

Receiving the Heavenly Messengers

A 5-week series on aging, sickness, death and awakening

Taught by Ayya Santussika Bhikkhuni and Dr. William Buchholz

Offered twice, either:

Tuesdays 7:00 – 9:00 pm

or

Wednesdays 1:30 – 3:30 pm

January 10 – February 7

January 11 – February 8

At the Health & Wellness Center
749 Brewster Avenue
Redwood City, CA

At Insight Meditation Center
108 Birch Street
Redwood City, CA

The sessions will include Dhamma teachings, small group inquiry and discussion, practices, homework and application of practical tools such as:

- How to make an Advance Directive that actually works
- How to work with your doctors to get the care you want
- How to use self-compassion as you encounter the limits of aging and illness

Commitment to attend all five sessions is essential

No Cost • Donations Welcome • No Registration Required

For more information visit www.karunabv.org/heavenly-messengers-program

Ayya Santussika is a Theravadan Buddhist nun, trained and experienced in pastoral care. She is co-founder and abbess of Karuna Buddhist Vihara in Mountain View.

Dr. William Buchholz practiced oncology for 36 years and Vipassana for 40 years. A graduate of Spirit Rock's 2-year Heavenly Messenger program, he lectures on End of Life care, preparing Advance Directives, and the California law regarding Physician Assisted Death.