



February 11: Next Free Live Webcast with Tenzin Rinpoche 'Helping Loved Ones Through Sickness and Death'



Tenzin Wangyal Rinpoche

Join Tenzin Wangyal Rinpoche from your computer for the next free live webcast on **February 11** (Saturday), 3–4:10 p.m., on the topic of "Helping Loved Ones Through Sickness and Death".

This

webcast is Part 6 of a free six-month course on Living With Joy, Dying in Peace. Each webcast is free and open to all!

-The time may come when you feel called to support a friend or loved one through the struggles of aging, sickness and death. According to the Tibetan traditions, to be of true service a helper needs three beneficial qualities: openness, awareness and warmth. In this webcast, Geshe Tenzin Wangyal Rinpoche explains how to:

- Open yourself more fully to your friend or loved one without being driven by fears or expectations.
- Connect more fully with the person, rather than disengaging due to stress, emotion, or compassion fatigue.

- Host the other person in the warmth of loving-kindness, to nurture a genuine sense of acceptance, comfort, protection and trust.

Real-time translation will be offered in as many as 12 languages.

[Access translations here](#)

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