



At Once Here and Disappearing Embracing Uncertainty

with Frank Ostaseski

**Sat., April 29, 2017
8:30 a.m. – 5:00 p.m.**

**Held at: Stillwater Ranch,
6282 Dufort Rd., Sagle, ID**

Everyone is welcome. No prior meditation training is necessary to participate.

About the Day

Embracing our own impermanence is a journey, taking us deeper and deeper into contact with the true nature of things. First we accept that things around us change. Then we realize that we, ourselves, are ever changing: our thoughts and feelings, our attitudes and beliefs, even our identities. This appreciation of our transience can lead to an understanding of our interconnectedness to everyone and everything.

Our day will focus on the cultivation of compassion and awareness. These are antidotes for human cynicism and despair that commonly arises in reaction to the challenges of daily living and the turmoil of the world.

About the Teacher

An internationally respected Buddhist teacher, Frank Ostaseski is the visionary cofounder of the Zen Hospice Project and the Metta Institute. He teaches at major spiritual centers around the globe including the Spirit Rock Meditation Center, the Upaya Zen Center and more. Frank serves as the Guiding Teacher of the Sandpoint Sangha.

His groundbreaking work has been highlighted on *The Oprah Winfrey Show*, featured by Bill Moyers in a television series and honored by H.H. the Dalai Lama. He is the author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*.

More info: fiveinvitations.com

A Day of Insight Meditation with Frank Ostaseski, April 29, 2017

Costs: \$55.00 per person. The registration fee covers Frank's transportation costs, **Please bring a bag lunch.** Coffee, tea & dessert will be provided.

Participants contribute **Dana** (a Buddhist term for freely offered generosity or donation) to support the teacher and teachings.

You may bring a meditation cushion or bench. Chairs will be provided.

Directions: From Sandpoint, 11 mi. south on 95, Rt. on Dufort Rd. ~ 6 mil. Left at sign to Stillwater Ranch, 6282 Dufort Rd., Sagle, ID

Pre-registration required

The retreat is purely for the purpose of supporting the participant's meditation practice. It is not to be seen or construed to be a form of psychotherapy or counseling. [SEP]

Registration for April 29, 2017, 8:30 am – 5:00 pm

Please arrive by 8:30 am to settle.

Registration Cost: \$55.00

Name: _____ Phone # _____

Email Address: _____

City and State (no street address needed) _____

Frank will be doing group interviews on Sunday April 30th. Please indicate if you would like to participate in the interviews:

yes _____ and if you have a time preference: AM _____ PM _____

Make check payable to 'The Canary Council'.

Please mail registration and payment to:

The Canary Council, P.O. Box 2371, Sandpoint Idaho 83864

About Sandpoint Sangha

The mission of Sandpoint Sangha is to support people in their practice of mindfulness meditation and study of the teachings of the Buddha. We are a diverse, dedicated and widespread practice community that come from all walks of life, all faiths and five different countries. The Sangha is a resource, a community of spiritual friendship that supports us on our journey to discovering an abiding trust in the deeper dimensions of our nature. For more info: <http://sandpointsangha.com/>