"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)

THE TIBETAN BOOK OF LIVING AND DYING

FACING DEATH
from the Buddhist Perspective

EMBRACING LIFE

Two Day Seminar with Judy Arpana

Long-term student of 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.
- Explore the importance of funerals and rituals (particularly practical aspects).
- Gain insight into how Tibetan Buddhism can help you face death and dying. Increase your capacity for joy and forgiveness.

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'.

Topics that will be discussed:
- Motivation
- Impermanence & Change
- Basic Meditation
- Grief & Loss
- Transforming Suffering
- Reflective Practices
- Practical Advice re Wills & Funerals
- Spiritual Preparation for Death, Dying Process
- Unfinished Business & Forgiveness

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

Bookings: Meg Mottram - Phone: (02) 6621 2346 - email: sia_bookings@siddharthasintent.org

Date: 21st - 22nd November 2009
Cost: $190 for the weekend
Time: 9:30am to 4:00pm Sat. and Sun.
Place: Aracaria Biodynamic Farm Tea House Yankee Creek Road, Mullumbimby, NSW

This event is sponsored by Byron Bay Buddhists / Siddhartha's Intent Australia. Join our meditation class every Wednesday from 6pm to 7:30 ($5 donation). Email: australia@siddharthasintent.org - Phone: 02 66 851 646 - Web: siddharthasintent.org