



# Tibetan Wisdom for Living and Dying

*Sogyal Rinpoche*

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## Tibetan Wisdom for Living and Dying Sogyal Rinpoche

Death Is Like a Mirror in Which the True Meaning of Life Is Reflected

Who dies? The answer to this question goes straight to the heart of Dzogchen, a 1,200-year-old school of Tibetan Buddhism that sees impermanence as the very essence of existence.

Sogyal Rinpoche grew up in the last generation of Tibetans who learned Buddhism as it was traditionally taught in Tibet. Schooled by his country's most revered masters and later educated at Cambridge, Sogyal Rinpoche is uniquely prepared to bring this ancient tradition to the Western world today.

In *Tibetan Wisdom for Living and Dying*, Rinpoche presents a grand and transforming vision of life and death, introducing you to Tibetan practices that can help anyone live fully while preparing for the extraordinary adventure that death offers each one of us. What we call life and death, Rinpoche teaches, are merely shades of the same unbroken wholeness. By daring to see clearly the truth of our lives, and by exploring the part of us that is changeless and eternal, we can face the last moment of life without fear.

Masterfully taught, *Tibetan Wisdom for Living and Dying* is both a guide to this inner technology and a sacred document for listeners of all faiths and traditions.

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