment. **Such a fault is, indeed, a great regret for all human beings, but, at the same time, it is actually a great business opportunity.** As such, in order to assist the dying persons to have real and civilized cares during their last journeys in life, the “Life Enlightenment Charity Foundation Limited” has proposed to establish this Special Project on the “Life Enlightenment Hospital”.



project of great potential can help to nurture numerous other charity projects and items, with its sustainable resources to be perpetually developing, without ever drying up. The “Foundation” anticipates that this Special Project of the “Life Enlightenment Hospital” would create great demands in Hong Kong, the Mainland, and even for the whole world, due to **its innovativeness and uniqueness** (especially on the various integral components of the end-of-life care, education on death, as well as the continuity of the holistic integrated services). Hence, upon the completion of its structure and the launching of its operation in Hong Kong, the “Life Enlightenment Hospital” will become a unique role model of its own, so that its mode of operations would then be further extended to the rest of China, and to the global market of the whole world in a “franchise manner”.

It is estimated that the total investments for the first phase of development for the “Life Enlightenment Hospital” will require HK\$2.7 billion. As this Special Project will have new sources of income coming from its innovative services (such as the “end-of-life care”

“Life Enlightenment Charity Foundation” *

“Life Enlightenment Charity Foundation Limited” (herein known as the “Foundation”) actively advocates the Special Project on the “Life Enlightenment Hospital”, through playing the role of a **charity body**. Upon the completion of this Special Project, **the “Foundation” will re-invest all the amounts of profits gained from this operation for other charity projects**, so that this innovative



The Project on the "Life Enlightenment Hospital"

services, etc.), therefore it is expected that the payback period for this project would be around seven years. Furthermore, the "Foundation" is exploring its feasibility on all sorts and styles of financing alternatives, which may take different formats of financial cooperation with **public and/or private organizations, and direct investments of individuals, as well as loans, subsidies, and/or donations.**



We strongly believe this Special Project on the "Life Enlightenment Hospital" can actually cater for the real needs of dying persons, and will really provide the real caring services for their last journeys in life while living in a civilized society, all of which will simultaneously create a whole new market. Therefore, this is, indeed, a project that is both of a charitable nature and of great commercial opportunities.

* "Life Enlightenment Charity Foundation Limited" is a **registered charity body in the Hong Kong Special Administration Region of China.** The general public can find evidence on the Hong Kong Special Administration Region Government website at URL: http://www.ird.gov.hk/chi/tax/ach_search.htm

No Restrictions on Any Religious Beliefs

Many people might have misunderstood that the all-rounded "end-of-life care services" during and after death – especially the "guiding services for both the few hours, and (for navigating through the critical

period) within 49 days, after death" – would let this Special Project on the "Life Enlightenment Hospital" to be restricted by and confined with the religious norms of "Tibetan Buddhism"? **The answer is totally negative, that is, there are absolutely no restrictions at all on any religious beliefs.** This is because the

"World After Death" is a kind of environment that exist in Nature, and its Law of Evolution is well beyond any religious norms. In this regard, the kind of spiritual guidance for all human beings, and even for all sentient beings, to select for the right paths, while protecting them from falling into dangerous pitfalls, when entering into the "World After Death" should be a kind of universal education and basic knowledge, and is thus not confined to any religions. As such, this Special Project on the "Life Enlightenment Hospital" is suitable for all human, and sentient, beings. Yet, on the other hand, this Special Project will not hinder anyone to conduct any kind of religious rituals and ceremonies. Indeed, it can be described as the best place of help and guidance, in terms of spiritual shelter and refuge, for all human, and sentient, beings. It is also the best place of spiritual assistance in guiding one's spiritual "life" to be uplifted, and to become "enlightened" eventually and successfully. From the deepest of our hearts, we hereby sincerely wish and pray that such a **perfect kind of** "Life Enlightenment Hospital" would **soon be established !**





Donation Form

"Life Enlightenment Charity Foundation Limited" is a registered charity in the Hong Kong Special Administrative Region government, and all donations will be exempted from tax under Inland Revenue Ordinance 88 of the HKSAR Government.

Please make a donation to the Life Enlightenment Charity Foundation Limited and help to carry out

Life and Death Education

Various charitable activities,
Establishment of the "Life Enlightenment"
Hospital and its innovative services.

We need your donations!

To make your donation, please complete this form and return it to: "Life Enlightenment Charity Foundation Limited", at 4/F, Federal Centre, 77 Sheung On Street, Chaiwan, Hong Kong.

Title: _____ First name: _____ Surname: _____

Address: _____

Mobile number: _____ Office phone number: _____

Email address: _____ Fax number: _____

I would like to make a donation of HK\$ _____ for:

- All projects:
- Life and Death Education, Printing of "Life Enlightenment" Bi-monthly Magazine:
- "Life Enlightenment" Hospital Establishment Foundation:
- No need to express gratitude.

I prefer to make payment in:

- Cash:
- Cheque(s) (_____ Bank, Cheque number: _____):
- Directly deposit to the Foundation's Bank account (Please fax the deposit slip to 3157 1144, dated: _____):
- AutoPay (Monthly AutoPay amount: _____, Receipt will be sent in April of each year. If you choose the AutoPay method, please contact us at 2558 3680 for registration.)

Please make payment by sending a crossed cheque, payable to "Life Enlightenment Charity Foundation Limited", together with the filled-in form to 4/F, Federal Centre, 77 Sheung On Street, Chaiwan, Hong Kong; OR Deposit to the bank account of "Life Enlightenment Charity Foundation Limited" (Hong Kong Bank: 809-523715-292). After which, please send the deposit slip and the filled-in form to our address, or fax them to (852) 3157 1144. Receipt will be sent to you afterward. For phone enquiry, please call: 2558 3680.

Boundless Thanks, Boundless Blessings