



# Death and the Art of Dying:

## Eastern and Western Perspectives on Transforming Obstacle into Opportunity

### Part One Topics

#### Include:

- Stages of dying: the three death bardos
- Transforming death into spiritual awakening
- What dies, what continues
- Meditation as preparation for death
- Dream and sleep yoga

### Part Two Topics

#### Include:

- Supporting the dying and transforming suffering
- Suicide and sudden death
- Grief and bereavement
- Medical and legal preparations
- Healing through contemplative practice

### Program Faculty

#### Includes:

- Jenny Bondurant
- Alex Halpern
- Dr. Andrew Holecek
- Phil Karl
- Carole Lindroos, MA
- Darci Meyers, MA
- Kim Mooney
- Ilona Steur-Smith, RN
- Karen Van Vuuren
- Dr. Phil Weber

The Boulder Shambhala Meditation Center, in partnership with local hospices, is offering a unique twenty-week course on how to prepare for death.

Using ancient and modern wisdom, this course will show you how to help yourself, and others before, during, and after death. Two ten week sessions, taught by a range of professional caregivers, spiritual practitioners, and scholars, will join spiritual and material perspectives.

The first section explores the Tibetan Buddhist views on death. It describes the detailed stages of dying, what happens after you die, and the process of rebirth. The second part of the program shares wisdom gained from hospice and palliative care and prepares you for the necessary material actions that must be taken when someone dies.

By bringing together spiritual and material preparation, we can make friends with death. And by learning how to die, we can empower our ability to really live. A surprising consequence of studying death, and preparing for it now, is that it brings you more fully into life. Exploring death brings you back to life with a newfound appreciation for the sanctity of both. This course is fundamentally a celebration of the human condition, and a preparation for its final journey.

### REGISTRATION INFORMATION

#### Program Costs

\$250.00 per ten-week session

Classes meet Thursdays at Shambhala Meditation Center  
1345 Spruce Street, Boulder

#### Part One

Sept. 13 to Nov. 15, 2007  
7:00 – 9:00 pm

#### Part Two

Feb. 21 to April 24, 2008  
7:00 – 9:00 pm

**To register, call  
Boulder Shambhala Center:  
303-444-0190**

**For more details,  
contact Darci Meyers at  
[transformingdeath@yahoo.com](mailto:transformingdeath@yahoo.com)  
or call: 303-482-1552**

Each ten week session can be taken independently. This course satisfies the requirements for certification as a hospice volunteer with participating local hospices.

“Death is a mirror  
in which the true meaning of life  
is reflected.”

*Sogyal Rinpoche*