



# Living, Dreaming, Dying: Wisdom for Everyday Life from the Tibetan Book of the Dead

*Rob Nairn*

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The *Tibetan Book of the Dead* is one of the best-known Tibetan Buddhist texts. It is also one of the most difficult texts for Westerners to understand. In *Living, Dreaming, Dying*, Rob Nairn presents the first interpretation of this classic text using a modern Western perspective, avoiding arcane religious terminology, keeping his explanations grounded in everyday language. Nairn explores the concepts used in this highly revered work and brings out their meaning and significance for our daily life. He shows readers how the *Tibetan Book of the Dead* can help us understand life and self as well as the dying process.

*Living, Dreaming, Dying* helps readers to "live deliberately"—and confront death deliberately. One thing that prevents us from doing that, according to Nairn, is our tendency to react fearfully whenever change occurs. But if we confront our fear of change and the unknown, we can learn to flow gracefully with the unfolding circumstances of life rather than be at their mercy.

Of course, change occurs throughout our life, but a period of transition also occurs as we pass from the waking state into sleep, and likewise as we pass into death. Therefore the author's teachings apply equally to living as well as to dreaming and dying.

Through meditation instructions and practical exercises, the author explains how to:

- Explore the mind through the cultivation of deep meditation states and expanded consciousness
- Develop awareness of negative tendencies
- Use deep sleep states and lucid dreaming to increase self-understanding as well as to "train" oneself in how to die so that one is prepared for when the time comes
- Confront and liberate oneself from fear of death and the unknown



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Have you spare time for any day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the particular Mall. How about open or maybe read a book eligible Living, Dreaming, Dying: Wisdom for Everyday Life from the Tibetan Book of the Dead? Maybe it is being best activity for you. You know beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have some other opinion?

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Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Living, Dreaming, Dying: Wisdom for Everyday Life from the Tibetan Book of the Dead, you are able to enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its named reading friends.

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