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*the Borderland: Unabridged*

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Luminous Emptiness is a detailed guide to this classic work, elucidating its mysterious concepts, terms, and imagery. Fremantle relates the symbolic world of the Tibetan Book of the Dead to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living.

Luminous Emptiness: Understanding the Tibetan Book of the ...

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luminous emptiness is a book of Buddhism. It is used as a guide to help understand the Tibetan book of the dead and does a fantastic job doing so. It makes sense of the all the things that might not come clearly to westerners and people looking at Buddhism for the first time.

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~~Luminous Emptiness—Shambhala Publications~~

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The Tibetan Book of the Dead and the masterful guide and commentary to it in the book Luminous Emptiness, provide spiritual teachings that strike to the core of spiritual practice, and are applicable in any situation, particularly in moments and periods of transition. Their basic message is that of continual opportunity, in each moment, in life and in death, to wake up from confusion to basic wisdom and sanity.

~~Luminous Emptiness—Ocean~~

LUMINOUS EMPTINESS is a detailed guide to this classic work, elucidating its mysterious concepts, terms, and imagery. Fremantle relates the symbolic world of THE TIBETAN BOOK OF THE DEAD to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living.

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~~Luminous Emptiness: Essential Instructions for Life and ...~~

Defined as the emptiness of everything other than the continuous luminous awareness that is one's own enlightened nature, this distinctive philosophical and contemplative presentation of emptiness is quite different from rangtong—emptiness that lacks independent existence, which has had a strong influence on the dissemination of Buddhist philosophy in the West.

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~~Luminous Emptiness by Francesca Fremantle: 9781570629259 ...~~

Guy Armstrong has been a leading figure and beloved teacher of insight meditation for decades. In this book, he makes difficult Buddhist topics easy to understand, weaving together Theravada and Mahayana teachings on emptiness to show how we can liberate our minds and manifest compassion in our lives.

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~~Emptiness: A Practical Guide for Meditators by Guy ...~~

Luminous Emptiness by Hang Massive, released 08 September 2018 1. End of Sky 2. Warmth of the Sun's Rays 3. The Secret Kissing of the Sun and Moon 4. Luminous Emptiness 5. Heritage of Queens and Kings 6. Sudden 7. Moon's Reflection on Countless Ponds

The Tibetan Book of the Dead, a best-seller for three decades, is one of the most widely read texts of Tibetan Buddhism. Over the years, it has been studied and cherished by Buddhists and non-Buddhists alike. Luminous Emptiness is a detailed guide to this classic work, elucidating its mysterious concepts, terms, and imagery. Fremantle relates the symbolic world of the Tibetan Book of the Dead to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living. According to the Buddhist view, nothing is permanent or fixed. The entire world of our experience is constantly appearing and disappearing at every moment. Using vivid and dramatic imagery, the Tibetan Book of the Dead presents the notion that most of us are living in a dream that will continue from lifetime to lifetime until we truly awaken by becoming enlightened. Here, Fremantle, who worked closely with Chögyam Trungpa on the 1975 translation of the Tibetan Book of the Dead (Shambhala), brings the expertise of a lifetime of study to rendering this intriguing classic more accessible and meaningful to the living. Luminous Emptiness features in-depth explanations of:

- The Tibetan Buddhist notions of death and rebirth
- The meaning of the five energies and the five elements in Tibetan Buddhism
- The mental and physical experience of dying, according to the

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Tibetan Buddhist tradition

In *Making Friends with Death*, Buddhist teacher Judith Lief, who's drawn her inspiration from the *Tibetan Book of the Dead*, shows us that through the powerful combination of contemplation of death and mindfulness practice, we can change how we relate to death, enhance our appreciation of everyday life, and use our developing acceptance of our own vulnerability as a basis for opening to others. She also offers a series of guidelines to help us reconnect with dying persons, whether they are friends or family, clients or patients. Lief highlights the value of relating to the immediacy of death as an ongoing aspect of everyday life by offering readers a variety of practical methods that they can apply to their lives and work. These methods include: Simple mindfulness exercises for deepening awareness of moment-by-moment change Practices for cultivating loving-kindness Helpful slogans and guidelines for caregivers to use *Making Friends with Death* will enlighten anyone interested in coming to terms with their own mortality. More specifically, the contemplative approach presented here offers health professionals, students of death and dying, and people who are helping a dying friend or relative useful guidance and inspiration. It will show them how to ground their actions in awareness and compassion, so that the steps they take in dealing with pain and suffering will be more effective.

Buddhist teachings on facing death with openness and insight, from the author of *The Healing Power of Mind*—now in paperback with a CD of guided instructions by the author. Buddhism teaches that death can be a springboard to enlightenment—yet for all but the most advanced

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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 CD of guided meditations
- 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 the phenomena before us will arise as a world of peace, joy, and enlightenment
- Simple meditations, prayers, and rituals to benefit the dead and dying
- Advice for caregivers, helpers, and survivors of the dying

The paperback edition includes an audio CD providing guided instructions by the author on how to visualize Amitabha Buddha in the Pure Realm; how to receive his blessings; how to visualize transforming your body into light and sound at the time of death; how to share the blessings with compassion for all sentient beings; and how to rest in oneness. By becoming intimate with this practice while we're alive, we can alleviate our fear of death, improve our appreciation of this life, and prepare for death in a very practical way, while planting the seeds for rebirth in the Pure Land.

A guidebook through the journey of life and death draws on Tibetan Buddhist traditions and uses lighthearted analogies to introduce the concept of the bardo--the intervals of life, death, and beyond--in order to counsel readers on living a fulfilling life of fearless abandon.



