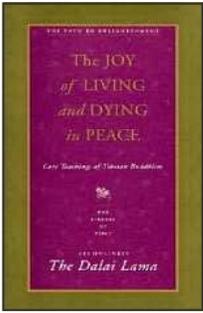


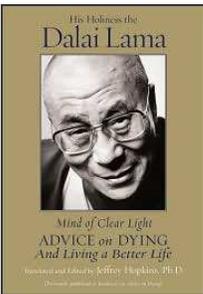
Buddhism, Death & Dying

Our life is precious and can end at any moment. With each breath we breathe out, we never know if we will breathe in again. These books may help prepare our minds for the process of dying, death and the bardo.



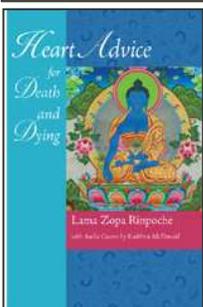
The Joy of Living and Dying in Peace by His Holiness the Dalai Lama

This eloquent missive is a treasury of simple wisdom: a primer for living with purpose and for dying in peace. His Holiness presents his own luminous thoughts and draws upon the wisdom of Buddhism as he expands our understanding of the end of life, and of what it means to be prepared. The way to a good death, he teaches, is to live a good life. Offering direction to further illuminate that path, His Holiness elegantly provides straight-forward lessons and traditional teachings on embracing our human potential, on the acceptance of death and impermanence, and on the achievement of spiritual fulfillment in this life.



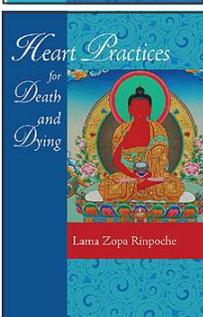
Mind of Clear Light: Advice on Dying and Living a Better Life by His Holiness the Dalai Lama, edited by Jeffrey Hopkins

"Everyone dies, but no one is dead," goes the Tibetan saying. Using a seventeenth-century poem written by a prominent scholar-practitioner, His Holiness the Dalai Lama draws from a wide range of traditions and beliefs to explore the stages we all go through when we die. In this way, His Holiness shows us how to prepare for that time and, in doing so, how to enrich our time on earth, die without fear or upset, and influence the stage between this life and the next so that we may gain the best possible incarnation. As always, the ultimate goal is to advance along the path to enlightenment.



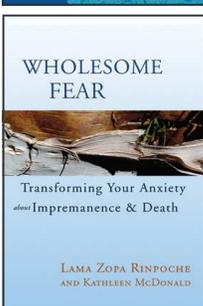
Heart Advice for Death and Dying by Lama Zopa Rinpoche

The Tibetan Buddhist master Lama Zopa Rinpoche has given profound and accessible teachings on death and dying for many years. Recently, he asked that these teachings be made available so that all students – beginner to advanced – have access to this most essential advice for this crucial time of transition from one life to the next. Heart Advice for Death and Dying contains Lama Zopa Rinpoche's essential advice for the time of death and for finding the deepest fulfillment in life. The MP3 disc that accompanies this book contains an audio course consisting of eleven hours of exquisite teachings and meditations on death and dying led by Venerable Sangye Khadro.



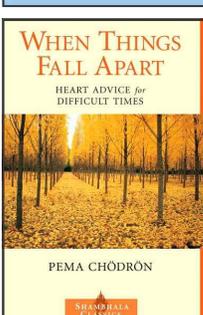
Heart Practices for Death and Dying by Lama Zopa Rinpoche

This book contains advice from Tibetan Buddhist master Lama Zopa Rinpoche on preparing for death and assisting others through this time, and provides a plethora of heart practices to do at the time of death, including the Medicine Buddha puja and the traditional eight prayers done in Tibetan Buddhist monasteries. This book also contains the most powerful mantras to say for those who are dying or who have died, teachings on their precise benefits, as well as a sheet of mantras to place upon the body of one who has died. It contains precious Sutra texts to benefit the minds of those who are dying, to relieve pain, and to purify negative karma.



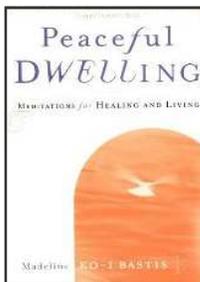
Wholesome Fear by Lama Zopa Rinpoche and Kathleen MacDonald

The subject of death makes a lot of people uneasy. Most of us just don't know much about how to handle and prepare for death, and we may feel anxious and afraid whenever we start to contemplate either the death of a loved one or our own death. But as Lama Zopa Rinpoche, the founder and spiritual director of the FPMT, tells us in this powerful and moving little book, our anxiety can be a "wholesome fear" — one that ultimately enriches and nourishes our life by leaving us no choice but to face difficult truths and live more authentically because of them. Truly, we can use the challenges that surround death and dying as spurs to take up the practices right now that will lead to peace and compassion and joy — ultimately, to a good life, and, when the time inevitably comes, a good death.



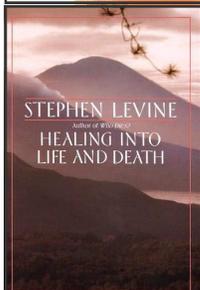
When Things Fall Apart by Pema Chodron

There is a fundamental opportunity for happiness right within our reach, yet we usually miss it—ironically while we are caught up in attempts to escape pain and suffering. Drawn from traditional Buddhist wisdom, Chödrön's radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations. There is only one approach to suffering that is of lasting benefit, Pema teaches, and that approach involves moving toward painful situations with friendliness and curiosity, relaxing into the essential groundlessness of our entire situation. It is there, in the midst of chaos, that we can discover the truth and love that are indestructible.



