

Make End of Life Peaceful

March 6, 2–3:30 p.m. EST

Venerable Bhante Sasana Sarana

[Register via our online form.](#)

Description

One of the earliest schools of Buddhism, Theravada focuses on the central teachings of the Buddha recorded in the ancient language of Pali. Drawing on the wisdom of this tradition, Bhante will provide guidance for end-of-life care. Principally, if one is at the end of life, this tradition encourages the practice of generosity, focusing on virtue and meditation to accumulate good karma. In keeping with this widespread Southeast Asian practice, the Venerable will also discuss how monks have traditionally motivated Buddhist practitioners at the end of life by chanting protective blessings (*paritta* in Pali), which are believed to help generate a peaceful mind.

Teacher's Centre/Temple

Buddha Meditation Centre Greater Toronto Area (Mahamevnawa Buddhist Monastery)

<https://www.meetup.com/meditationGTA/>

Teacher's Tradition

Theravada Buddhism

Teacher's Bio

Bhante Sasana Sarana (known as “Bhante Sarana”) is an engaging and influential teacher of Buddhism and mindfulness meditation. Bhante was ordained in Sri Lanka in 2014 under the guidance of the most Ven. Kiribathgoda Ghanananda Thero in the Theravada Buddhist tradition. He received his higher ordination in 2015 in Sri Lanka. Since then, he has been conducting Dhamma sermons and meditation classes for various groups at the Buddha Meditation Center–GTA. Bhante has also taught Buddhism and meditation at the Buddha Meditation Center in Winnipeg, the University of Manitoba, as well as conducting sermons and mindfulness meditation programs in Toronto and GTA high schools. He has taught Buddhism and meditation to several different countries. In addition, Bhante Sasanasaran is translating Buddhist texts into multiple languages.



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