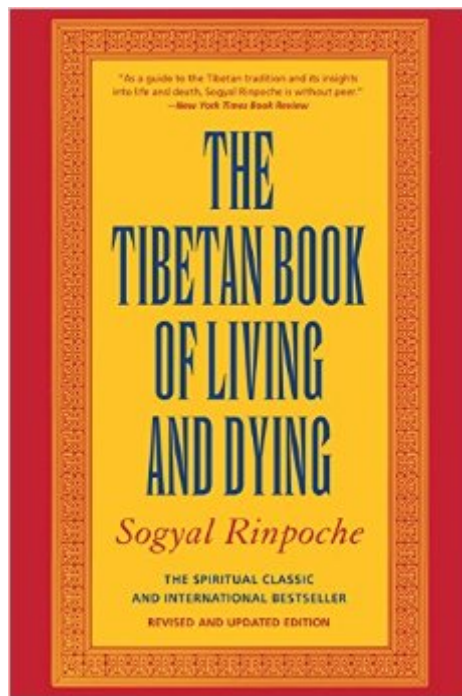


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The Tibetan Book Of Living And Dying: The Spiritual Classic & International Bestseller: 20th Anniversary Edition



Synopsis

â œA magnificent achievement. In its power to touch the heart, to awaken consciousness, [The Tibetan Book of Living and Dying] is an inestimable gift.â •â ”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, â œThe Tibetan equivalent of [Danteâ™s] The Divine Comedy,â • this is the essential work that moved Huston Smith, author of The Worldâ™s Religions, to proclaim, â œI have encountered no book on the interplay of life and death that is more comprehensive, practical, and wise.â •

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Customer Reviews

My bookshelves are filled with books on many topics, including death and dying and spirituality -- this book might be the only book I really need. For years I have thought I must read the Tibetan Book of the Dead -- but whenever I tried, it was much too complicated for me to understand. Sogyal Rinpoche has written this book so that it is easily understood by anyone, even us Westerners, without compromising any of the Buddhist teachings it offers. In essence, we begin to die the moment we are born. We spend this life preparing to die well. Nothing is permanent, but we spend much of our lives filling our time with activities and pursuits that help us elude ourselves into thinking that what we see and touch is all that matters. Sogyal Rinpoche says, "To follow the path of wisdom has never been more urgent or more difficult. Our society is dedicated almost entirely to the

celebration of ego, with all its sad fantasies about success and power, and it celebrates those very forces of greed and ignorance that are destroying the planet. It has never been more difficult to hear the unflattering voice of the truth, and never more difficult, once having heard it, to follow it: because there is nothing in the world around us that supports our choice, and the entire society in which we live seems to negate every idea of sacredness or eternal meaning. So at the time of our most acute danger, when our very future is in doubt, we as human beings find ourselves at our most bewildered, and trapped in a nightmare of our own creation.

This book fully captures the essence of Tibetan Buddhism. I don't claim to be an authority on the subject, but I was born into a Buddhist household that has remained faithful and reverent to both Mahayana and Hiyana traditions of Buddhism. From the information I've had passed on to me by both family and Tibetan Buddhist clergy, this book has never been contradictory to anything lecture I've heard. In fact, everybody seems to recommend it enthusiastically! Essentially, according to Tibetan Buddhism, the purpose of living is to cultivate the mind and purify the body and soul to prepare for death. Westerners may, at first glance, find this philosophy morbid. However, we must remember that reincarnation is integral to Buddhist text (and most world religions, for that matter; the 'one life' theory is actually relatively new). Death is explained as a transitional period, like the end of a chapter to a book. To waste away ones life is like wasting away all your money without care for the future. Basically, this philosophy heavily emphasizes living in the present with thoughtfulness and offers a plethora of Buddhist insight into life and death. It also stresses the urgency of cultivation in a day and age when we disregard life, old age, and disease as trivial matters and nothing that science cannot combat. The Tibetan Book of Living and Dying is written by a Rinpoche. For those who are not familiar with Tibetan titles, a Lama is essentially a monk who has abandond wordly comforts for a spiritual pursuit, and a Rinpoche is a recognized reincarnation of an esteemed Lama. If you are a Buddhist, I highly recommend this book. It is enlightening, insightful, and an absolute must in any Buddhist library.

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