

## [THE TIBETAN BOOK OF LIFE AND DEATH](#)



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The Tibetan Book of Living and Dying, written by Sogyal Rinpoche in 1992, is a presentation of the teachings of Tibetan Buddhism based on the Tibetan Book of the Dead or Bardo Thodol.

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Happiness is Up to You. While the aim of the book is to support people to die a good death and to help each of us experience a peaceful death that will lead to a positive next life, the Tibetan Book of Living and Dying also has many incredible teachings on how to live a happy life.

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### **The Tibetan Book of Living and Dying PDF blog 12min com**

Life and death are in the mind, and nowhere else. Going deep, and digging up those fears, is an inevitable road one must take, to find its true nature. There are several chapters explored in this part such as Impermanence, The Nature of Mind, Bringing the Mind Home, The Innermost Essence, Evolution, Karma and Rebirth, Bardos and The Spiritual Path.

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### **The Tibetan Book of Living and Dying by Sogyal Rinpoche**

The Tibetan Book of Living and Dying is a manual on how to deal with death, but I would argue it has far more to do with life and the living. It is about understanding death and how it will, ultimately, come for all of us.

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### **The Tibetan Book Of Living And Dying A Spiritual Classic**

Written by the Buddhist meditation master and popular international speaker Sogyal Rinpoche, this highly acclaimed book clarifies the majestic vision of life and death that underlies the Tibetan Buddhist tradition.

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### **The Tibetan Book of Living and Dying The Spiritual**

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.

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