The Tibetan Book Of The Dead: The Great Liberation Through Hearing In The Bardo

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The Tibetan Book of the Dead: The Great Liberation Through Hearing in the Bardo is traditionally a text that serves as a guide for the dead student in the Intermediate State or Bardo Thodol, helping them to cross over to the next life. The text is divided into two main sections: the assembly of the dead (Bardo) and the liberation through hearing (shamatha). The Bardo section describes the various stages of the intermediate state after death, including the experiences of the dying person in the bardo realms. The Liberation section provides guidance through meditation, aimed at achieving liberation from the cycle of rebirth. The Tibetan Book of the Dead is one of the most well-known and widely read works in Tibetan Buddhism. It is often used in funerals and spiritual practices as a way to guide the deceased to a peaceful transition.