



## Living In The Face Of Death (Paperback)

By Glenn H. Mullin

Shambhala Publications Inc, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. Whereas Western society views death as the last taboo, the Tibetan tradition incorporates meditation on death into everyday life. Tibetan Buddhists believe that a conscious awareness of one's own impermanence allows a person to live a happy, fulfilled life. Over the centuries, the Tibetans have developed a wide-ranging literature on death, including inspirational poetry and prose, prayers, and practical works on caring for the dying. This fascinating book presents nine short Tibetan texts. Important writings by the Second, Seventh, and Thirteenth Dalai Lamas and by Karma Lingpa, author of *The Tibetan Book of the Dead*, are included. It covers topics such as meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, and methods for training the mind in the transference of consciousness at the time of death.

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### Reviews

*Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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*This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).*

-- Dr. Everett Dicki DDS