

# Mind Beyond Death

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An indispensable guidebook through the journey of life and death, *Mind Beyond Death* weaves a synthesis of wisdom remarkable in its scope. With warm informality and profound understanding of the Western mind, the Dzogchen Ponlop Rinpoche makes the mysterious Tibetan teachings on the bardos—the intervals of life, death, and beyond—completely available to the modern reader.

Drawing on a breathtaking range of material, *Mind Beyond Death* shows us how the bardos can be used to conquer death. Working with the bardos means taking hold of life and learning how to live with fearless abandon. Exploring all six bardos—not just the three bardos of death—*Mind Beyond Death* demonstrates that the secret to a good journey through and beyond death lies in how we live. Walking skillfully through the bardos of dream meditation and daily life, the Dzogchen Ponlop Rinpoche takes us deep into the mysterious death intervals, introducing us to their dazzling mindscape. This tour de force gives us the knowledge to transform death, the greatest obstacle, into the most powerful opportunity for enlightenment. With both nuts-and-bolts meditation techniques and brilliant illumination, *Mind Beyond Death* offers a clear map and a sturdy vehicle that will safely transport the reader through the challenging transitions of this life and the perilous bardos beyond death.

*Mind Beyond Death* is an indispensable guidebook through the journey of life and death. Using humorous analogies and his profound understanding of the Western mind, Rinpoche makes the mysterious Tibetan teachings on the bardos—the intervals of life, death, and beyond—completely available to the modern reader. Drawing on a breathtaking range of material, *Mind Beyond Death* shows us how the bardos can be used to conquer death. But the bardos also apply to taking control of life, and learning how to live with fearless abandon. Walking skillfully through the bardos of dream, meditation, and daily life, we then travel deep into the mysterious death intervals and become familiar with their dazzling mindscape. This tour de force gives us the knowledge to transform the greatest obstacle of death into the most powerful opportunity for enlightenment. With nuts-and-bolts meditations and brilliant illumination, *Mind Beyond Death* offers a clear map that will safely transport the reader through the challenging transitions of life and death. Dzogchen Ponlop Rinpoche, born in 1965 in northeast India, was trained in the meditative and intellectual disciplines of Indian and Tibetan Buddhism under the guidance of many of the greatest masters from Tibet's pre-exile generation. He is a widely celebrated teacher, known for his skill in making the full richness of Buddhist wisdom accessible to modern minds, and devotes much of his energy to developing a vision of a genuine Western Buddhism. For more information, go to [www.rebelbuddha.com](http://www.rebelbuddha.com).

#### Other Books

*Living Is Dying*. An insightful collection of teachings about death and dying to help face life's greatest mystery calmly and with equanimity. Lifetimes of effort go into organizing, designing, and structuring every aspect of our lives, but how many people are willing to contemplate the inevitability of death? Although dying is an essential part of life, it is an uncomfortable topic that most people avoid. With no idea what will happen when we die and a strong desire to sidestep the conversation, we make all kinds of assumptions. *Living Is Dying* collects teachings about death and the bardos that have been passed down through a long lineage of brilliant Buddhist masters, each of whom went to great lengths to examine the process in minute detail. Renowned author and teacher Dzongsar Jamyang

Khyentse responds to the most common questions he's been asked about death and dying--exploring how one prepares for death, what to say to a loved one who is dying, and prayers and practices to use as a handhold when approaching the unknown territory of death. Whether you are facing death today or decades from now, preparing for it can help to allay your worst fears and help you appreciate what it means to be truly alive.

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