



<https://www.buddhistinquiry.org/teacher/mu-soeng/>



<https://www.buddhistinquiry.org/teacher/gloria-taraniya-ambrosia/>



<http://www.andrewolendzki.org/about.html>

Upaya Sangha of Tucson

Winter-Spring, 2019 Study Group

Older and Wiser: Classical Buddhist Teachings on Aging, Sickness, and Death

Mu Soeng, Gloria Taraniya Ambrosia, Andrew Olendzki

Participation will be profitable for dharma practitioners now into old age;
it will be profitable for dharma practitioners who expect to arrive at old age;
it will be profitable for dharma practitioners, young or old, who wish to die well.

While *Older and Wiser: Classical Buddhist Teachings on Aging, Sickness, and Death* is easy reading, discussion of the material may not always give up easy answers.

The authors Mu Soeng, Gloria Taraniya Ambrosia, Andrew Olendzki, practice in the Korean Zen, Thai Forest (Theravada) and early Buddhist (Theravada) traditions, respectively.

The book is organized topically, with each author offering commentary and concludes with questions for readers' contemplation. We'll be discussing such concerns as:

A shift in focus

using the opportunity that aging affords to turn towards spiritual goals

Reflections on one's actions

distinguishing between the virtue of remorse and obstacle of regret

Pleasures

knowing diminished sensual pleasure and pleasure that is freedom from want

Mental fabrication

discerning the distinctions between pain and reactivity to pain

Clarity of mind

recognizing clarity that is independent of a weakened, decrepit or dying body

Letting loved ones go

offering uncomplicated care and companionship to dying loved ones

Taking one's own life

thinking through the complex interplay of intention and transgression

Mourning

Enjoying liberation from within conditions rather than liberation from conditions

REQUIREMENTS: A copy of *Older and Wiser: Classical Buddhist Teachings on Aging, Sickness, and Death*, a computer and email address or a cooperative friend with same.

WHEN:

10:00 AM to 11:30 AM
The 2nd and 4th Thursdays of:
Jan., Feb, Mar., Apr, of 2019

LOCATION: Tucson Community Meditation Center;
1231 E. Edison Tucson, AZ

DIRECTIONS: One block S. of Grant and 2 houses
W. of Mountain Ave.

TO REGISTER:

Mail a \$10.00 check, made payable to Upaya Sangha, to
Christine Johnson at 4145 N. Stone Ave., #102
Tucson, AZ 85705-8807.

Include, in addition to your name, your postal address, email
address & telephone number.

DEADLINE TO REGISTER: December 27, 2018

FEE: \$10.00 (the cost of materials and TCMC
space use contribution). No one will be
turned away due to inability to pay.

CONTACT: Christine Johnson
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