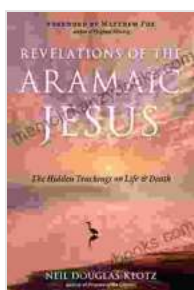


The Hidden Teachings on Life and Death: A Buddhist Perspective on Death and Dying

The Hidden Teachings on Life and Death is a book by Lama Surya Das that explores the nature of death and dying from a Buddhist perspective. The book is based on the teachings of the Tibetan Buddhist tradition, and it offers a unique and insightful look at the process of death and the afterlife.



Revelations of the Aramaic Jesus: The Hidden Teachings on Life and Death by John McCollister

★★★★☆ 4.6 out of 5

Language : English

File size : 6212 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 199 pages

Lending : Enabled



Das begins the book by discussing the Buddhist understanding of death as a natural part of the cycle of life. He explains that death is not to be feared, but rather seen as an opportunity for liberation from the suffering of samsara. Das also discusses the importance of preparing for death by practicing meditation and mindfulness.

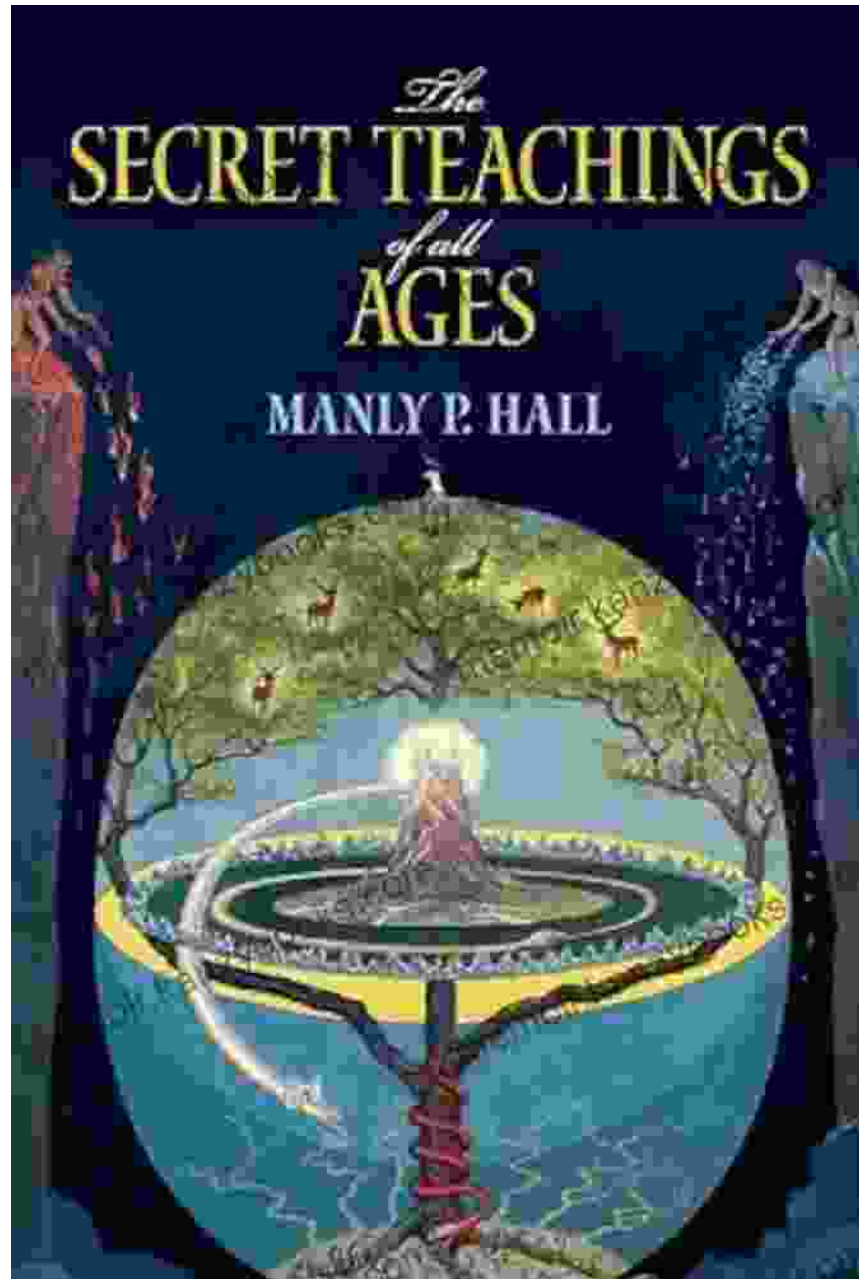
In the second part of the book, Das explores the various stages of the dying process. He describes the physical and mental changes that occur as the body prepares for death. He also discusses the importance of providing spiritual care to the dying and their families.

The third part of the book focuses on the afterlife. Das explains the Buddhist belief in reincarnation and the law of karma. He also discusses the different realms of existence that one can experience after death.

The Hidden Teachings on Life and Death is a profound and moving book that offers a unique and insightful look at the nature of death and dying. Das's teachings are based on the wisdom of the Tibetan Buddhist tradition, and they offer a wealth of practical advice and guidance for those who are facing death or who are grieving the loss of a loved one.

About the Author

Lama Surya Das is a renowned Buddhist teacher, author, and peace activist. He is the founder of the Dzogchen Foundation, a non-profit organization dedicated to promoting peace and compassion. Das has written numerous books on Buddhism, including *The Hidden Teachings on Life and Death*, *Awakening the Buddha Within*, and *Make Me One with Everything*.



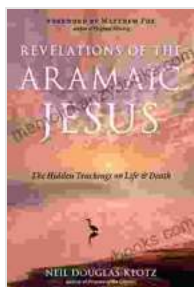
Reviews

"The Hidden Teachings on Life and Death is a profound and moving book that offers a unique and insightful look at the nature of death and dying. Das's teachings are based on the wisdom of the Tibetan Buddhist tradition, and they offer a wealth of practical advice and guidance for those who are

facing death or who are grieving the loss of a loved one." - **His Holiness the Dalai Lama**

"Lama Surya Das has written a beautiful and compassionate book on the subject of death and dying. The Hidden Teachings on Life and Death is a must-read for anyone who is interested in learning more about the Buddhist perspective on death and the afterlife." - **Jack Kornfield, author of A Path with Heart**

"The Hidden Teachings on Life and Death is a profound and moving book that offers a unique and insightful look at the nature of death and dying. Das's teachings are based on the wisdom of the Tibetan Buddhist tradition, and they offer a wealth of practical advice and guidance for those who are facing death or who are grieving the loss of a loved one." - **Sharon Salzberg, author of Lovingkindness**



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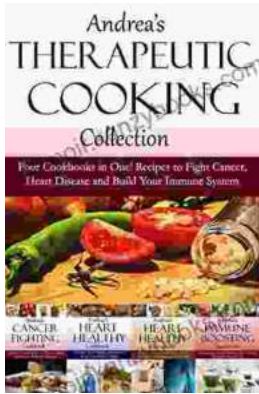
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