

SPIRITUAL CARE PROGRAM An Education and Training Project of Rigpa

Rigpa's International Spiritual Care Program draws its inspiration directly from the teachings and practices given in *The Tibetan Book of Living and Dying*, written by Sogyal Rinpoche. It explores practical ways in which the compassion and wisdom of the Buddhist teachings can benefit those facing illness or death, and help support their families and care-givers. The program emphasises the universal spiritual principles that resonate with people of any faith or none.

With his remarkable gift for presenting the essence of the Tibetan Buddhism in a way that is both authentic and profoundly relevant to the modern mind, Sogyal Rinpoche, Spiritual Director of Rigpa, is one of the most renowned teachers of our time. Born in Tibet, Rinpoche was raised by one of the most outstanding spiritual masters of the 20th century, Jamyang Khyentse Chokyi Lodro, and went on to study with many other great masters.

Rigpa is an international network of Buddhist centres.

National Coordinator:

Mary Jane Elliott

National Office:

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“To inspire a quiet revolution in the whole way we look at death and the care of the dying, and the whole way we look at life and the care of the living”

SOGYAL RINPOCHE

JUDY ARPANA

Judy 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 studied Jungian Therapy under Patrick Jansen and trained with Mal & Di McKissock and Dr Elisabeth Kubler-Ross. She has been a student of Buddhism for over 25 years and is currently a senior student of Sogyal Rinpoche.

Judy brings to these challenging themes the gift of 'extra-ordinary ordinariness'.



*Spiritual
Care*

Spiritual Care Program

**An Education and Training
Project of Rigpa**

Weekend Seminar

IN MELBOURNE

FACING DEATH - EMBRACING LIFE

29-30 August 2009

9.30am-5.00pm

**South Yarra Senior Citizens'
Centre**

**Fawkner Park, Toorak Rd
South Yarra**

www.spcare.org

“What is not certain is the time of death.”
Our culture is in constant denial of this fact and provides very little preparation for this profound transition.

FACING DEATH – EMBRACING LIFE is a two-day seminar that explores deeply held attitudes towards death and dying, including personal and cultural beliefs and the effect these have on our lives and society.

Therapists and teachers from many traditions acknowledge that underlying all fears is the fear of death and that a willingness to confront this fundamental belief can free us from unnecessary suffering.

Any major change in life has components of loss and grief and it is important that we understand more about the grieving process and honour it as an essential part of healing. By embracing change with grace and ease we can move more positively and freely towards the next stage of our lives.

This seminar 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. In a supportive environment, through shared stories, the experience of meditation and guided visualisations, participants explore acceptance of and preparation for a conscious death.

Judy, our senior educator, has conducted many of these seminars for people working with the dying and those living with life-threatening illnesses. Her inspiring, humorous, straightforward and sensitive approach makes this seminar accessible to anyone who is ready to deal with the inevitability of his or her own death and is looking to live life more fully now.

Who would benefit from participating?

- ❖ Doctors, nurses, health professionals, counsellors and pastoral carers working in hospitals, hospices, palliative care and nursing homes
- ❖ Volunteers and family members caring for the sick and dying
- ❖ Anyone who wants to embrace life more fully

Time

- ❖ 9.30am - 5.00pm

Venue

- ❖ South Yarra Senior Citizens' Centre
- ❖ Fawkner Park, Toorak Rd, South Yarra
- ❖ Parking in Centre's off-street carpark & Toorak Rd (Melways Edition 35, Map 2L B5)

Cancellation Policy

- ❖ If you cancel 30 days prior, full refund
- ❖ If you cancel less than 30 days prior, 50% refund, or a substitute may take your place

RIGPA'S SPIRITUAL CARE EDUCATION PROGRAM

Rigpa Melbourne
Unit 8A, 205-207 Johnston Street
FITZROY VIC 3065
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spiritualcare@rigpamelbourne.org.au

“Spiritual care is not a luxury for a few: it is the essential right of every human being, as essential as political liberty, medical assistance and equality of opportunity.”
Sogyal Rinpoche

Registration Form

FACING DEATH - EMBRACING LIFE SEMINAR:

29th-30th August 2009

Name _____

Organisation _____

Position _____

Address _____

Contact phone (day) _____

Mobile _____

Email _____

Cost: Organisation \$280

Individual \$220

Light lunches and morning teas provided

Please advise of dietary requirements

Payment Options:

Cheque Cash

Cheques payable to 'Rigpa Spiritual Care' _____

A receipt will be sent confirming your registration

Please let me know about future Seminars and Study Groups