

Chapter 1 : Befriending Death Poem by Edward Coletti - Poem Hunter

Befriending death is something that any of us can do, but when is the best time in life to start? Those coming to the end of their life, particularly those who are terminally ill, inevitably have to go through the process of coming to terms with their situation.

For most of us, making friends is easy. But how about making friends with the uncomfortable feelings and moments in life? It is a beautiful poem about compassion. Thich Nhat Hahn states beautifully in this poem: The only line that lies between the two is from our own drawing, our own human condition to isolate the two. So what would be like if we welcomed our joy and our pain together? New life is constantly forming around us, in the the spring flower blossoming, a new sunrise, and the birth of a baby. For us humans, life is joy. So what happens when we receive the opposite call that a loved one is dying? Do we drop everything to welcome death? Just as birth continues its beautiful cycle every 4. Here is a little visual, illustrating the world births and deaths happening each second: The important question I ask is, if birth and death are happening simultaneously together then is the separation perhaps an illusion we have created? In the American culture we continually view birth as joy and death as pain. The reality is birth can include pain, just as death can possess joy. So how do we work with this? My solution is a pretty simple one, and yes, it can be quite uncomfortable. Sit with your emotions that arise around death, welcome everything and push away nothing. Be with it all. If you practice this enough, you will begin to understand in the core of your being that joy and pain are one, just as life and death are one. Well the most obvious, we will all be touched by death and we will all die. So why not begin to shift our cultural consciousness on death now? My friend once called me an ambassador for joy, which I am now applying to death. Death is the unknown, so it will inevitably be looked upon as scary. I am not here asking you to melt away all of your fears around it, that is an unreasonable request. But I am here to ask if you can befriend your fears and let them transform you. Because trust me, they will.

Chapter 2 : Befriending Death: Henri Nouwen and a Spirituality of Dying by Michelle O'Rourke

*Befriending Death: Henri Nouwen and a Spirituality of Dying [Michelle O'rourke] on calendrierdelascience.com *FREE* shipping on qualifying offers. Through the words of Henri Nouwen, this is an inspiring and life-transforming guide to the ultimate mystery of human existence.*

Art and Dharma with Wynn Fricke and Ajahn Jotipalo In this workshop we will reflect on the interconnection s of our art-making practices and our spiritual path. How do our distinct disciplines as artists and as Buddhist practitioners naturally converge? What is the role of expression in our aspiration for deepening freedom? We will discuss our experiences in the creative process, with its joys and obstacles, as a means for self-discovery, and insight. Wynn Fricke is co-founder of Common Ground Meditation Center, where she served on the board for nine years and continues as an active leader and practitioner. Wynn is president of the Buddhist Insight Network, a non-profit organization that serves as a resource for Insight teachers and sanghas across the country. She is a professional choreographer and directs the dance program at Macalester College in St. Ajahn Jotipalo was born in in Indiana. He received a B. He became interested in Theravada Buddhism after sitting several Goenka retreats. Since that time, Ajahn Jotip? Saturday, December 8, 9: A Workshop with Ramesh Sairam Mindfulness meditation can help practitioners understand the complex nature of pain and provide tools to reduce the suffering associated with it. This half-day workshop will include guided meditation, lectures, and group discussions. It is open to everyone, but may be especially useful for people experiencing physical pain and those professional and otherwise who help people in pain. Ramesh has been part of the Common Ground sangha since and joined the Board of Directors in He is a Geriatric psychiatrist and has a deep professional interest in understanding the complex and dynamic interplay between our minds and bodies that often underlie many physical and mental health illnesses. Saturday, December 15, 9 a. Register here Registration Policy Common Ground is committed to giving priority for registration to members of some communities that have experienced historical oppression: To learn more, contact Gabe Keller-Flores: We welcome feedback on any aspect of this policy.

Chapter 3 : Befriending Death - The Unitarian Society

*Befriending Death: Over Essayists on Living and Dying [Michael Vocino, Alfred G. Killilea] on calendrierdelascience.com *FREE* shipping on qualifying offers. It's not easy to speak about death in our culture.*

Chapter 4 : Befriending Death | The Conscious Dying Network

Befriending Death. 90 likes · 1 talking about this. Befriending death is, by surrendering our fear of dying we can be free to appreciate life more fully.

Chapter 5 : About - Befriending Death

To create opportunities (events, services, discourse) to honor end-of-life as a time of personal transformation and spiritual development for all affected by any death. To bring people together to further personal engagement with the mysteries of living, being with dying, and remembering well.

Chapter 6 : Celebrating Life/Befriending Death

Befriending Death has 18 ratings and 4 reviews. Callum said: Not long ago I heard it said that a person who has heroes is a person who knows what they st.

Chapter 7 : Befriending Death: Over Essayists on Living and Dying by Michael Vocino

DOWNLOAD PDF BEFRIENDING DEATH

In Befriending Death, over writers respond, in one page each, to one question: In the face of death, how do you find meaning and fulfillment in life? Penned from people from a variety of backgrounds, the essays take death seriously and openly and discuss how the authors find meaning in life.

Chapter 8 : Common Ground Meditation Center | Courses & Workshops

In Befriending Death, Michelle O'Rourke examines our culture's flight from death and moves toward something entirely new - a compassionate embrace of calendrierdelascience.comle reflects on Henri Nouwen's writings on the spirituality of death and ponders the meaning of dying and the impact on those left behind.

Chapter 9 : Befriending Death O'Rourke, Michelle | St. Patricks Guild

But the silence about death in America is a lost opportunity for people to find insight and support in walking "that lonesome valley." In Befriending Death, It's not easy to speak about death in our culture.