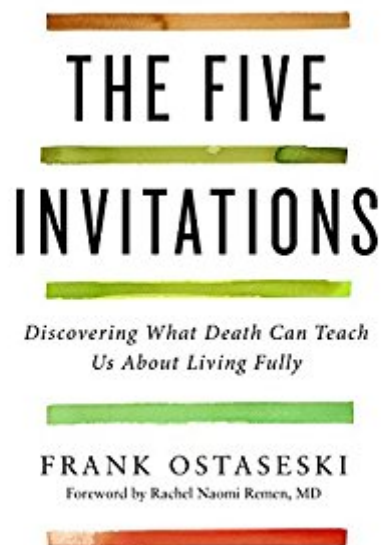




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# The Five Invitations: Discovering What Death Can Teach Us About Living Fully



## Synopsis

Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most. Life and death are a package deal. They cannot be pulled apart, and we cannot truly live unless we are aware of death. The Five Invitations is an exhilarating meditation on the meaning of life and how maintaining an ever-present consciousness of death can bring us closer to our truest selves. As a renowned teacher of compassionate caregiving and the cofounder of the Zen Hospice Project, Frank Ostaseski has sat on the precipice of death with more than a thousand people. In The Five Invitations, he distills the lessons gleaned over the course of his career, offering an evocative and stirring guide that points to a radical path to transformation. The Five Invitations: Don't wait Welcome everything, push away nothing Bring your whole self to the experience Find a place of rest in the middle of things Cultivate "don't know mind" These Five Invitations show us how to wake up fully to our lives. They can be understood as best practices for anyone coping with loss or navigating any sort of transition or crisis; they guide us toward appreciating life's preciousness. Awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life, and letting go of regret. The Five Invitations is a powerful and inspiring exploration of the essential wisdom dying has to impart to all of us.

## Book Information

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## Customer Reviews

Having a daily meditation on reading Five Invitations which is a work of great compassion and story

telling at its richest. I have an inner calling to simply state that this is a work that is a rich harvest. As a death Doula and Hospice volunteer not an arm chair critic it is not a buddhist centric teaching but a universal one. This is a work of inspiration and one that will find it being shared at many a bedside if not in words but in deep reflective moments of heartfelt awakening and presence. Namaste Frank and glad Stephen Levine hooked you as the one in the room.

Please don't be misled by the word "death" on the cover of this book. This book is not about death. It's about life. For this reader, it addresses directly my deep wish to stay fully alive until I draw my very last breath - and how to do that. Brimming with germane, pragmatic examples, inspirational true-life stories, and wise teachings, Frank Ostaseski points my way towards that goal. And, just as important, he offers me new insights into what "fully alive" actually is (and isn't). Most of you who will read this review, and his wonderful book, don't have the privilege, as I do, of knowing Frank personally as a dear neighbor. I regret that. But equally with me, he is available to you in these pages as a loving guide, wise friend, and teacher. Because everything herein - the impeccable integrity, the wisdom, the honestly shared personal insights gained from his work with the dying AND the living, his loving kindness - all of it - is always so...totally. Frank's "Frank". Michael Scott

Frank Ostaseski has been teaching on death and dying for many years, and his compassionate approach to caregiving is an inspiration. His new book, "The Five Invitations", encourages us to savor every moment and live life fully, by opening our hearts and minds to the lessons that death can impart. I highly recommend it for all those who are interested in learning more about this important topic.

This heart opening book is hard to put down. It is a clear and thoughtful invitation to intimacy. The mastery with which Frank Ostaseski weaves deeply personal, real life stories with intellectual discourse gives one a glimpse of seeing life in a new way. It is a truly precious gift.

Few people face death before it's absolutely necessary, but Frank Ostaseski has been doing just that for decades, paving the way for the rest of us to help us through this inevitable event. And now, in addition to offering classes and workshops, he's written this magnificent book, organized around his five invitations. It's a must for anyone working with death - and really, that's all of us. Highly

highly recommended.

This book is what I consider one of the absolute Best. Everybody, and do I mean everybody, should read this powerful, wonderful, wise, life-giving/saving book. I thank the author with all my might.

This book came out just as I was dealing with the illness of a loved one and how it affected our whole family. It was not just a comfort to read but an excellent go to book to assist me in handling what was happening around me and helping me help the others who were caught in the storm. Thank you for your timely entrance into my life. It helped tremendously, and continues to enlighten me every time I pick it up.

If there is any one book to read and find support for being human, it is this one. It is a book to savor, like a cup of tea, taking sips because I don't want it to end. Frank is honest, bares his humanity and has made me a better person by reading it. It is a gift!

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