



Facing Death and Finding Hope

A seminar for skillfully and compassionately addressing end-of-life care

**Saturday, September 13, 2014
9:00 am – 4:00 pm**



Facilitator: Swami Dayananda

As a meditation teacher, counsellor and ashram director in the US and Australia, she has supported many individuals and family members at the critical times of their transition. She has worked as a community chaplain providing end-of-life care for individuals as well as training communities to establish support networks for their members.

Compassionate offering to the community on a "by donation" basis.

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The universal principles drawn from all spiritual traditions can bring us to a deeper realization of the truth of impermanence, suffering, and change as part of our lives – of being human. This understanding is essential for all individuals, as facing the reality of death enables us to live our lives more fully in the present.

Course content:

Gurudev Swami Nityananda will discuss the process of departing from the body according to the *Bhagavad Gita*, Chapter 8 and answer questions.

In addition, through self-reflection and interactive discussions we will:

- Identify our deep seated fears about addressing death and dying and how they obstruct us from meaningful emotional connection in our life.
- Understand the process of consciousness separating from the body at the time of dying, and how meditation and prayer can help us.
- Learn how we can prepare for death and support others in doing so.
- Learn how an approach of 'spiritual care for the dying' can relieve much of the unnecessary and avoidable emotional suffering that may accompany illness and dying.

Who should attend:

A compassionate and skillful approach to living and dying is essential for everyone. It is particularly helpful for people with life-threatening illness, their friends and family members, yoga teachers, counsellors, and health care professionals of all faiths and denominations.

As you move closer and closer to your inner Self through meditation, the fear of death loses its hold over you progressively. Why should you fear death when death is inevitable? If something is inevitable there is no point in fearing it. Anyone who is a pure and noble soul will be able to die peacefully; he doesn't feel the slightest pain or hardship at the time of death. It is the fear of death which results in agony at the time of death; if you meditate that fear will dissipate.

– BABA MUKTANANDA

