



Luminous Emptiness: Understanding the Tibetan Book of the Dead

Francesca Fremantle

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The *Tibetan Book of the Dead*, a best-seller for three decades, is one of the most widely read texts of Tibetan Buddhism. Over the years, it has been studied and cherished by Buddhists and non-Buddhists alike.

Luminous Emptiness is a detailed guide to this classic work, elucidating its mysterious concepts, terms, and imagery. Fremantle relates the symbolic world of the *Tibetan Book of the Dead* to the experiences of everyday life, presenting the text not as a scripture for the dying, but as a guide for the living.

According to the Buddhist view, nothing is permanent or fixed. The entire world of our experience is constantly appearing and disappearing at every moment. Using vivid and dramatic imagery, the *Tibetan Book of the Dead* presents the notion that most of us are living in a dream that will continue from lifetime to lifetime until we truly awaken by becoming enlightened. Here, Fremantle, who worked closely with Chögyam Trungpa on the 1975 translation of the *Tibetan Book of the Dead* (Shambhala), brings the expertise of a lifetime of study to rendering this intriguing classic more accessible and meaningful to the living.

Luminous Emptiness features in-depth explanations of:

- The Tibetan Buddhist notions of death and rebirth
- The meaning of the five energies and the five elements in Tibetan Buddhism
- The mental and physical experience of dying, according to the Tibetan Buddhist tradition

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Patrick Vanmeter:

Spent a free the perfect time to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they performing activity like watching television, likely to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the book untitled Luminous Emptiness: Understanding the Tibetan Book of the Dead can be very good book to read. May be it could be best activity to you.

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The book untitled Luminous Emptiness: Understanding the Tibetan Book of the Dead contain a lot of information on this. The writer explains her idea with easy approach. The language is very easy to understand all the people, so do not really worry, you can easy to read that. The book was authored by famous author. The author brings you in the new period of literary works. It is easy to read this book because you can read on your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice examine.

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