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**Discovering
What Death Can
Teach Us About
Living Fully**

**The Five
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Discovering
What Death
Can Teach Us
About Living
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~~Frank Ostaseski - The~~
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~~Discovering: What
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About Living # 51 |
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Frank Ostaseski (26
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Watts — Acceptance of
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Lo que la Muerte
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Ram Dass \u0026

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In Frank Ostaseski's
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Discovers this reality,
giving us insights and
wisdom on the nature
of dying but more
importantly on how to
truly live, James R.
Doty, M.D., Professor
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About Living Fully by
Ostaseski, Frank at

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Hospice Project,
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death with more than
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Introduction The Five
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Welcome Everything,

Push Away Nothing;

Bring Your Whole Self

to the Experience;

Don't Wait; Find a

Place of Rest in the

Middle of Things; and

Cultivate a Don't

Know Mind - show

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how death can be the guide we need to wake up fully to our lives. This stunning, unforgettable book offers a radical path to transformation.

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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 in life. Life and death are a package deal.

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Don't Wait; Welcome
Everything, Push
Away Nothing; Bring
Your Whole Self to
the Experience; Find
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Cultivate Don't Know
Mind; The Five
Invitations are
mutually supportive
principles, permeated
with love that are
reliable guides for

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being with dying. And, as it turns out, they have a relevance for all of us in living a life of integrity, meaning and purpose.

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The Five Invitations are just that – the five central offerings

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Ostaseski finds
inherent in the dying
process, five gifts that
the dying may have
and that we may
utilize to be more
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Discovering ; Bring
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experience ; Find a
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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
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transition or crisis;
they guide us toward
appreciating life's
preciousness.

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