

# Facing Death ~ Embracing Life

With Judy Arpana

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

*- Sogyal Rinpoche*

Who will benefit from attending this workshop?

- ※ Anyone who wants to embrace life more fully
- ※ Friends, family and carers for the sick, aged and dying
- ※ Health professionals — doctors, nurses, counsellors, pastoral carers, palliative carers, nursing home and hospice carers

Please note that due to small group sizes, limited places are being offered — please book early to secure your registration

When:  
9:30am—4pm  
13 and 14 June 2009

Where:  
The Monastery Conference  
and Retreat Centre  
15 Cross Road  
Glen Osmond SA

Cost:  
Corporate : \$325  
Individual: \$280  
Concession: \$225

For more information:  
[www.users.on.net/~rigpa](http://www.users.on.net/~rigpa)  
Email  
[rigpa@internode.on.net](mailto:rigpa@internode.on.net)  
Phone 08 84116113

For more information on  
Rigpa Spiritual Care:  
[www.rigpa.com.au/sp\\_care](http://www.rigpa.com.au/sp_care)  
[www.spcare.org](http://www.spcare.org)

A life changing seminar that will challenge your attitudes to loss, death and dying and compel you to live your life more fully

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Grief and its accompanying heartache affects everyone. So why do so many of us distance ourselves from what is inevitable? This workshop explores deeply held attitudes towards death and dying by acknowledging that underlying all fears is the fear of death. A willingness to confront this fundamental belief can free us from unnecessary suffering.

When significant change is embraced with grace, recognising the elements of loss and grief, understanding the grieving process and honouring it as an essential part of healing, we can move more freely towards the next stage of our lives and prepare for a conscious death.

This workshop explores the inescapable side of death and examines the nature of loss and grief, not only in relation to physical death, but also of life's little deaths.

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This 2 day seminar will assist you to:

- ※ Reflect on the difficulties of your life's journey and address any unfinished business
- ※ Increase your capacity for joy and forgiveness
- ※ Gain insights on how Tibetan Buddhism can help you face death and dying
- ※ Explore the importance of funerals and rituals (particularly their practical aspects)

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 over 25 years and has studied with many Buddhist masters.

