

## Contents

Foreword, by His Holiness the Dalai Lama	ix
Introduction to the Revised Edition	xi
Preface	xv

### PART ONE: LIVING

1. In the Mirror of Death	3
2. Impermanence	15
3. Reflection and Change	28
4. The Nature of Mind	42
5. Bringing the Mind Home	57
6. Evolution, Karma, and Rebirth	86
7. Bardos and Other Realities	106
8. This Life: The Natural Bardo	115
9. The Spiritual Path	131
10. The Innermost Essence	154

### PART TWO: DYING

11. Heart Advice on Helping the Dying	177
12. Compassion: The Wish-Fulfilling Jewel	191
13. Spiritual Help for the Dying	213
14. The Practices for Dying	227
15. The Process of Dying	248

### PART THREE: DEATH AND REBIRTH

16. The Ground	263
17. Intrinsic Radiance	278
18. The Bardo of Becoming	291
19. Helping After Death	303
20. The Near-Death Experience: A Staircase to Heaven?	323



PART FOUR: CONCLUSION

21. The Universal Process 343  
22. Servants of Peace 360

- Appendix 1: My Teachers 371  
Appendix 2: Questions About Death 378  
Appendix 3: Two Stories 385  
Appendix 4: Two Mantras 393

- Notes 399  
Selected Bibliography 415  
Acknowledgments 419  
Index 425