



## **Meditations on Living, Dying, and Loss: The Essential Tibetan Book of the Dead**

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# Meditations on Living, Dying, and Loss: The Essential Tibetan Book of the Dead

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One of the most inspiration and compelling works in world literature; *The Tibetan Book of the Dead* presents a visionary exploration of both the after-death state and the inner workings of our perceptual states during life. *Meditations on Living, Dying, and Loss* offers selected extracts from this influential text, focusing on perspectives and insights that are the most relevant to our modern experience of life, death, and loss. Each chapter is prefaced by the editor of the acclaimed unabridged translation, Graham Coleman. Here, in his accessible and moving essays, he illuminates the text's secrets, revealing the immense creativity that deepening out insight into the relationship between living and dying can bring.

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