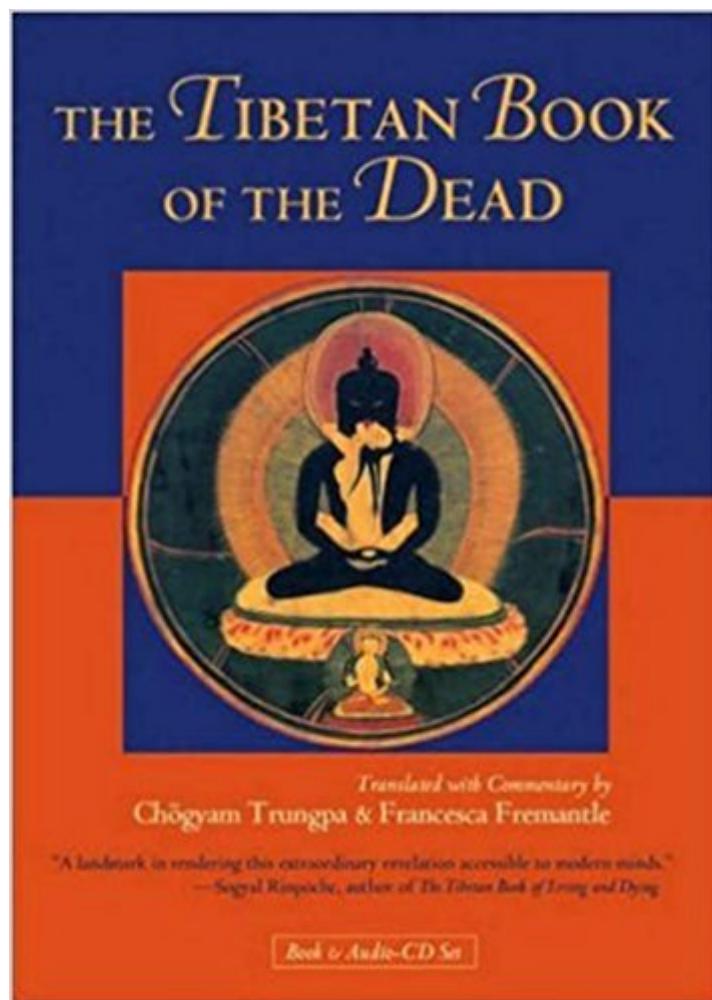


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The Tibetan Book Of The Dead (Book And Audio-CD Set)



Synopsis

In this classic scripture of Tibetan Buddhismâ "traditionally read aloud to the dying to help them attain liberation â death and rebirth are seen as a process that provides an opportunity to recognize the true nature of mind. This book-and-audio set offers a new way to encounter the profound meaning of this sacred text. The package contains a complete edition of The Tibetan Book of the Dead with an introduction by Francesca Fremantle and insightful commentary by ChÃ¶gyam Trungpa, written in clear concise language, that explains the text and offers a psychological perspective on its teachings. Also included here is a set of three audio CDs with an introduction by Fremantle and a translation of The Tibetan Book of the Dead, both read by the actor Richard Gere. 3 CDs, with a 192-page book

Book Information

Paperback: 192 pages

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Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (16 customer reviews)

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Customer Reviews

This supersedes an earlier version that paired a blue-covered "pocket" condensation of the TBoD with a shorter audiotape. While the added material may overwhelm a first-time student of this daunting text, here's some suggestions for how to get the most out of this tape. Read the book first, study its commentary, and then you'll benefit more from hearing it in this eloquent presentation. No book, however, is provided in this unabridged 3-CD set. Listening to this set of recordings can be very beneficial. Provided that one understands the basics of the content first. Unlike many other audiobooks, I'd advise the user to read the book first, perhaps repeatedly, and then let the assured, steady voice of Richard Gere, admirably suited to this formidable set of prescriptions,

encouragement, and cautions from the world beyond, sink in to enhance one's comprehension of this quite disorienting-- literally-- set of precepts for making one's way through the projections of beauty and terror as the spirit encounters the passageways through the days after death. The three CDs begin, disc one, with a brief introduction and the first part that follows the physical death of the body and its entry into the next array of apparitions, projections, and sensations. Disc two takes one through the bardo of "dharmata" into the visions of calm and turmoil. Disc three concludes as the spirit read to fails, presumably, to find freedom and becomes tempted to return to another body; guidance for finding the best match is offered in this dharma of becoming, for another go-around of existence.

An explanation for the buyer: this blue-covered, older version combines a published "pocket" condensation of the TBoD with a shorter tape read by Richard Gere. A longer, unabridged 3-CD version has been released in September 2008 with a yellow cover. This follows the longer translation with commentary published by Shambhala back in 1975, but the book is not included in the yellow-covered CD set (also reviewed by me). Listening to this recording can be very beneficial. Provided that one understands the basics of the content first. Unlike many other audiobooks, I'd advise the user to read the book first, perhaps repeatedly, and then let the assured, steady voice of Richard Gere, admirably suited to this formidable set of prescriptions, encouragement, and cautions from the world beyond, sink in to enhance one's comprehension of this quite disorienting-- literally-- set of precepts for making one's way through the projections of beauty and terror as the spirit encounters the passageways through the days after death. However, I would not start simply by cuing up the tape of this calm, modulated, and well-paced recitation of "The Book of Liberation in the Great Bardo by Hearing," although that's how this medieval Tibetan "treasure-text" is meant to be heard-- spoken by a guru at the deathbed, aloud for the soul that's recently left its body. Why? We in the West nearly all will lack the familiarity that its original audience would have had with the advanced practices in this life meant to prepare the spirit-body for its entry into the complex sounds and visions of the afterlife. This text remains esoteric, challenging, and erudite for Westerners.

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