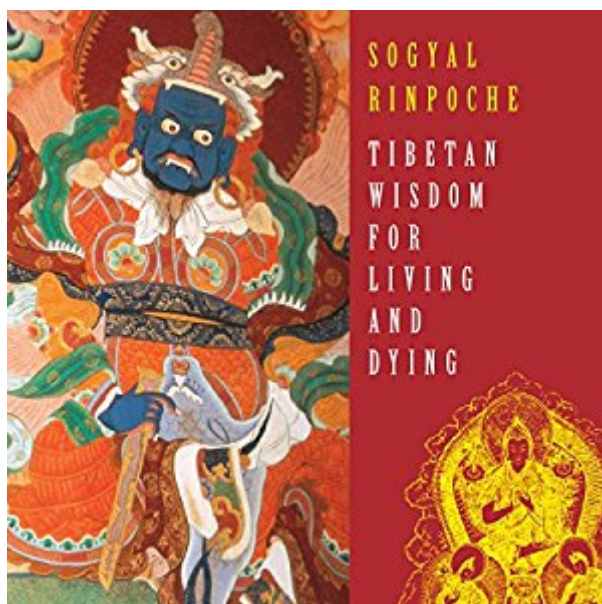


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# Tibetan Wisdom For Living And Dying



## Synopsis

Death Is Like a Mirror in Which the True Meaning of Life Is Reflected Who dies? The answer to this question goes straight to the heart of Dzogchen, a 1,200-year-old school of Tibetan Buddhism that sees impermanence as the very essence of existence. Sogyal Rinpoche grew up in the last generation of Tibetans who learned Buddhism as it was traditionally taught in Tibet. Schooled by his country's most revered masters and later educated at Cambridge, Sogyal Rinpoche is uniquely prepared to bring this ancient tradition to the Western world today. In *Tibetan Wisdom for Living and Dying*, Rinpoche presents a grand and transforming vision of life and death, introducing you to Tibetan practices that can help anyone live fully while preparing for the extraordinary adventure that death offers each one of us. What we call life and death, Rinpoche teaches, are merely shades of the same unbroken wholeness. By daring to see clearly the truth of our lives, and by exploring the part of us that is changeless and eternal, we can face the last moment of life without fear. Masterfully taught, *Tibetan Wisdom for Living and Dying* is both a guide to this inner technology and a sacred document for listeners of all faiths and traditions.

## Book Information

Audible Audio Edition

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## Customer Reviews

A new friend told me about these *Tibetan Wisdom for Living and Dying* tapes, and surprised me with a set to borrow. I was 42 and had just read Sogyal Rinpoche's *Tibetan Book of Living and Dying* cover to cover. It was the single most important book I had ever had in my hands, a book I wanted each of the people I knew and loved to read - preparation for dying which prepares us to make the most of living. I had no idea that hearing Sogyal Rinpoche's voice and laughter would have such a

powerful impact on me. But we are all in different places, and as such, different voices and angles speak to us. So the only way you'll know if he speaks to you is to actually hear him. But I'm going to wager that if you're reading this review, you have enough interest to benefit from these tapes. I found the six tapes so compelling I have listened to them several times, taken notes, repeated sentences to friends, brainstormed about starting a study group to listen to and discuss these tapes, and bought extra copies to give to a couple of local leaders for inspiration in their work. The impact of Sogyal Rinpoche's voice is so amazing compared to just reading the words that I can't recommend it enough - it's great to have words to look over and reflect on, but hearing his voice is like being there with him. If I could have only one set of tapes with me for my whole life, or for the rest of this life, this is what I would choose. Whether you are a devout Catholic, or a pagan, a humanist, or a practicing Buddhist, an intellectual or just a curious soul, this set of six tapes is one of the richest sources of wisdom I have ever known.

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