CONTENTS

xiii

xv

List of Figures

List of Color Plates

Foreword by His Holiness the Dalai Lama	xvii
Preface	xix
Fermion of the Book	
PART ONE	
PREPARATIONS FOR THE JOURNEY	
CHAPTER 1 • BACKGROUND • 5	
An Outline of Tibetan History	5
Tibet: A Spiritual Civilization	10
Tibet's Present Plight	12
Buddhism in Summary	13
Tibetan Ideas About Death	18
CHAPTER 2 • THE TIBETAN SCIENCE OF DEATH • 2:	3
What Is Death?	23
The Six Realms	29
The Three Buddha Bodies	33
The Body-Mind Complex	35

x · CONTENTS

Stages of Death	41
The Reality of Liberation	45
The reality of Distriction	
CHAPTER 3 • THE TIBETAN ART OF DYING • 5	1
Introduction	51
Ordinary Preparations for Death	52
Extraordinary Preparations	58
The Preliminary Stage	59
Mentor and Initiation	63
The Creation Stage	68
The Perfection Stage	73
CHAPTER 4 • THE NATURAL LIBERATION	
LITERATURE • 83	
The History of the Texts	83
The Sections of the Book	87
ABSING BET AT SACL MARKE	
PART TWO	
THE GUIDEBOOK FOR THE JOURNEY	
The Great Book of Natural Liberation	
Through Understanding in the Between	
CHAPTER 5 • THE BETWEEN PRAYERS • 97	
The Prayer of the Three Body Mentor Yoga	99
The Prayer for Help from the Buddhas and Bodhisattvas	105
The Prayer for Deliverance from the Straits of the Between	108
The Prayer for Refuge from All Terrors of the Between	112
The Root Verses of the Six Betweens	115
	re edi

CHAPTER 6 • THE GUIDEBOOK TO THE BETWEENS • 117

The Prayer of the Reality Between	117
Preliminaries	117
Using The Book of Natural Liberation	119
Recognition of the Clear Light in the Death-point Between	119
The Central Channel Reality Clear Light	120
The Out-of-Body Reality Clear Light	127
The Mild Deity Reality Between	131
The First Day	133
The Second Day	135
The Third Day	136
The Fourth Day	138
The Fifth Day	140
The Sixth Day	141
The Seventh Day	145
The Fierce Deity Reality Between	149
The Eighth Day	149
The Ninth Day	154
The Tenth Day	154
The Eleventh Day	155
The Twelfth Day	156
Orientation to the Existence Between	167
Basic Introduction	167
Powers and Problems of a Between-Being	169
Encountering the Lord of Death	174
Detachment from the Previous Life	177
Avoiding the Dull Lights to Block Rebirth	180
Blocking the Door of the Womb	182
Choosing a Good Womb	187
Taking Refuge in the Three Jewels	195



PART THREE SUPPLEMENTARY TRANSLATIONS

CHAPTER 7 • THE DHARMA PRACTICE, NATURAL LIBERATION OF THE INSTINCTS • 205

xii · CONTENTS

The Actual Visualization	210 211 211 212 216
	211 212 216
Self-Creation	212 216
	216
The Mild Deity Interior Mandala	STATE OF THE STATE
The Scientist Deity Interior Mandala	
The Fierce Deity Interior Mandala	218
CHAPTER 8 • THE NATURAL LIBERATION THROUGH	
NAKED VISION, IDENTIFYING THE INTELLIGENCE • 227	
The Quintessence	228
The Need for This Identification	229
The Detailed Identification	231
The Three-Point Entrance	232
The Forceful Method	234
The Four Inerrancies and Four Nails	236
	237
	237
	238
Mind Is All	240
Glossary	243
Essential Bibliography	277