

# [PDF] The Tibetan Book Of Living And Dying

## Sogyal Rinpoche - pdf download free book

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### Books Details:

Title: The Tibetan Book of Living an  
Author: Sogyal Rinpoche  
Released: 1994-10-01  
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Pages: 425  
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### **Description:**

In 1927, Walter Evans-Wentz published his translation of an obscure Tibetan Nyingma text and called it the . Popular Tibetan teacher Sogyal Rinpoche has transformed that ancient text, conveying a perennial philosophy that is at once religious, scientific, and practical. Through extraordinary anecdotes and stories from religious traditions East and West, Rinpoche introduces the reader to the fundamentals of Tibetan Buddhism, moving gradually to the topics of death and dying. Death turns out to be less of a crisis and more of an opportunity. Concepts such as reincarnation, karma, and bardo and practices such as meditation, tonglen, and phowa teach us how to face death constructively. As a result, life becomes much richer. Like , Sogyal Rinpoche opens the door to a full experience of death. It is up to the reader to walk through. --*Brian Bruya* --This text refers to an alternate edition.

**From Publishers Weekly** This modern interpretation of the Tibetan Book of the Dead outlines a

path for spiritual growth.

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