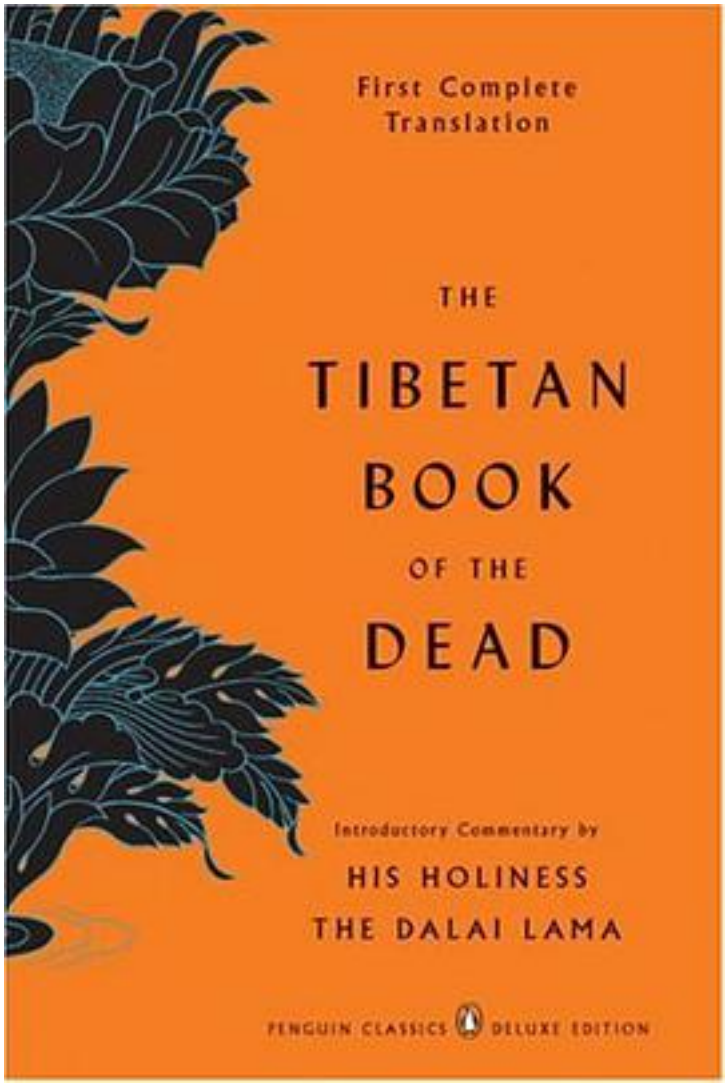
# The Tibetan Book of the Dead

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著者:Karma-Glin-Pa/ Fremantle, Francesca (TRN)/ Trungpa, Chogyam (TRN)/ Rinpoche, Guru/ Fremantle, Francesca/ Trungpa, Chogyam

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In this classic scripture of Tibetan Buddhism—traditionally read aloud to the dying to help them attain liberation—death and rebirth are seen as a process that provides an opportunity to recognize the true nature of mind. This unabridged translation of the Tibetan Book of the Dead emphasizes the practical advice that the book offers to the living. The insightful commentary by Chögyam Trungpa, written in clear, concise language, explains what the text teaches us about human psychology. This book will be of interest to people concerned with death and dying, as well as those who seek greater spiritual understanding in everyday life.

作者介绍:

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## 标签

藏传佛教

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spirituality

death

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(English)

谢谢

## 评论

About how to get through Bardo to reach Buddha state. 终于弄明白《Lincoln in the Bardo》这本书中bardo的状态了

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## 书评

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