

# Darci Meyers and Andrew Holecek

# Death & the Art of Dying

*Eastern & Western Perspectives on Transforming Obstacle  
Into Opportunity*

Death is the greatest obstacle in life, and is often perceived as the ultimate defeat. We deny it, repress it, and flee from it. But we can transform death into a golden opportunity by understanding what it really is. Instead of fearing it, we can come to accept and even embrace it.

Using ancient and modern wisdom, this retreat shows us how to help ourselves—and others—before, during, and after death. We explore the Tibetan Buddhist views on death, as they describe the detailed stages of dying, what happens after we die, and the process of rebirth. We also tap into the wisdom hospice and palliative care, including Western medical, legal, and practical considerations at the end of life.

In addition, we write our own will, prepare advanced directives, and learn how to put our worldly affairs in order. We also explore the process of grieving and finding meaning in suffering, and learn compassion practices that support us and others through the process of dying, grieving, and after death.

**Darci Meyers, MA**, worked as a hospice director for six years, and has experience in health education, grief and bereavement support and education, and spiritual care. She currently works as a hospice chaplain in Boulder, Colorado and serves as the national coordinator for Rigpa's Spiritual Care Education Program.



**Andrew Holecek, DDS**, is on the faculty of the Ngedon School of Buddhist Studies and is founder of the Death College, a venue for the study and practice of Tibetan thanatology. He writes a column on death and dying for Bodhi Magazine, and has completed the traditional Tibetan three-year meditation retreat.

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