

# FRANK OSTASESKI

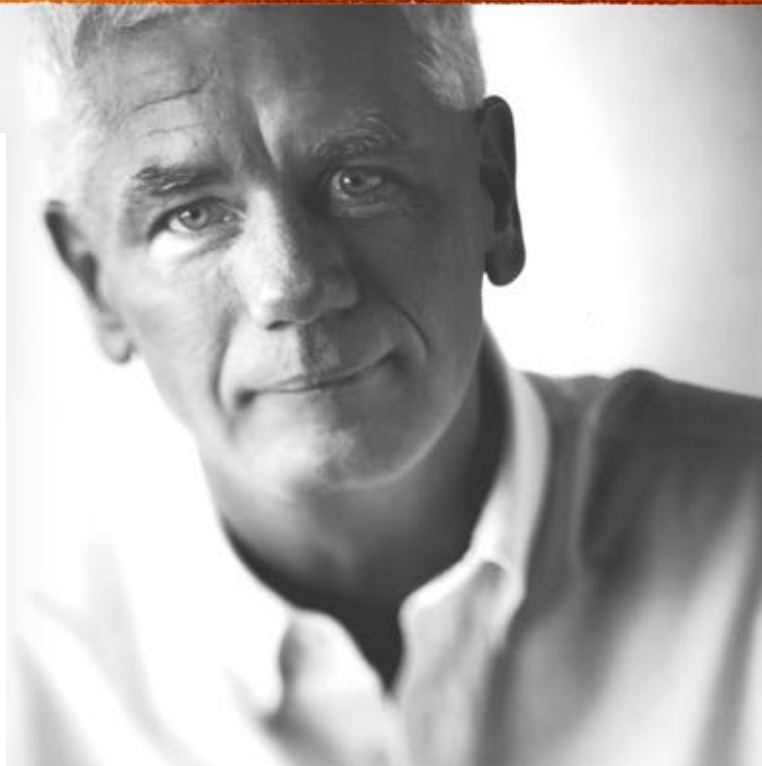
FRANK OSTASESKI is a pioneer in end of life care. In 1987, he cofounded the Zen Hospice Project, the first Buddhist hospice in America. He guided that groundbreaking work for almost 20 years establishing a longstanding model for mindful and compassionate care. In 2005, he founded the Metta Institute 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](http://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**