

In October 2018, Arnaud is fulfilling a long cherished wish of many. We are very happy that he will present, in Amsterdam, the profound teachings on Life and Death Transitions, that are grounded in the wisdom of the Tibetan Buddhist tradition. The retreat will be practical and will nourish your spiritual ideals and aspirations. Participation for students of all ages is possible. You may join the live retreat in Amsterdam (four live practice sessions per day), or join in through webinar connection for four hours daily. Participants will receive extensive audio recordings of previous presentations on this subject, plus all recordings of this webinar.



Arnaud Maitland

Arnaud Maitland, JD and MA in Tibetan Buddhist Philosophy and Psychology, has been a student of Tarthang Tulku Rinpoche for forty years. Arnaud has led seminars and retreats on Life & Death Transitions since 1977. Arnaud taught a nine month program for Life & Death Transition counselors, gave trainings at Hospices, and counseled many on how to deal with others' or their own certainty of dying.

Life & Death Transitions Webinar/Retreat

Dates: Saturday, October 20, 15.00 hrs
Saturday, October 27, 21.30 hrs
(welcome to stay until Sunday 10.00)

Leader: Arnaud Maitland

Language: English.

Price: € 850 including all (vegetarian) meals.
€ 750 Nyingma cursisten
(Students currently enrolled in
NCN courses or e-courses)

Location: Nyingma Centrum Nederland
Reguliersgracht 25, Amsterdam

Retreat Registration: (incl live webinar sessions)
info@nyingma.nl

Webinar-only Registration:
programs@dharmapublishing.nl
for eight 4-hour webinar sessions,
Oct 20-27, 8.30-12.30 PST

Lodging: Nyingma Centrum Nederland has a limited number of beds available in very basic, shared rooms. Please let us know if you do not have a place to stay in Amsterdam, and are interested to attend. We will do our best to assist you in making your attendance possible.

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Life & Death Transitions Webinar/Retreat with Arnaud Maitland



October 20 - 27th
2018

www.nyingma.nl

NYINGMA CENTRUM NEDERLAND

Life & Death Transitions

Retreat with Arnaud Maitland

How do we respond to time?

Taking life into your own hands

In order to understand and appreciate your potential, you will need to know the context of human life, of your life. If we avoid the implications of time, with change and certainty of death, we cannot know the full context of human life. We know we will die, but we do not know death itself or what lies beyond its boundaries. Most people wake up, take life in their own hands, when they are suddenly faced with death. We too can wake up to time and make the most of life. This webinar will give us theoretical and experiential glimpses of this dynamic of time, and our place in it.

Passage to greater knowledge

We can learn to confront the inevitability of death, acknowledging our fears and uncertainties. This opening awareness might give us the key to unlocking the mysteries of time and reveal a passage to greater knowledge. By learning the process of dying, we may discover what really matters to us, and what we can rely on when facing death or when assisting others.

In order to prepare ourselves, and help others who are in the process of old age, sickness, and possible dementia, we need to understand the process of dissolution, of dying. The Tibetan teachings and Tarthang Tulku Rinpoche's writings speak of a monumental transition. In studying and practicing these insights and suggestions, we can prepare ourselves for these changes and be available for others with great intimacy. We will look back on life and face what we have done with our time. It is never too late to heal and feel complete within.

Daily schedule:

7.00 - 8.00	early morning practice (optional)
8.00-10.00	breakfast and clean-up
10.00-13.00	morning practice session
13.00-14.30	lunch and clean-up
14.30-16.30	private practice/workpractice
16.30-17.30	light supper and clean-up
17.30-21.30	evening live webinar session

'Where have we learned what death is, how to face it unafraid and how to assist others nearing the end of this lifetime?'

Tarthang Tulku in *Knowledge of Freedom*

In the retreat we will use readings from:

- Tarthang Tulku's *Knowledge of Freedom*
- Longchenpa's *Now that I have come to die,*
- Padmasambhava's *Tibetan Book of the Dead – Liberation through Hearing*
- Arnaud Maitland's *Living without Regret*



Life & Death Transitions

Retreat Topics

You will learn to:

- Recognize the stages of dissolution;
- Heal the past;
- Establish what really matters for you in life-death transitions;
- Share with others in the light of the certainty of death;
- Establish your own guidelines for uncertain times to come.

You will learn:

- Ancient and modern approaches to 'Responding to Time'.
- The transitions of living and dying;
- Reflections, Kum Nye, meditations, visualizations, and mantras in preparation for helping others and eventually guiding ourselves; and
- Simple, practical support points for internal balance, extra-sensitivity, openness and compassion.

