

FRANK OSTASESKI

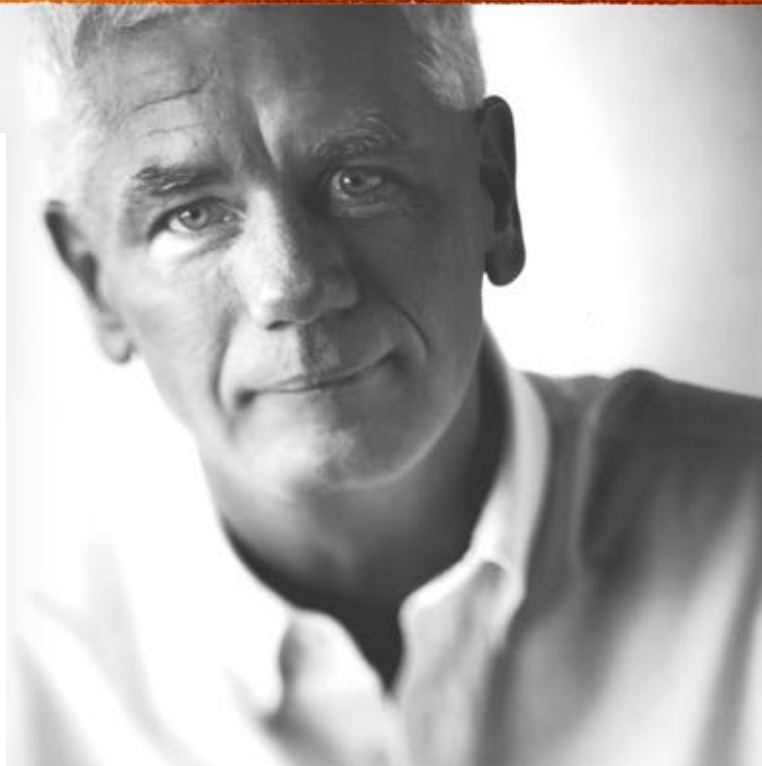
FRANK OSTASESKI is a pioneer in end of life care. In 1987, he cofounded the Zen Hospice Project, the first Buddhist hospice in America. He guided that groundbreaking work for almost 20 years establishing a longstanding model for mindful and compassionate care. In 2005, he founded the Metta Institute training countless healthcare clinicians and caregivers and building a national network of educators, advocates and guides for those facing life-threatening illness.

Frank has dedicated his life to service. It has been fusion of spiritual insight and practical social action. It manifests in caring for the homeless, serving on the early front lines AIDS epidemic, lobbying congress, teaching meditation and most daunting raising four teenagers at the same time.

He has distilled hard-won lessons from his own life journey and synthesized 30 years of being with dying into his personal brand of wisdom. He inspires and engages diverse audiences from Harvard Medical School students, to Mayo Clinic clinicians, and Wisdom 2.0 seekers. His work has been highlighted on *The Oprah Winfrey Show* featured by Bill Moyers on his PBS television series *On Our Own Terms* and honored by H.H. the Dalai Lama.

He is the author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*.

More info:
www.fiveinvitations.com



Frank Ostaseski is a frequent keynote speaker at universities, healthcare organizations and spiritual communities including:

Harvard Medical School
Boston, MA

Mayo Clinic
Rochester, MI

Dartmouth-Hitchcock Medical Center
Lebanon, NH

Spirit Rock Meditation Center
Woodacre, CA

University of Heidelberg
Heidelberg Germany

Wisdom 2.0 Conference
San Francisco, CA

Sloan Kettering Medical Center
New York, NY

National Hospice & Palliative Care Association
Alexandria, VA

Fetzer Institute
Kalamazoo, MI

National Congress of the Italian Society of Palliative Care
Trieste, Italy

Naropa Institute
Boulder, CO

Long Now Seminars
San Francisco, CA

Upaya Zen Center, Being with Dying Program
Santa Fe, NM

RIGPA International,
Germany, England, France, Switzerland

National Hospice Association
Ljubljana, Slovenia

Numerous State and Local Hospice Organizations