

Where We Are

Located on the Beara Peninsula in Southwest Ireland, Dechen Shying sits high on a cliff top looking out over the Atlantic Ocean with spectacular views of sea and sky. Situated in the grounds of Dzogchen Beara Buddhist Retreat Centre, Dechen Shying shares all the benefits of this extraordinary setting, both the splendour of the natural environment and the peaceful atmosphere of a place dedicated to spiritual practice.

Our Inspiration

“ . . . to help inspire a quiet revolution in the whole way we look at death and care for the dying and so the whole way we look at life and care for the living . . . ”

| Sogyal Rinpoche

Dechen Shying is a project of *Rigpa's Spiritual Care Education Programme* which was inspired by the vision of Sogyal Rinpoche, author of the spiritual classic *The Tibetan Book of Living and Dying*. It was Sogyal Rinpoche who named the care centre *Dechen Shying*, which means 'Heaven of Great Bliss' in Tibetan.

Dechen Shying is a registered charity (No. CHY9368). Donations to the bursary fund to support those with limited financial resources are gratefully accepted.

Dechen Shying Spiritual Care Centre

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Dechen Shying

SPIRITUAL CARE CENTRE



A place of respite in an environment of peace and outstanding natural beauty where people of all beliefs can come to rest, reflect and find meaning in life and hope in death.

www.spiritualcare.ie



As a small, unique respite home within the palliative care services in Ireland, Dechen Shying Spiritual Care Centre offers specialised care to those living with illness or facing death and to their family and carers. We welcome people from all walks of life and of all faiths or none.

The natural beauty of the Beara Peninsula and the spacious design of the building combine to create an environment of peace for those facing the challenge of serious illness. Guests have the opportunity to rest and reflect, to spend precious time with loved ones and to connect with their own inner resources.



Along with a high standard of physical care, sensitivity to the spiritual and emotional well being of our guests underpins the service offered at Dechen Shying. We aim to provide a place where everyone can discover their own spirituality and find meaning in life and hope in death.

What We Offer

- Care planning for individual and family needs
- Nursing and personal care
- Listening companionship
- Guided meditation and spiritual support
- Massage, therapeutic bath and comfort care
- Bereavement support
- Workshops and seminars

Accommodation

- Four guest rooms with full disability access and private conservatory
- Three guest rooms suitable for family, friends and carers
- All rooms en-suite and suitable for single or double occupancy
- Fully equipped modern kitchen
- Family dining area
- Cosy lounge with library
- Spacious circular meditation room
- Catering or self catering options

