

How a Fortune Cookie Can Heal Grief

"In a world of sadness and grief, hope is the spark of sanity that allows us to look at something differently and imagine the bright spot." Nan Zastrow



ABOUT: How a Fortune Cookie Can Heal Grief Twelve Gifts of Hope—a project in Grief Work

Did you ever think that a fortune cookie could offer a profound message of comfort, happiness and peace in a life stressed by grief? Nan uses the simple fortune cookie to weave a modern parable of life and teach the value of grief work that is often overlooked, but always there.

This is a book (and was a project) all about HOPE. It illustrates how to discover what you might be missing in your daily lives and teaches you how to be accountable for healing your own pain. This can be read as a story about initiating grief work, or it can inspire you to create a project in grief work for yourself or for others.

Today, an inspirational book is available that teaches the concept of finding Hope in unexpected places. From the book, you find the following:

- Read how the analogy of the fortune cookie evolved and became the inspiration for HOPE.
- Learn how a project in grief work came from the simple fortune cookie.
- Read in detail what all Twelve Gifts of Hope are and understand how to give and receive them.
- Read true stories from individuals who “proved” that the fortune cookie analogy really works to heal grief.
- Learn how to create your program, or a similar program, if you wish. Suggestions for ideas for similar programs are given.

THE PROGRAM

Initially, in 2008, Wings—a Grief Education Ministry presented a program titled: ©*How A Fortune Cookie Can Heal Holiday Grief* for their Holiday workshop. The program was so successful that in 2009, THE RESULTS program was presented to the community to continue the project and report the stories acquired from this program. This is documented in the book.

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THE CAMPAIGN/PROJECT:

The program inspired a year-long campaign/project called Twelve Gifts of Hope. In 2009, THE RESULTS program was presented as a follow-up to the original program to demonstrate the success of giving and receiving gifts of hope.

THE CONCEPT

Gifts of Hope are simple ideas for healing grief. Gifts of Hope are given in two ways; Someone else can give them to us; or we can give ourselves the Gifts of Hope. Both are appropriate and essential in healing our grief. In our Twelve Gifts of Hope (Fortune Cookie Campaign)...bereaved people were given a tool to generate Gifts of Hope in their lives over the period of 12 weeks or 12 months. The fortune cookie was the tool.

Inside of the fortune cookie was a fortune that suggested how a bereaved person could give or receive a "Gift of Hope." These 12 ways were listed on the chart Twelve Gifts of Hope—a Summary of Possibilities on which a bereaved person could journal the occurrences.

The RESULTS program in 2009 reported on the success of the 2008 campaign and asked participants to continue the tradition. The project used the fortune cookie as a teaching tool; but the project was not really about the fortune cookie. It's about the concept of **HOPE**.

We look for "hope" in a fortune cookie; and it was used as an analogy of looking for hope in our lives. The concept created an awareness that family and friends may sincerely be trying to help the bereaved find hope in a variety of ways. Sometimes, when a loved one has died, we are so consumed by our grief that we fail to recognize the ways others are trying to help us. These gifts don't come in a package wrapped with a big red bow.

The Gifts of Hope are also about "grief work" which is a conscious choice to heal one's grief. The program encourages the bereaved to give themselves the Gifts of Hope since each gift provides an active way to heal grief.

Why is the program a success? Because whether or not the individuals used the fortune cookie (tool) as suggested to provide a steady stream of hope into their lives, the concept presented in the program did create awareness that others are, indeed, sensitive to our grief and willing to help us through the difficult times. Additionally, by focusing on giving ourselves each Gift of Hope, we are essentially doing good grief work that promotes healing. The stories collected are proof that awareness was acknowledged and individuals were able to document evidence of receiving Gifts of Hope.

After attending the program or reading the book, we believe no one will ever look at a fortune cookie the same again. The analogy created will always be in one's mind.

AVAILABILITY OF THE PROGRAM GUIDE or Book

A book was written to tell the story of this concept is now available. Click on the link to order your book today

[How a Fortune Cookie Can Heal Grief](#)