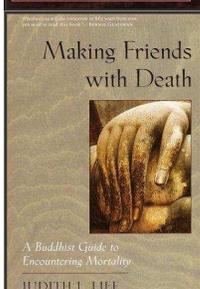
Peaceful Dwelling by Madeline Ko-Bastis

After taking a simple adult education class in meditation, Bastis started to see miraculous results. As she got deeper into the practice of meditation, Bastis wanted to share her discoveries with others. Eventually she became a Buddhist hospital chaplain and a Zen priest. Now she imparts her meditative wisdom, which features: Various meditations for healing all kinds of medical, psychological, or spiritual ailments; Real-life stories to instruct, inspire, and ground readers; Guidance on living and dying in the here and now, while dealing with illness, stress, and suffering; and Making the most out of the present moment.



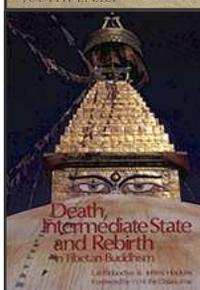
Healing in Life and Death by Stephen Levine

While working with the terminally ill, Levine, director of the Hanuman Foundation's Dying Project, discovered an interesting phenomenon. In preparing for death, many were being healed. Levine also noticed that those who became physically well were often in better health than they had been before. Further study lead him to conclude that the physical healing was a by-product of a new balance of mind and heart. Vivid case histories of patients are used to illustrate how individuals learned to let go, become open to life, and stop struggling against illness, pain, and death. Levine discusses meditation and how to use it to "heal into life and death." Also try Levine's other books, including: **Who Dies?**



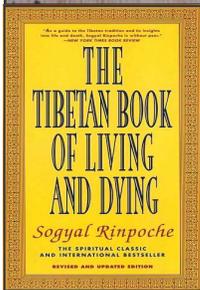
Making Friends with Death: A Buddhist Guide to Encountering Mortality by Judith Lief

Lief offers readers a variety of practical methods that they can apply to their lives and work, including: Simple mindfulness exercises for deepening awareness of moment-by-moment change; Practices for cultivating loving-kindness ; Helpful slogans and guidelines for caregivers to use. Enlightening for anyone interested in coming to terms with their own mortality. Specifically, the contemplative approach presented here offers health professionals, students of death and dying, and people who are helping a dying friend or relative useful guidance and inspiration.



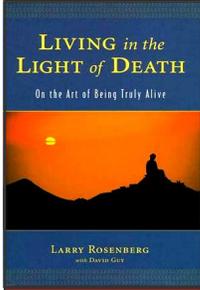
Death, Intermediate State and Rebirth in Tibetan Buddhism by Lati Rinboche

A thorough and detailed examination of the physiological and psychological processes that accompany death, giving readers a solid foundation for further studies in highest yoga tantra. The majority of the book discusses the stages of death, and even includes helpful charts to assist one's learning. The process of entering the intermediate state, the bardo, and taking rebirth are also explained, making this book an excellent addition to any practitioner's library.



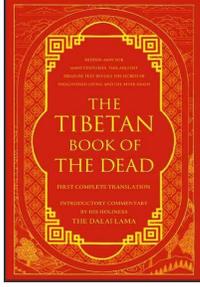
Tibetan Book of Living and Dying by Sogyal Rinpoche

In this major and comprehensive work, Buddhist meditation master and international speaker Sogyal Rinpoche brings together the ancient wisdom of Tibet with modern research on death and dying and the nature of the universe. With unprecedented scope, The Tibetan Book of Living and Dying clarifies the majestic vision of life and death that underlies The Tibetan Book of the Dead. Sogyal Rinpoche presents simple yet powerful practices from the heart of the Tibetan tradition that anyone, whatever their religion or background, can do to transform their lives, prepare for death, and help the dying.



Living in the Light of Death by Larry Rosenberg

This book presents the Buddhist approach to facing the inevitable facts of growing older, getting sick, and dying. These tough realities are not given much attention by many people until midlife, when they become harder to avoid. Using a Buddhist text known as the *Five Subjects for Frequent Recollection*, Larry Rosenberg shows how intimacy with the realities of aging can actually be used as a means to liberation. When we become intimate with these inevitable aspects of life, he writes, we also become intimate with ourselves, with others, with the world—indeed with all things.



The Tibetan Book of the Dead

[Note: there are several different translations / editions of this book.] *The Tibetan Book of the Dead*, whose actual title is "The Great Liberation upon Hearing in the Intermediate State" or "Bardo Thodol", is traditionally believed to be the work of the legendary Padma Sambhava in the 8th century A.D. The book acts as a guide for the dead during the state that intervenes death and the next rebirth. He is considered to be one of the first persons to bring Buddhism to Tibet. The Bardo Thodol is a guide that is read aloud to the dead while they are in the state between death and reincarnation in order for them to recognize the nature of their mind and attain liberation from the cycle of rebirth.

Life, Death and After Death by Lama Yeshe

The essence of this book is teaching Lama Yeshe gave in Geneva in 1983, coincidentally the last year of his life. This was the last teaching in the West he would give, yet he was his usual boisterous, direct, funny, loving and compassionate self, treating the topic of death in his incomparable light, yet serious way. Also included is a teaching from Lama Zopa Rinpoche on cultivating a peaceful mind, and another from Lama Yeshe on transference of consciousness. Available from LamaYeshe.com on a donation basis.