Peaceful Death, Joyful Rebirth (Paperback)

By Tulku Thondup

Shambhala Publications Inc, United States, 2006. Paperback. Condition: New. Annotated edition. Language: English. Brand New Book. Buddhist teachings on facing death with openness and insight, from the author of The Healing Power of Mind—now in paperback. Buddhism teaches that death can be a springboard to enlightenment—yet for all but the most advanced meditators, it will be the gateway to countless future lives of suffering in samsara. Tulku Thondup wrote this guide to help us heal our fear and confusion about death and strengthen our practice in anticipation of this transition, and to help us realize the enlightened goal of ultimate peace and joy—not only for death and rebirth, but for this very lifetime. In simple language, he distills a vast range of sources, including scriptures, classic commentaries, oral teachings, and firsthand accounts. The book includes: - A downloadable audio program of guided meditations (URL provided in the book) - An overview of the dying process, the after-death bardo states, and teachings on why, where, and how we take rebirth - Accounts by Tibetan near-death experiencers (delogs), who returned from death with amazing reports of their visions - Ways to train our minds during life, so that at death, all...

Reviews

Comprehensive guideline! Its such a good read through. It is actually written in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

-- Lonzo Wilderman

This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony anytime of your own time (that's what catalogues are for about when you request me).

-- Ms. Elda Schaden MD