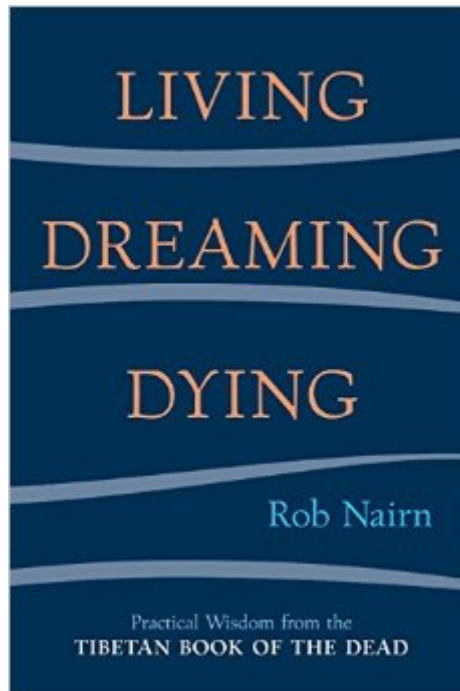


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# Living, Dreaming, Dying: Wisdom For Everyday Life From The Tibetan Book Of The Dead



## Synopsis

The Tibetan Book of the Dead is one of the best-known Tibetan Buddhist texts. It is also one of the most difficult texts for Westerners to understand. In *Living, Dreaming, Dying*, Rob Nairn presents the first interpretation of this classic text using a modern Western perspective, avoiding arcane religious terminology, keeping his explanations grounded in everyday language. Nairn explores the concepts used in this highly revered work and brings out their meaning and significance for our daily life. He shows readers how the Tibetan Book of the Dead can help us understand life and self as well as the dying process. *Living, Dreaming, Dying* helps readers to "live deliberately" and confront death deliberately. One thing that prevents us from doing that, according to Nairn, is our tendency to react fearfully whenever change occurs. But if we confront our fear of change and the unknown, we can learn to flow gracefully with the unfolding circumstances of life rather than be at their mercy. Of course, change occurs throughout our life, but a period of transition also occurs as we pass from the waking state into sleep, and likewise as we pass into death. Therefore the author's teachings apply equally to living as well as to dreaming and dying. Through meditation instructions and practical exercises, the author explains how to:

- Explore the mind through the cultivation of deep meditation states and expanded consciousness
- Develop awareness of negative tendencies
- Use deep sleep states and lucid dreaming to increase self-understanding as well as to "train" oneself in how to die so that one is prepared for when the time comes
- Confront and liberate oneself from fear of death and the unknown

## Book Information

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## Customer Reviews

This book inspired my practice of Tibetan Buddhism. Mr. Nairn makes personal issues universal, and points out remedies for our suffering. He makes his reader want to try these techniques for the reader's own benefit while making it clear how we all benefit from them. This is a truly excellent introduction to Vajrayana Buddhism. Buy two, because you'll want to give one to a friend. I did!

Good book but there are so many possibilities now in the area of Buddhist death awareness studies. I suggest looking into the books written by Tibetan Masters which, however, are not automatically good just because of who wrote them. Ideally, reading should inspire Practice...

Mr Nairn is a wonderful teacher. This book provides a very clear road map to guide one through the thinking of Buddhists in reference to our life, our dreams and what awaits us in death. I appreciated the very grounded explanations of the Tibetan Book of the Dead and the exercises to help one with the work of recognizing our own emotional blockages.

This is a wonderful book, Living, Dreaming, Dying: Wisdom for Everyday Life from the Tibetan Book of the Dead by Rob Nairn. I read it a few years ago and gave the book to my sister who has read it over and over again and loves it. Each time, she finds more wisdom. I am purchasing the book for a second time to read it again.

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