



Siddhartha's Intent Australia

# Facing Death Embracing Life

## A Buddhist Perspective

**Two day seminar with Judy Arpana  
21st – 22nd November 2009**

*"To inspire a quiet revolution in the whole way we look at death and the care for the dying, and the whole way we look at life and the care for the living."*

...Sogyal Rinpoche (author of The Tibetan Book of Living and Dying)

- This 'life changing' seminar will challenge attitudes to loss, death and dying and compel you to live your life more fully.
- Reflect on the difficulties of your life's journey and address any unfinished business.
- Increase your capacity for joy and forgiveness.
- Gain insight into how Tibetan Buddhism can help you face death and dying.

JUDY ARPANA has been a counsellor for over 20 years, specialising in grief and loss. She has extensive experience in conducting training workshops for staff and volunteers in hospitals, community settings, aged care facilities and hospices throughout Australia and Europe. Judy has been a student of Buddhism for 25 years and has studied with many Buddhist masters. Her workshops explore the meaning of life and death, and she brings to these challenging themes the gift of 'extraordinary ordinariness'.

**Please note: Booking required. Book early as places are limited.**

### Time / Venue

9.30am to 4pm, Sat & Sun

Aracaria Biodynamic Farm (Tea House), Yankee Creek Road, Mullumbimby

### Cost

\$220 for the weekend (inclusive of lunch, morning & afternoon tea)

### Bookings

Meg Mottram: (02) 66 212 346 • [sia\\_bookings@siddharthasintent.org](mailto:sia_bookings@siddharthasintent.org)

Siddhartha's Intent Celebrates



Years in Australia