



# Tibetan Wisdom for Living and Dying

By Sogyal Rinpoche

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## **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.

On *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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### Editorial Review

About the Author

**Sogyal Rinpoche**

Sogyal Rinpoche was born in Tibet, and trained by several revered masters of traditional Tibetan Buddhism. Beginning in 1971 he studied Comparative Religion at Cambridge University in England. Since 1974 he has devoted himself to bringing the blessings of Tibetan Buddhism to the West. Sogyal Rinpoche is founder of the Rigpa Fellowship, which has established Buddhist Meditation centers in six countries. He is the author of the international bestseller *The Tibetan Book of Living and Dying*.

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