



The Death Taboo – and beyond

Many of us avoid the reality that whether we know it or not, accept it or not, we are dying. Denying we're dying of course will affect how we die. It also influences how we are living –

because living and dying are just two names for one, indivisible continuum. They are as interwoven as our inhalation and exhalation. If we are afraid of breathing out (dying), we'll be cautious about how much we breathe in during our everyday living.

Not only that: if we are afraid of death, trying to be with someone else when they are dying will be difficult. We may feel awkward, embarrassed, helpless and even guilty that we are well and the other is not. What to say or not mention? What can we do? Facing the death of another means confronting our own impending death: we might even abandon those we love because of all the emotions that visiting them can bring up.

Given all this it is not surprising if, when it's our time to bow out, we are resistant, frightened or angry.

Does it have to be like that?

The short answer is 'No!' By coming to terms with the inescapable (death) we empower ourselves. Fear, in all its different shapes and forms, can be explored – consciously and experientially. Then, our appreciation of life changes drastically. With a new, felt understanding of death, we can be with a dying person at the most profound level, and our own death can be revealed as a time of growth, of revelation and even of transformation.

The OSHO Sammasati Facilitators



Maneesha James, co-founder of OSHO Sammasati, has trained in general, psychiatric and mid-wifery nursing, and is a qualified psychotherapist. She co-facilitates OSHO Sammasati workshops and also offers individual counselling in meditation and any death-related issues.



Sudheer P. Niet brings his extensive professional skills and personal experiences around meditation and dying to his work. He co-facilitates OSHO Sammasati workshops as well as OSHO meditation and OSHO Meditative therapy courses in the OSHO Meditation Resort, India, and around the world.



For more information and to receive our quarterly newsletter, contact us at:

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What if you knew you were dying?

In exploring the mystery of death, one inevitably comes to know what life is, what love is.

(Osho The Dhammapada: The Way of the Buddha)



Workshops,
Meditations & Other Resources
for Living & Dying
in Right-Mindfulness

www.oshosammasati.org



The OSHO Sammasati workshops

What is OSHO Sammasati?

The OSHO Sammasati seminars, webinars, workshops, events, individual sessions and website are designed to promote dialogue about and self-enquiry into living-dying – our own and that of those we love. We work in the UK and also internationally.

Our approach is meditation based. There's a similarity between the metaphysical dying of the separate self in meditation and the body's dying, so meditation is a simple and effective way to become familiar with the 'letting go' of our physical dying.

Sammasati means 'right remembering' or 'right mindfulness'. That 'right remembering' is that we are more than simply a body and mind: we are awareness or consciousness. This is not a belief but the experience available to any regular meditator.

Who is OSHO Sammasati for?

For those of any or no religious/spiritual affiliation who

- * would like to live and die consciously
- * would like to be able to relax while remaining present and alert
- * have any fear around living or dying
- * are already familiar with meditation or who would like to learn how to meditate
- * are (or may become) a carer of the ill or dying



* Living with the Inescapable:

Begin to explore what death means to you, personally. The meditation methods, structures and sharings are interspersed with movement, so that the experience is both profound and uplifting... even joyful.

* The Tantra of Living & Dying:

We use Tantra – the methodology of expansion – to help us move, through love and meditation, beyond the fear of letting go into a space of melting. That experience can transform our experience of our own dying and of being with another in their death.

* An Experiential Enquiry into Death:

This residential workshop is a unique opportunity to consciously face your own death. The experience can affect how you die, how you live post-workshop, and also provide the basis for supporting others in their dying process.

* Doing Dying Differently:

We identify ways to address the psycho-spiritual issues that can come up in facing our own dying or in supporting others through theirs. We'll also practise several simple and profound ways to connect with the dying.

* In Rapport:

Along with basic relating skills, we explore the appropriateness of touch and what body language reveals. We'll also look at being with the other's and your own changing feelings and how to develop a loving, centred presence.

* Grief, Family Dynamics and Care of the Carer:

These important elements centre on how dying impacts those involved with the dying person. We'll also look at practical issues around dying and how they can best be addressed.



The OSHO Sammasati Experience (which is currently available in Dorset, UK) features the last five of the above workshops. It is possible to join individual workshops only or to participate in the whole Experience. Along with 'Squeeze the Juice of Life,' most of these workshops are also available (either individually or as part of OSHO Sammasati Intensive) at the OSHO International Meditation Resort in Pune, India.

"A huge privilege to be prepared for our dying, to learn to relax into it, to cherish it. And in the process of all that, to cherish life!" (Gwen; UK)

To stay updated about all our activities visit:
www.oshosammasati.org



We are available for Talks, Events and Workshops that can be tailored to your organisation's needs, as well as for individual sessions in person, by phone and Skype.