

Awakening through Dying

An exploration into the mystery of life.

What is the opposite of death?

Is it life, birth or rebirth?

Why is it that everyone knows they are going to die, and no one believes it?

A brush with death and dying unexpectedly creates a sudden opening where the possibility of deep spiritual transformation can occur. The routine and rhythm is broken, and the *wa* – the comfortable, mundane fabric of life – is disturbed. We are thrust directly into the face of the unknown. All that we have learned and think we know is of little use in the face of vast unknowable mystery. We find ourselves standing, stark naked and alone in absolute poverty.

In this world in this culture, we are sheltered and insulated from experiences of death and dying. This separation of dying from living creates an artificial diversion in the normal flow of life itself. Birth, sickness and death are hidden away where they won't disturb us, where they won't lead us into the darkness beyond the comfort of all we have been taught to believe. We have been robbed of the very things which make us know and appreciate our aliveness.

If you dare to venture into this wilderness, you might find yourself questioning the very ground on which you have learned to stand. You might stumble into an opening of unspeakable grace, mystery and joy.



You will be asked to:

- Leave your beliefs in a basket at the door and open your heart
- Share your heartfelt experiences of death and dying
- Look and identify what it is that you value most
- Find and face your deepest fears
- Drop into the vast emptiness of the soul
- Open your heart to mystery and grace

You will leave with:

- A deeper appreciation for who you are
- A new understanding of the attachments that cause your suffering
- An experience that will change your mind and your life
- A willingness to open your heart and live life to the fullest

**To sign up, call Doshin @ 720.984.9512
Bring your own Organic Lunch**

Rev. doshin mj nelson is a poet, writer, speaker, workshop facilitator, Zen teacher and priest. He is the founder of [Integral Zen, Inc.](#) a Colorado branch of the [Hollow Bones Zen Order](#) and co-founder of the [Poetry of Dying Project](#), an organization that provides workshops and support for those who have been deeply affected by a brush with dying, as well as those who choose to look into the mirror of death and then re-examine the quality and direction of their own lives.

There will be a request for donations--an opportunity for generosity--to support this work