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The Tibetan Book of the Dead is one of the best-known Tibetan Buddhist texts. It is also one of the most difficult texts for Westerners to understand. In *Living, Dreaming, Dying*, Rob Nairn presents the first interpretation of this classic text using a modern Western perspective, avoiding arcane religious terminology, keeping his explanations grounded in everyday language. Nairn explores the concepts used in this highly revered work and brings out their meaning and significance for our daily life. He shows readers how the Tibetan Book of the Dead can help us understand life and self as well as the dying process. *Living, Dreaming, Dying* helps readers to "live deliberately"--and confront death deliberately. One thing that prevents us from doing that, according to Nairn, is our tendency to react fearfully whenever change occurs. But if we confront our fear of change and the unknown, we can learn to flow gracefully with the unfolding circumstances of life rather than be at their mercy. Of course, change occurs throughout our life, but a period of transition also occurs as we pass from the waking state into sleep, and likewise as we pass into death. Therefore the author's teachings apply equally to living as well as to dreaming and dying. Through meditation instructions and practical exercises, the author explains how to:

- \* Explore the mind through the cultivation of deep meditation states and expanded consciousness
- \* Develop awareness of negative tendencies
- \* Use deep sleep states and lucid dreaming to increase self-understanding as well as to "train" oneself in how to die so that one is prepared for when the time comes
- \* Confront and liberate oneself from fear of death and the unknown

In *Awakening the Luminous Mind*, meditation teacher Tenzin Wangyal Rinpoche guides you to

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find refuge within instead of searching for support outside of yourself. Using the heart instructions of Dawa Gyaltzen, an 8th-century Tibetan meditation master, as a vehicle to guide contemplative practice, Tenzin Wangyal Rinpoche opens your eyes to the gifts hidden in your ordinary experiences. The meditations presented in the book and on the accompanying audio download provide a direct way to meet the challenges of life as we encounter them. Fully incorporating these practices into daily life will help you open and transform your perceived limitations into unlimited possibilities. They will help you dissolve self-doubt and self-judgment, and discover the wisdom and light inherent within you in every moment. Awakening the Luminous Mind completes a series of three books that present meditation instructions and practices to help readers discover the treasury of the natural mind.

Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

We all face death, but how many of us are actually ready for it? Whether our own death or that of a loved one comes first, how prepared are we, spiritually or practically? In *Preparing to Die*, Andrew Holecek presents a wide array of resources to help the reader address this unfinished business. Part One shows how to prepare one's mind and how to help others, before, during, and after death. The author explains how spiritual preparation for death can completely transform our relationship to the end of life, dissolving our fear and helping us to feel open and receptive to letting go in the dying process. Daily meditation practices, the stages of dying and

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how to work with them, and after-death experiences are all detailed in ways that will be particularly helpful for those with an interest in Tibetan Buddhism and in Tibetan approaches to conscious dying. Part Two addresses the practical issues that surround death. Experts in grief, hospice, the funeral business, and the medical and legal issues of death contribute chapters to prepare the reader for every practical concern, including advance directives, green funerals, the signs of death, warnings about the funeral industry, the stages of grief, and practical care for the dying. Part Three contains heart-advice from twenty of the best-known Tibetan Buddhist masters now teaching in the West. These brief interviews provide words of solace and wisdom to guide the dying and their caregivers during this challenging time. *Preparing to Die* is for anyone interested in learning how to prepare for death from a Buddhist perspective, both spiritually and practically. It is also for those who want to learn how to help someone else who is dying, both during the time of illness and death as well as after death.

Anyen Rinpoche's wise and reassuring voice guides readers through the Tibetan Buddhist teachings on death and dying, while providing practical tools for end-of-life and estate planning. *Dying with Confidence* reads like a remarkable how-to guide, laying out in clear and straightforward language the preparations we must make and the best practices to use while dying to further our goal of enlightenment.

A rare, intimate account of a world-renowned Buddhist monk's near-death experience and the life-changing wisdom he gained from it "One of the most inspiring books I have ever read."—Pema Chödrön, author of *When Things Fall Apart* "This book has the potential to

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change the reader's life forever.”—George Saunders, author of *Lincoln in the Bardo* At thirty-six years old, Yongey Mingyur Rinpoche was a rising star within his generation of Tibetan masters and the respected abbot of three monasteries. Then one night, telling no one, he slipped out of his monastery in India with the intention of spending the next four years on a wandering retreat, following the ancient practice of holy mendicants. His goal was to throw off his titles and roles in order to explore the deepest aspects of his being. He immediately discovered that a lifetime of Buddhist education and practice had not prepared him to deal with dirty fellow travelers or the screeching of a railway car. He found he was too attached to his identity as a monk to remove his robes right away or to sleep on the Varanasi station floor, and instead paid for a bed in a cheap hostel. But when he ran out of money, he began his life as an itinerant beggar in earnest. Soon he became deathly ill from food poisoning—and his journey took a startling turn. His meditation practice had prepared him to face death, and now he had the opportunity to test the strength of his training. In this powerful and unusually candid account of the inner life of a Buddhist master, Yongey Mingyur Rinpoche offers us the invaluable lessons he learned from his near-death experience. By sharing with readers the meditation practices that sustain him, he shows us how we can transform our fear of dying into joyful living. Praise for *In Love with the World* “Vivid, compelling . . . This book is a rarity in spiritual literature: Reading the intimate story of this wise and devoted Buddhist monk directly infuses our own transformational journey with fresh meaning, luminosity, and life.”—Tara Brach, author of *Radical Acceptance* and *True Refuge* “*In Love with the World* is a magnificent story—moving and inspiring, profound and utterly human. It will certainly be a dharma classic.”—Jack Kornfield, author of *A Path with Heart* “This book makes me think

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enlightenment is possible.”—Russell Brand

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