

There is no charge for this event. Voluntary contributions are welcome to support the running of the Brahma Kumaris Centre.

The Brahma Kumaris (BK) is a global network of organisations. The spiritual headquarters in India has general category consultative status with the United Nations Economic and Social Council (ECOSOC), in consultative status with UNICEF and is affiliated to the Department of Public Information (DPI). Founded in 1937 it has associate centres in 120 countries.

Registration for: On Death and Dying

Registration is essential as places are limited and lunch will be provided.

Please register online at: <https://map.tinyurl.com/yd8ypr6r>

Enquiries: (02) 8736 3600 or
bookings.innerspacesyd@au.brahmakumaris.org

How to find Brahma Kumaris, Five Dock:

Bus routes:

From Ashfield train station: 406, 491

From Burwood train station: 490, 492, 530

From Sydney city: 438, 439

Saturday 17 November 2018

10.00am to 4.00pm

Brahma Kumaris Australia,

181 First Avenue

Five Dock NSW 2016



On Death and Dying

What happens when we die?

The dying process

From denial to acceptance

Spirituality and letting go

Being with someone who is dying

Facing your own mortality

This is a one-day event for health professionals including palliative care workers, GPs, chaplains, volunteers, undertakers, counsellors and those involved with caring for dying friends or family.

There is no script for what to say to people who are dying, and one may be uncomfortable, embarrassed or afraid. With our emotions embedded in our attitudes, beliefs and past experiences we often try too hard to say or do 'the right thing'. Yet, as we honour the dying person, it may be more relevant to be comfortable and natural, and so convey a sense of self that is full of compassion and presence.

Saturday 17 November 2018 10.00am to 4.00pm

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Free Admission but registration required – please see registration details at the end of the flyer.

On Death and Dying is concerned with the conscious process of dying, the journey itself, spiritual aspects of care, and reverence for the eternal and the sacred. By the end of the event participants will have explored a range of responses when in the presence of someone who is dying.

SPEAKERS:



Ann Barbato

Ann has worked as a counselling psychologist for 30 years in private practice and at Macquarie University and the University of New England. As well as co-facilitating the Midwifing Death Correspondence Course and other workshops on death and dying with Michael, she does bereavement counselling, teaches yoga and meditation and facilitates personal growth groups.



Michael Barbato

Michael is a retired palliative care physician now engaged in death literacy programmes for carers. He has a long-standing interest in unusual experiences around the time of death, unconsciousness and the experience of dying. He and his wife Ann facilitate a Midwifing Death Correspondence Course. He is the author of three books on death and dying.



Maree Cole

Maree Cole has been a nurse for 40 years with a passion for Palliative Care. She has previously worked as an RN providing home and hospice care for people in the last days of life. She is both empathic and practical, bringing spirituality and presence to her clients and their families. Maree is known for her capacity to bring a spiritual conversation to homes and communities.



Dr Roger Cole

Oncologist and palliative care physician, Roger Cole has been caring for the terminally ill for the last thirty years. He became an Associate Professor of Palliative Care for the Illawarra Region of NSW between 1992 and 2010. During this time he wrote three books, of which Mission of Love has become an international bestseller being published in a number of overseas countries.



MC: Charlie Hogg

Charlie is the National Coordinator (Chief Executive) of Brahma Kumaris Australia (BKA) and the Chairman of its Board of Directors. He is also an active member of the Brahma Kumaris international coordinating group, responsible for major international projects and the organisation's global network of centres' administrative direction. He travels extensively and has visited more than 80 countries as a speaker at international conferences.



Petrea King, CEO & Founder, the Quest for Life Foundations.

Petrea is a naturopath, meditation and yoga teacher who confronted her own mortality at the age of 32 when she was diagnosed with acute myeloid leukemia. Petrea was told she would die within three months. Petrea has journeyed with hundreds of people facing their mortality and accompanied many of them to the 'threshold' of death.



Peter Ramster

Peter Ramster is a retired clinical psychologist, author and filmmaker who began practice in the early 1970s. His research, supported by a Near Death Experience of his own, provides a compelling evidence-based commentary on life after death, reincarnation and the roles of dreams and unconscious processes in psychopathology. Peter's films on these topics have received international acclaim and he has appeared on many local and overseas TV programmes.

Programme

- 10.00 -10.30** Registration and morning tea
- 10.30 -10.40** Introduction – Charles Hogg
- 10.40 -11.20** On Death and Dying: Dr Roger Cole and Maree Cole
- 11.20 -11.25** Meditation on Letting Go
- 11.25 -12.05** What happens when we die?
Dr Michael Barbato and Peter Ramster
- 12.05 -12.10** Meditation on The Light of the Soul
- 12.10 -12.50** Being with a dying person. Petrea King and Ann Barbato
- 12.50 -13.00** Moving On Meditation
- 13.00 -13.45** Vegetarian Lunch
- 13.45 -15.00** Concurrent Workshops (small groups) with three alternative themes -
 - 1.** What happens when we die;
 - 2.** Being Present and Compassionate;
 - 3.** Spirituality in Practice
- 15.00 -15.30** Afternoon tea
- 15.30 -16.15** Panel Q+A. All presenters
- 16.15 -16.30** Closure