



# MARANASATI

## Mindful of Death, Alive to Life

Learning to live fully & authentically by accepting with equanimity our own deaths and the deaths of others.

### **We all will die.**

The Buddha advised that this truth should be a daily contemplation in order to understand that the lives of all sentient beings have a beginning, middle and an end.

Coming to terms with the truth of life AND death, brings ease, gratitude and compassion for ourselves and others.

**Registration:** \$50, \$75, or \$100

**2026 Schedule:** January through December, third Sunday of each month at 2pm.

**Where:** In person at the Sacramento Dharma Center.

**Attendance:** You must commit to attend the monthly meetings and complete all assignments. Exceptions are for travel and illness.

**Resources:** A variety of reading material, including "A Year to Live" by Stephen Levine, "Advice for Future Corpses" by Sallie Tisdale, and many other relevant books, articles, sutras, movies, documentaries and guest speakers.

**Class size:** will be limited. **This class has filled up quickly in the past. Sign up as soon as possible.**

**Teacher information:** <https://sactoinsight.org/about-us/faculty/>

**Contact the teacher for additional information:** [diane@sactoinsight.org](mailto:diane@sactoinsight.org)