



*Frank Ostaseski, Former Director of the Zen Hospice Project has developed 5 precepts as companions that we may use while accompanying the dying on their journey. He reminds us that it is not enough to take these as theories, or concepts—that to be understood or realized they have to be **communicated through our actions.***



Welcome everything, push away nothing. . .

We start by creating a receptive environment—one in which what needs to happen, can happen. We open our hearts and minds to the individual who is dying and we encourage residence to take the lead to show us what's most important to them at this most vulnerable time in their life.

We try not to impose judgements and agendas, respecting the individual's need to discover their own way to live until they die.

We appreciate both the difficulty beauty in dying and we always open the door to exploration, but if the individual wants to watch the wheel of fortune on TV that's ok too.

In welcoming everything we don't have to like what's arising, it's actually not our job to approve or disapprove. It's our task to trust to listen and to pay careful attention to the ever changing needs and this takes courage.

At the deepest level, we are being asked to bring forward a kind of fearless receptivity. It begins with our own commitment to notice how we cling to comfort and pull away from suffering.

The poet Rumi has something to say about this:

**Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!**

*This being human is a guesthouse. Treat each guest honourably.
Welcome everything. Push away nothing.*

Excerpt from CD Being a Compassionate Companion: The First Precept: Welcome everything—push away nothing. Frank Ostaseski. Zen Hospice.