

# A DAYLONG WITH ROBERT CUSICK

## MINDFULNESS OF DEATH



Photo by [emilio labrador](#)

*When death comes  
like the hungry bear in autumn;  
when death comes and takes all the bright coins  
from his purse*

*to buy me, and snaps the purse shut;  
when death comes  
like the measles-pox*

*when death comes  
like an iceberg between the shoulder blades,*

*I want to step through the door full of curiosity,  
wondering:  
what is it going to be like, that cottage of darkness?  
-- excerpt from When Death Comes by Mary Oliver*

SATURDAY, AUGUST 21ST, 2010, 9:00 AM TO 4:00 PM

AT THE

UNITY CHURCH FELLOWSHIP HALL  
2467 VENEMAN AVE., MODESTO, CA

The Buddha advised that we should remember often that we are of the nature to grow old, we are of the nature to become sick, we are of the nature to die, we will be separated and parted from all that is dear and beloved to us. Being human means that all of us are touched by death - our own and of those we love. This doesn't have to be bad news. Understanding the impermanent nature of life and the inevitability of death can open us up to appreciate and embrace the preciousness of each moment and to let go when we get entangled in the small, unimportant stuff that contributes to our stress and suffering. We can experience life more vibrantly and fully - embracing both the joys and sorrows that come our way.

Please join us for a day of meditation on the topic of mindfulness of death as a subject for contemplation and concentration led by Robert Cusick. There will be periods of guided and silent meditation as well as time for discussion. Please bring a vegetarian potluck dish to share for lunch.

This day is offered freely for all to attend by the Insight Meditation Modesto sangha and Robert Cusick. Donations for Robert and Insight Meditation Modesto are gladly accepted.

**Robert Cusick** is a long time student of Gil Fronsdal. He was a Buddhist monk in Burma, trained by the Venerable Pa Auk Sayadaw. He also trained in the Soto Zen tradition at Tassajara Zen Center in 2001. He participated in the Diamond Heart program with Hameed Ali (A.H. Almaas), in the Sati Center's Buddhist Chaplaincy training and completed the Dedicated Practitioners Program (DPP) at Spirit Rock Meditation Center in 2003, where he served as Retreats Program Manager. Robert is a certified Kripalu Yoga instructor, and sits on the board of directors at the Sati Center for Buddhist Studies.

For additional information, please contact Lori Wong at 209-343-2748 or visit  
<http://insightmeditationmodesto.wordpress.com/>