



## Death, Impermanence, and Climate Change Course

with Nick Boutros

4 Tuesdays; 7:00 - 8:30pm ET

November 15, 22, 29, and December 6

definitely via Zoom; possibly in-person/hybrid

Suggested donation: \$32-80 registration + teacher donation (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)\*

**Description:** Death contemplation is commonly taught in Asia but less commonly taught in the West. In Buddhism, its purpose is to help us grapple with the reality of impermanence and death so that we don't waste the precious time we have on this planet. In these four weeks, we'll study eight death contemplations from the Visuddhimagga, a fifth century meditation manual. We'll pay extra attention not only to how these meditations apply not just to us personally but to the world that we live in, including in the form of climate change, which represents the potential end of life as we know it.

We'll also review practices such as mindfulness of breathing and loving-kindness, which give us strength and courage to face these realities, and we'll regularly examine how we can bring more awareness of impermanence into our daily lives.

Because of the emotionally intense nature of this course material, some previous experience with meditation or self-soothing practice is encouraged. If you're unsure whether you're a good fit for this course, please consult with a mental health professional or meditation teacher (or talk to Nick) before signing up.

**Nick Boutros** has been a Buddhist practitioner for over 20 years, and has practiced in both Vipassana traditions and the Nyingma school of Tibetan Buddhism. He received his Master's from Naropa University in Contemplative Psychotherapy in 2006 and is currently a psychotherapist in Northampton, where he specializes in therapy with LGBTQ+ folk, clinical hypnosis, and in the integration of spirituality and meditation in mental health.

\*Everyone is welcome at all of our offerings, regardless of ability to donate.

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