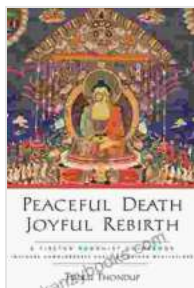


Peaceful Death, Joyful Rebirth: A Tibetan Buddhist Guidebook



Peaceful Death, Joyful Rebirth: A Tibetan Buddhist Guidebook by Tulku Thondup

★★★★☆ 4.6 out of 5

Language : English
File size : 8986 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 402 pages



Embark on a Profound Journey into the Tibetan Buddhist Teachings on Death and Rebirth

Death is an inevitable part of life, but it doesn't have to be a source of fear and anxiety. In this comprehensive guidebook, renowned Tibetan Buddhist teacher Lama Yeshe guides us through the profound teachings of his tradition on death and rebirth.

Drawing on centuries-old wisdom, Lama Yeshe offers practical techniques for preparing for a peaceful death and a joyful rebirth. Through meditation, visualization, and other spiritual practices, we can learn to let go of attachment, cultivate compassion, and create the conditions for a positive transition to the next life.

This book is not only a guide to a peaceful death but also a roadmap to a joyful rebirth. Lama Yeshe teaches us how to cultivate the qualities of mind

that will lead us to a higher realm of existence, where we can continue our spiritual journey.

What You Will Learn in This Book:

- The Tibetan Buddhist understanding of death and rebirth
- Practical techniques for preparing for a peaceful death
- How to create the conditions for a joyful rebirth
- The importance of meditation, visualization, and other spiritual practices
- How to cultivate the qualities of mind that will lead us to a higher realm of existence

Who This Book Is For:

- Anyone who is interested in Tibetan Buddhism
- Those who are facing death or loss
- Anyone who wants to learn more about the meaning of life and death

About the Author:

Lama Yeshe was a renowned Tibetan Buddhist teacher who taught extensively in the West. He was the founder of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide network of Buddhist centers and monasteries.

Reviews:

"Lama Yeshe's teachings on death and rebirth are a profound gift to us all. This book is a practical and compassionate guide that can help us to

navigate the transition from this life to the next with peace and confidence."

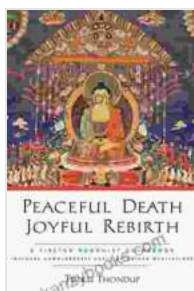
- Gelek Rinpoche, abbot of Namgyal Monastery

"A beautiful and inspiring book. Lama Yeshe's wisdom and compassion shine through on every page." - Thich Nhat Hanh, Zen master and peace activist

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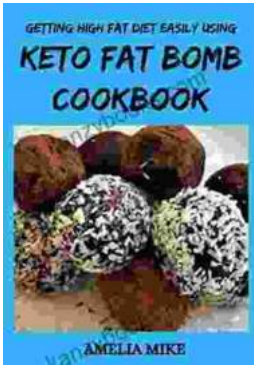
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