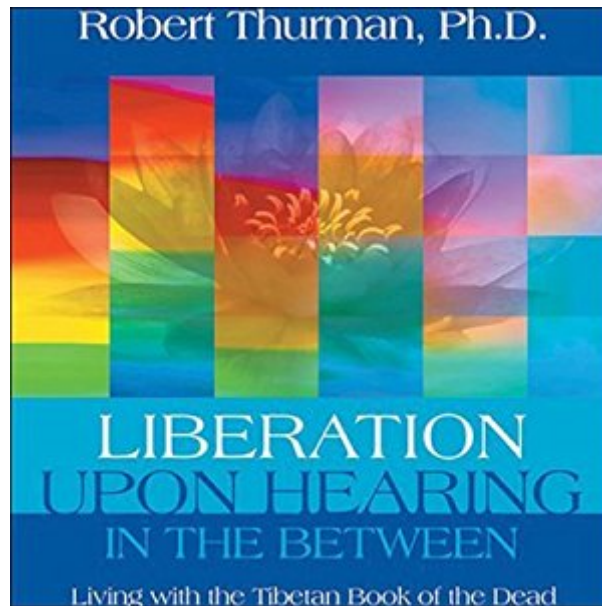


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Liberation Upon Hearing In The Between: Living With The Tibetan Book Of The Dead



Synopsis

One of the 25 most influential people in America according to Time Magazine, and "the leading American expert on Tibetan Buddhism" (The New York Times), Robert Thurman illuminates the Tibetan Book of the Dead with up-to-date insights for modern audiences. For centuries, this text has been read aloud to the dying—who Buddhist masters say are capable of hearing up to three days after clinical death—as a guide through the tumultuous and often terrifying process of dissolution. Now, in *Liberation Upon Hearing in the Between*, Professor Robert Thurman demystifies this esoteric teaching and reveals the Tibetan view of dying: it is not an ending to be feared, but a wondrous and liberating culmination of our life's journey, potentially opening into glorious new beginnings. Entering the bardo—the in-between state in which one reality dissolves and the next has not yet formed—we need not become prey to our fears and hopes. Instead we can relax into our natural clarity and stabilize the journey. And, this treasured teaching is for much more than just changing our understanding of death. Whether we have lost a dear relationship, awoken from a dream, or face the loss of our bodied life, simply hearing these teachings steadies our minds and hearts so that the journey from one state to the next changes from a tragic voyage into a clear adventure through the brilliant sky of great liberation. --This text refers to the Audio CD edition.

Book Information

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Customer Reviews

I love this amazing teaching from Bob Thurman. Professor Thurman is a former monk, founder, of Tibet House, author, scholar and teacher. He holds the first endowed chair of Indo-European

studies as Columbia University. However, if you are looking for a dry, erudite, removed scholarly treatise on the Tibetan Book of the Dead look elsewhere. Bob's lectures are never dry, scholarly or remote. A critic from an older generation once called him the Red Skelton of Tibetan Buddhism, from my generation he's the Robin Williams. Some people are put off by his humor and his irreverence. I find his humor refreshing and bracing. Of course it helps if you dislike the administration of Darth Cheney and the Texas frat boy ex-president as much as Thurman does. As any good teacher, Thurman weaves current events (2005) into his lectures to help make them topical and interesting. He also speaks with great passion. Some find such an approach improper. If so don't buy these CDs. If you are unsure whether to spend the money I suggest listening to a free podcast first and then, if you like his style buy this lecture presentation. The material that Thurman presents is amazing stuff. I've read several books on the Bardo and I really struggle mightily with many of the concepts. This is by far the clearest, the most insightful presentation out there. The guided meditation leads you to the actual visualizations and mind-set needed to practice which he suggests practicing before falling to sleep. Thurman also presents how to practice lucid dreaming, a very useful tool that is covered elsewhere in great depth most effectively by Tenzin Wangyal Rinpoche..

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