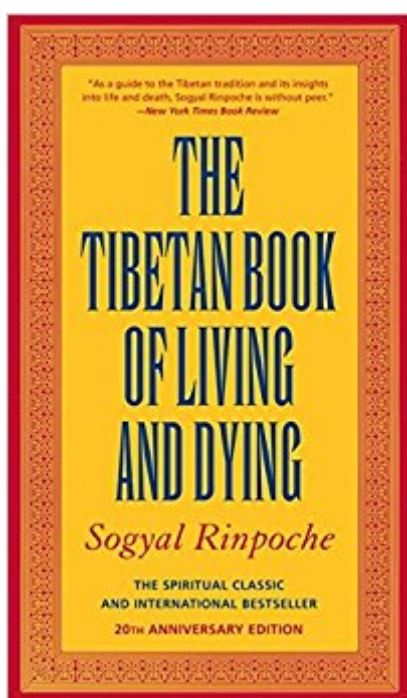


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# The Tibetan Book Of Living And Dying: The Spiritual Classic & International Bestseller: 20th Anniversary Edition



## Synopsis

“A magnificent achievement. In its power to touch the heart, to awaken consciousness, [The Tibetan Book of Living and Dying] is an inestimable gift.” —San Francisco Chronicle A newly revised and updated edition of the internationally bestselling spiritual classic, The Tibetan Book of Living and Dying, written by Sogyal Rinpoche, is the ultimate introduction to Tibetan Buddhist wisdom. An enlightening, inspiring, and comforting manual for life and death that the New York Times calls, “The Tibetan equivalent of [Dante’s] The Divine Comedy,” this is the essential work that moved Huston Smith, author of The World’s Religions, to proclaim, “I have encountered no book on the interplay of life and death that is more comprehensive, practical, and wise.”

## Book Information

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## Customer Reviews

In 1927, Walter Evans-Wentz published his translation of an obscure Tibetan Nyingma text and called it the Tibetan Book of the Dead. Popular Tibetan teacher Sogyal Rinpoche has transformed that ancient text, conveying a perennial philosophy that is at once religious, scientific, and practical. Through extraordinary anecdotes and stories from religious traditions East and West, Rinpoche introduces the reader to the fundamentals of Tibetan Buddhism, moving gradually to the topics of death and dying. Death turns out to be less of a crisis and more of an opportunity. Concepts such as reincarnation, karma, and bardo and practices such as meditation, tonglen, and phowa teach us how to face death constructively. As a result, life becomes much richer. Like Elisabeth Kubler-Ross, Sogyal Rinpoche opens the door to a full experience of death. It is up to the reader to walk through.

--Brian Bruya

This modern interpretation of the Tibetan Book of the Dead outlines a path for spiritual growth.

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Makes the assumption that there's life after death. If you believe there is, then it might speak to you. It didn't to me.

I read this book nearly 20 years ago and remember sobbing after finishing it. I couldn't put my finger on it then, but now realize that I was sensing the depth to which it would effect me and my life. Out of a desire to "come back to" my old Self -- one I have sorely missed lately -- I recently decided to read this book again. (I needed a new copy so that I could make fresh highlights and notations.) I'm amazed to see from where SO many of my "leanings," beliefs, and core values had come. This book had clearly laid the foundation for most -- if not all -- of my long-held interest in/study of alternative medicine and energy healing -- tools I've relied upon and successfully used for nearly two decades. More than that, this book rooted my understanding of "the way things work" in the universe and blended with the teachings of my Christian upbringing to provide me with a rich and unique perspective on how to navigate life and it's challenges. I'll tell you a secret (and non-believers may find this a fluke): Since re-starting this book two weeks ago, I've had many strange and wonderful synchronicities occur that have validated my re-discovering it. Re-reading it seems to be like hitting the "reset" button -- putting me back into the natural flow of life and returning me to the happier, more peaceful person I once was. I wish the same for you as you begin your own journey with Sogyal Rinpoche's masterpiece.

One of the most helpful and profound books I've ever owned. I reread it at times which is something I almost never do:).

Cleared up some question for me and helped me verify and correlate certain information of importance to me.

I feel so at peace when reading this and have learned so much from this book. No fear of death or losing what must be lost to attain a better

For me, setting this book aside, once I started reading it, was a very difficult task. I marveled at how it seemingly reached out to me personally and genuinely changed my particular mindset on the topic at hand. I believe you will share that sentiment as well, once you've read it.

The book contains a host of teachings and techniques especially those for helping a dying person attaining liberation or a better afterlife. An invaluable treatise meant basically for a set of people with yogic mind set. Bardo teachings are Tibet's gift to the world. I pray to God almighty that in the eve of the Satyayuga (believed by many that it has begun from 2014) Tibet comes out from the clutches of Communist China - leaders like Dalai Lama and many others go to the core Tibet leaving their exile and Lhasa becomes a spiritual hub for the entire World dropping its forbidden status! The book is a boon to the world and must read for all.

This book has fallen into my lap twice. And I gave away the first one many years ago because I could not relate to it. But since then, because of my efforts of trying to understand my inner being, I have found this book to be of great beneficial. The topic of death is something which I never really wanted to look into but now, after years of listening to great teachers, I realised that only in understanding death will you understand how important it is to make wise decisions to live a quality life. Every minute is counted. Every minute is a time that will pass if we don't use it wisely. I salute the great Masters of this philosophy. You don't need to be a Buddhist to understand this book. You just need an open mind, an open heart. And the humility that Master Sagyol Rinpoche has brought to this book is something I personally hope to attain.

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