



The contemplation of death has three-fold benefits:

1. Quelling fear – bringing a new quality to our lives, allowing us to live our lives with higher values.
2. Preparing us to die in dignity.
3. Inspiring us to live a good life and die a good death with peace of mind. What else do we need?!

This retreat will offer a mix of discussion on the texts, as well as guided meditation to prepare to ready the mind and awareness for the dying process. There will be a short pre-retreat exercise that you can do relatively easily before Saturday. Our schedule is a bit shortened, and will therefore only take place on Saturday, 10-noon and 2-4PM. There is a suggestion to do a follow up in January and March of 2022, to make this more of an ongoing exploration, rather than a traditional retreat. If there is interest in the group,

we shall schedule out similar sessions. This will allow us to keep the topic active and to pursue it gently yet persistently, with the support of like minded travellers on the path of life.