

# Luminous Emptiness

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## LUMINOUS EMPTINESS



UNDERSTANDING THE  
*Tibetan Book of the Dead*



FRANCESCA FREMANTLE

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The Tibetan Book of the Dead, a best-seller for three decades, is one of the most widely read texts of Tibetan Buddhism. Over the years, it has been studied and cherished by Buddhists and non-Buddhists alike. Luminous Emptiness is a detailed guide to this classic work, elucidating its mysterious concepts, terms, and imagery. Fremantle relates the symbolic world of the Tibetan Book of the Dead to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living.

According to the Buddhist view, nothing is permanent or fixed. The entire world of our experience is constantly appearing and disappearing at every moment. Using vivid and dramatic imagery, the Tibetan Book of the Dead presents the notion that most of us are living in a dream that will continue from lifetime to lifetime until we truly awaken by becoming enlightened. Here, Fremantle, who worked closely with Chögyam Trungpa on the 1975 translation of the Tibetan Book of the Dead (Shambhala), brings the expertise of a lifetime of study to rendering this intriguing classic more accessible and meaningful to the living.

Luminous Emptiness features in-depth explanations of: The Tibetan Buddhist notions of death and rebirth The meaning of the five energies and the five elements in Tibetan Buddhism The mental and physical experience of dying, according to the Tibetan Buddhist tradition

作者介绍:

目录:

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**标签**

西藏生死书

密宗

佛教

中阴身

Dharma

## 评论

《西藏度亡经》被温慈博士带到西方去后，洋鬼子估计都震惊了——试问有哪个宗教像佛教这样把“临终关怀”服务做成一条龙，如此贴心（笑）但温慈那个版本编排不太好，劈头盖脸就是正文，对于没藏传佛教知识的人来说真心看不懂。这个作者比较贴心，占据全书一半内容的基础知识讲解全放前面了，脉络清晰见地也精准，切入点主要是宁玛派。正文解释主要是依靠象征学，个人不怎么感兴趣，对人类学、印度和西藏文化象征符号学感兴趣的人可以深究。通篇读完还是感叹一下超度祈祷词中折射出来的佛教精神——佛家的子弟啊，在这危险重重机会遍地的中阴之境，不要沉沦于恶业熏习的诱惑，亦不要在可怕的鬼王面前妄自菲薄，你要看清：那些不过是真如投射的幻觉，是自性穿着名为“痴愚”的戏服自编自导的剧（self-display）。了了自性当下即解脱。

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作者是和创巴仁波切共同翻译英文新版《中阴听闻解脱》的弟子。大篇幅地铺垫了很多藏传佛教的基础知识。也很详细地注解了《中阴听闻解脱》的经文。

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