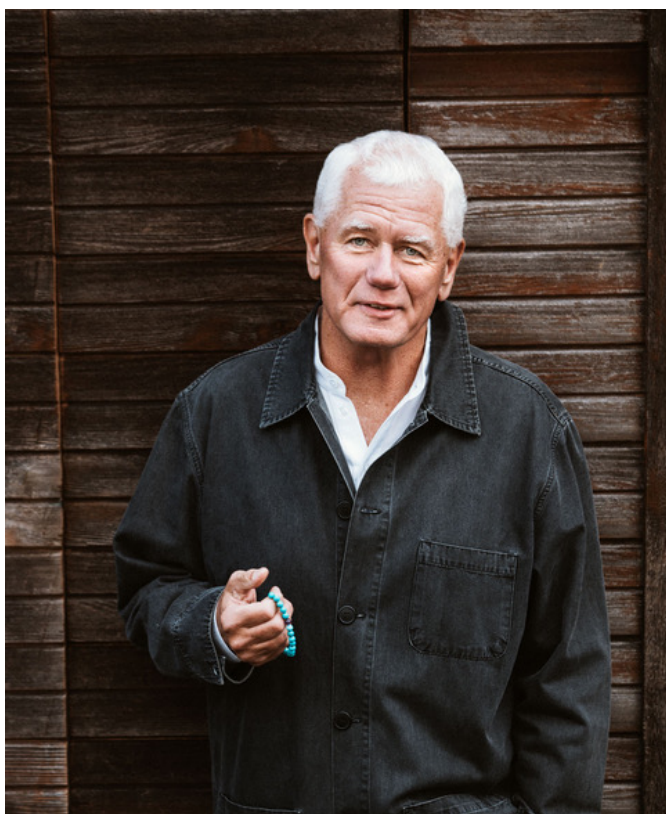


# Special Guest Speaker

# Frank Ostaseski

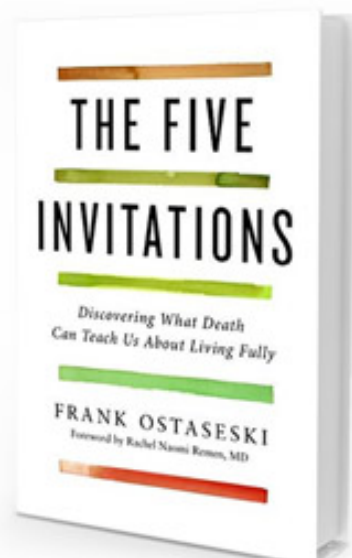
Sunday, November 3

## Don't Wait



Death is the secret teacher hiding in plain sight. She helps us to discover what matters most. And the good news is we don't have to wait until the end of our lives to realize the wisdom that death has to offer. Embracing the truth that all things inevitably must end encourages us not to wait in order to begin living each moment in a manner that is deeply engaged. We learn to not hold our opinions, our desires, and even our own identities so tightly. We become kinder, more compassionate, and more forgiving.

**Don't wait** is a pathway to fulfillment and an antidote to regret.



**Frank Ostaseski** is an internationally respected Buddhist teacher, visionary founder of the Metta Institute and cofounder of the Zen Hospice Project, the first Buddhist hospice in America. He has lectured at Harvard Medical School, the Mayo Clinic, Wisdom.2.0 and teaches at major spiritual centers around the globe. He has established a longstanding model for mindful and compassionate care, trained thousands of clinicians and caregivers and accompanied over 1000 people through their dying process. His groundbreaking work has been featured on the Bill Moyers PBS series *On Our Own Terms*, highlighted on *The Oprah Winfrey Show*, and honored by H. H. the Dalai Lama. Frank is the 2018 recipient of the prestigious Humanities Award from the American Academy of Hospice and Palliative Medicine. He is the author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*.

Zazen meditation begins at 9:30 am

Talk begins at 11:40 am

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