

DYING AS BEST ONE CAN

Practical teachings for the end of life from Atisha's Seven Point Mind Training *



led by Ken Holmes

**1st - 2nd December, 9.30 for 10am - 4pm
Roselidden Farm, Trevenen Bal, Helston, TR13 OPT
Suggested donation £40 for the weekend, £25 per day**

Of the various Buddhist teachings helping one prepare for death, the most appropriate and successful for the modern Western practiser are those from Atisha's famous Seven Points. Ken will take us through the various areas of very practical work, dealing with family, possessions and relationships on the outside but mainly one's own experience and thoughts on the inside. The course will include a simulation of a peaceful death. Although vital for anyone engaged in the Seven Points process, this retreat will contain much helpful advice, reflection and practice accessible to anyone. Our experience is that it not only prepares for death but awakens one brilliantly to life.**

* Point Four presents the Five Powers used in this life and has a special section for applying the Five Powers at the time of death. ** Please note this is not a training in bardo (intermediate state after death) practices but one focused on what to do up to and including the moment of death.

Ken's life is spent teaching dharma and meditation in Samye Dzongs in Europe and Africa, as well as occasionally interpreting for visiting Tibetan lamas. He was a founder member of the Scottish Inter-Faith Council and has worked with the British Cabinet Office and the European Community on training programmes. In 2002, he represented Buddhism at meetings in Brussels to discuss religious representation in the new European constitution.

Ken's travels through the Middle East and Afghanistan took him to India and on to Kagyu Samye Ling in Scotland, which has been his base for the past 45 years. His life has been devoted to making Tibetan Buddhist meditation and philosophy available to the Western world and to assisting the late Akong Rinpoche. With his wife Katia, he has co-translated some of the main Kagyu teaching texts into English, as well as much of the liturgy used in daily practice. Ken's main dharma teachers included the 16th Karmapa, the Tai Situpa, Gyaltsab Rinpoche, Akong Rinpoche, Khenchen Thrangu Rinpoche and Khenpo Tsultrim Gyamtso Rinpoche.

**Non-residential, with accommodation available for those traveling from afar.
Please bring vegetarian lunch to share - thank-you.**

For further information and booking please contact sophie@gearmill.org