

Introduction to The Tibetan Book of Living and Dying by
-Sogyal Rinpoche

I am so fortunate to share studying this book with you. In this Book the path of the Masters is revealed. It truly is not an ordinary book. it is an extraordinary book. When it was released the book's width and depth was far reaching. At the time shocking, now it can be understood that the audience was longing to understand death.

As we study together, I will pose some questions that I found helpful as an inquiry.

When we read what His Holiness The Dalai Lama has said, what stands out in your mind?

1. At the moment of death, that moment of mind activates our virtuous karma. Remember that each moment of mind has a cause. It is the previous moment of mind. Understanding this we can understand just how important the last moment of mind in this life will be. It is the cause of our future. The future is activated by the last moment of mind. If that last moment is virtuous it will be the cause of a similar virtuous result. We can contemplate this deeply. It will naturally bring a strong determination to engage in virtue of body, speech and mind.
2. I also felt inspired that dying can be a profound inner experience if trained and we are aquainted with our mind.
3. His Holiness explained how important it is to help others. Nothing is a greater gift then helping another die with a peaceful and calm mind. When we remember in the Lamrim Chenmo the understanding of the kindness of mother sentient beings, we naturallt want to repay their kindness. The greatest gift is to help others in their dying process. We can be a stable and calm presence when every we wish if we develope our mindfulness. We can teach ourselves to stay in the moment. In each moment we can rest in the contentment of knowing we gave everything we need.

In Sogyal's introduction to the revised addition, he explains his own shock at the widespread interest in this book. He shows us his humility and devotion to his Teacher, and the power of the unbroken lineage of masters.

He explains that this book can be the midway between a living Master and a book.

In our modern time, we are experiencing a slow shift in death awareness. The hospice model is growing in interest, as well as palliative care. We have a long way to go, yet some shift is occurring.

Most humans are uncomfortable talking about death, and avoid thinking about their own death. Spiritual issues are central in the dying process, and care of the dying. We can help others connect to their faith or have confidence in our strong faith.

Sogyal Rinpoche posed the question to imagine, what would this world be like, or could be like, if every action was of love and compassion for each other?

We will stop here in the first chapter.

Enjoy and savor your contemplative time. It is rare to focus our minds toward the vast spiritual realm

I am preparing some audio teachings and will continue to send written questions and assignments. Please correspond to your group email, and if you have personal questions do not hesitate to send to my email, Ihundupchdon@gmail.com .