

## On Your Mark! Are you ready for this final leg?

March 27, 2–3:30 p.m. EDT

**Venerable Yin Kit**

[Register via our online form.](#)

### Description

In order to die mindfully, one has to live mindfully. Death is not the final stage of our stream of lives, it is just one stop in this very long road of existence. Therefore, being prepared to take the final leg of this life depends on how one sees and lives one's life. One needs to develop a mindfulness of impermanence and an understanding of conditioned arising that allows one to see death with a different perspective.

To prepare for Ven. Yin Kit's talk, registrants will receive—in advance of the session—supporting materials on the *Heart Sutra*, *The Buddha's Discourse of the Sutra on the Nirvana of King Siddhodana* and *The Pureland Aspirations*.

### Teacher's Centre/Temple

[Po Lam Buddhist Association](#)

### Teacher's Tradition

Chinese Mahayana

### Teacher's Bio

**Venerable Yin Kit** was 30 years old when her mother died; her passing inspired Venerable Yin Kit to pursue the path she is now on.

“Working long hours in Hong Kong as a medical professional, I realized I could not alleviate all suffering. I vowed to pass on the teachings of the Buddha in English. These are some of the reasons why I became a Buddhist nun in 1992. My teacher, Venerable Sing Yat, sent me to Chilliwack, BC in 1995. Now, I am the head nun of the [Po Lam Buddhist Association](#) and am redeveloping the nunnery into a vihara—a place for nuns and lay people to cultivate compassion and wisdom.

I teach meditation internationally and at home, in schools, at conferences and in prisons. I train volunteers to attend to the dying and those grieving. My life is dedicated to sharing the teachings that are a guide to happiness, peace and freedom. When time allows, I paint or dig in the earth on our organic farm.”



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