

# LIVING AND DYING

## workshop with Zen Roshi Subhana Barzaghi

27 & 28 October, 2018

### The tide comes in, the tide goes out

To live freely and fully with a heart blown open is also to be able to face our own inevitable death and loss of loved ones. Buddhist traditions have reflected deeply on life and death and for many wise and liberated souls it has been a pathway for awakening.

Contemplating or accompanying those who are dying helps to prioritize what is truly of value to us and emboldens and enlivens us to the preciousness of each moment. We don't want to come to the end of our life, full of regrets but rather live life to our fullest potential. Death is a poignant harsh teacher it sharpens the truth of impermanence, opens the heart to compassion and deepens our understanding of causality. It lays bare the mystery at the heart of all things it awakens us to that which does not die, our unborn essential nature.

This workshop is open to everyone and is suitable for; those who wish to inquire deeply into facing ones own death, who have been touched by a loved one or friend who has died, are caring for someone who is terminally

ill or dying, who works in the helping profession or hospice work.

The topics we will cover over our two days together are:-

- Talk and discussion on the importance of facing our death as a spiritual practice.
- Prioritising what is important. What shall you do with your wild and precious life? A safe place to share our fears and hopes.
- Buddhist contemplations on death, zen koans and guided meditations on the process of dying.
- Spiritual needs of the dying from a Buddhist perspective.

**Enquiries & Registrations:** Helen Sanderson  
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**When:** 9.30 - 4.30pm Saturday & Sunday

**Where:** Sydney Zen Centre  
251 Young St. Annandale

**Cost\*:** \$150 SZC members  
\$200 non-members

\* Scholarship (half the fee) is available if financially challenged.