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PRESS RELEASE

For Immediate Release

Liza Ely is on a mission to create more “Celebration Circles.”

Next focus to direct, teach others how to express love, gratitude to passing loved ones

Tyler, Texas - Who would have ever believed that, at the age that many of her friends are retiring or nearing retirement, Liza Ely would respond to a new “calling” and take on a brand new career. Certainly not Ely herself. For the past 25 years, Ely has practiced personal and couples counseling in Tyler, Texas. While her career was at an all-time level of success she decided to wind down her practice as her current clients “graduate.” However, Liza’s plans are far from “rocking chair retirement.”

“I am moving on, but not retiring. I am having an opportunity to ‘practice what I preach’ by acting on those inner promptings that I am supposed to be refocusing my life work.” Ely is on a mission. She is committed to be a voice for how to hold the dying process in loving kindness.

Liza’s efforts are now directed on teaching and sharing with others how to express their love and gratitude to their passing loved ones, as well as living and sharing life in the most simple manner. Ely’s new book, *Conscious Acts of Grace-Gifts of Love and Kindness at the End of Life* was released at the turn of the new year. Ely has created the concept of Celebration Circles, which debuts in this piece, to provide the opportunity for people to know, deep into their toes and with every cell of their body that their life mattered. It is the conscious effort to tell those facing the end of life that they existed for a positive reason. Ely is currently conducting Celebration Circle Action Groups to teach the concept in hopes that this gift can be given to many across the country.

“Our world is so busy, and we often do not take the time to focus on what is important in life. The rush to work, shop, fight traffic, cook, clean, travel, and our overscheduled lives adds up to extreme pressure. Ely expresses the need to stop, breathe, and close our eyes. She encourages us to take our mind back to previous, simpler times and remember those that love us and care about us. The remembrances that make our heart sing are rarely about “stuff.” Our treasured memories are about loved ones, sharing, laughter, and stories. Lasting memories are about heart and connection.

Ely states, “You need no money to conduct a Celebration Circle. You need very little commitment of time. What you do need is to remember there is no ‘one right way’ and the intent to make a difference for someone who is nearing the end of life, struggling in pain, or who has made a difference in your life.”

To continue her life’s work, Ely plans to give the world counseling, training, and supervision in gathering tools for living their best life. She wants to spread the currency and power of stories she has collected for clarifying, modeling, and moving us to love-based action through teaching and writing. She is committed to supporting others in taking action for living a life of no regrets.

Ely’s plans include sharing this message with the general public, teaching continued education courses for professionals, and writing more publications.

The public can learn more about “Conscious Acts of Grace” and Celebration Circles at www.centerofwellbeing.com or by contacting Liza Ely at liza@centerofwellbeing.com.

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