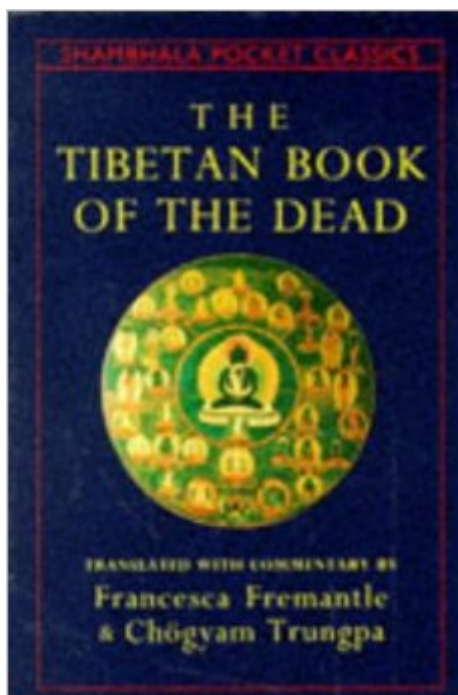


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# The Tibetan Book Of The Dead (Shambhala Pocket Classics)



## Synopsis

In this classic scripture of Tibetan Buddhismâ€”traditionally read aloud to the dying to help them attain liberationâ€”death and rebirth are seen as a process that provides an opportunity to recognize the true nature of mind. This unabridged translation of *The Tibetan Book of the Dead* emphasizes the practical advice that the book offers to the living. The insightful commentary by ChÃ¶ggyam Trungpa, written in clear, concise language, explains what the text teaches us about human psychology. This book will be of interest to people concerned with death and dying, as well as those who seek greater spiritual understanding in everyday life.

## Book Information

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## Customer Reviews

This was my first exposure to the Tibetan book of the Dead. Basically this book is an instructional guide for traveling thru the Bardo; the period or place in which we find ourselves after death, and before incarnating into our next life or form. The book gives a very detailed description of the deities and phenomena one can expect to encounter in the Bardo, and the actions one must take to facilitate an optimal incarnation. It also instructs on the practices that we should engage in while living, to prepare for the Bardo, and therefor have the best out come of that experience. In addition, this is a guide for facilitating and guiding another person thru death and the Bardo. This is a straight forward reading of the book by Gere, it is clear and easy to understand. He is easy to listen to. The descriptions of the various deities get a bit long winded as he describes at least a hundred of them. Some of it is gruesome and down right scary sounding. But the basic thing to remember is, that it

is all emanating from our own mind, and not to be overcome by fear. Exposure to this information, practice and meditation on these deities can help prepare us for this experience. Apparently, if we take the correct actions (or non actions) in the bardo, we may not have to continue in samsara but can go directly to the Buddha state, or at least an incarnation in one of the more pleasant realms. I am fairly new to Tibetan Buddhism, so my interpretations of what I heard may not be a perfect reflection of the actual teachings. But that is how I heard it.

We accidentally ordered this book not realizing it was a pocket edition. We ended up returning it because it did not include the glossary, pronunciation guide, etc. of the full-sized version (which we had to order directly from the publisher as it wasn't available here at .) If you're looking for a pocket edition, though, it's just fine.

Sadly, even amongst some practitioners of other sects and traditions of Buddhism not much is known about the mythology and philosophy of many of the sects and lineages of Tibetan Buddhism. The Venerable Chogyam Trungpa, Rinpoche released many of the teachings of the Kagyu and Nyingma traditions of Buddhism (into which he had been trained and initiated) to the general public and as a result provided a wonderful source of information to the student, practitioner, and teacher of Buddhism.

I've worn out several copies of the Tibetan Book of the Dead - and many have 'disappeared' from my shelf. \*smile\* When I was attending shamanic training, this book was used as a 'textbook' for a two-year course on "conscious deathing". I love Chogyam Trungpa's commentary. When I lived in Boulder (early 1970's), he lived next door while creating Naropa Institute, and I often attended his lectures. It's good to 'see' him again.

I have been listening to these tapes. They are filled with symbols and metaphors. I would recommend getting a friend or a group together to openly discuss some of the content. The understanding will come but in our country we have a very different perspective, not on beliefs. In fact they are almost equal, however the way the material is presented is different. I say that it is an important subject given that we are going to be using this information to a large extent in the future.

This is the Tibetanâ™s Great Liberation Through Hearing in the Bardo. This book deals with the Four Bardos or points of transition and opportunity in the process of birth, death, and rebirth. These

are: The "natural" bardo of this life, the "painful" bardo of dying, the "luminous" bardo of dharmata, the "karmic" bardo of becoming. To understand this is to understand the foundation of Tibetan Buddhism and the whole life-death cycle. For clarity and explanation of The Book of the Dead, and insight into Tibetan Buddhism, one would be well advised to also study a true companion, The Tibetan Book Of Living And Dying " Sogyal Rinpoche (Rider)

What I find amazing about the Tibetan Book is that the sceptics now admit that just before you die, you will go into crazy hallucinations. The Tibetans knew about these apparent hallucinations hundreds of years ago, but they add that the hallucinations carry on after the brain completely stops and the body rots! So hallucinations is the wrong word. We only have proof of the visions because our advanced technology allows the resuscitation of patients who died on the hospital trolley. The Tibetans didn't have our advanced technology to revive the dead, but they still knew about the hallucinations and visions! This is an amazing FACT! If the Tibetans knew about what we are today discovering with science, than is the rest of what they claim true? Anyway, this is the book to read and who knows, science may one day also go beyond the post death state.

Very small book without illustrations but an excellent commentary. makes a wonderful companion to a larger, illustrated text.

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