

Meditation on
The Tibetan Book of the Dead

BARDO

AWAKENING from the DREAM

This new edition is special in that it translates the ancient reading of the Bardo into a language that can be understood by contemporary man.

This BARDO- edition offers a holistic, almost scientific understanding about the neuro-physiological processes in the dying process, the spiritual dimensions of dying, and of the preparation for a conscious death, free from fear and suffering.



The BARDO Meditation is designed to incorporate a lifetime of spiritual practice into the moments of transition we call death. It helps us to chart a path through the states of consciousness as it may be experienced after physical death.

The BARDO reminds the listener to constantly recognize that all phenomena are projections of one's own mind. In this way it attempts to liberate the listener from clinging to old desires and beliefs of separation, which cause fear and self-protection. This encourages the meditator to merge into their original nature.

"Whether death is a few hours away, or a few days or few years, it makes no difference. Just as one prepares for life, one has to prepare for death, too. And the preparation for death I call religiousness. The art of religiousness is the art of preparing for death and dying in such a way that nothing dies - only the body is left behind and you move into eternity."

Osho



Music / Recording: Chinmaya Janke

Text and Voice: Veetman

Production and Distribution: Institute for Living and Dying
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seminars, retreats and trainings: | www.living-dying.com



4 Audio
CD Set

BARDO

The Tibetan Book of the Dead



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Veetman | Chinmaya

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4 CD-Set 1000 180 min Stereo Dolby.

OSHO says about the BARDO: "You are laying a foundation for a new life, which will be a totally different life. It will be your last life, because anybody who is dying consciously, who uses the gap to have a taste of absolute purity, enters into the womb alert, is born alert. His enlightenment is guaranteed by nature; he has the seed, the foundation." OSHO - **Path of the Mystic**

How to utilize these CDs:

This version of BARDO refers to Osho as a spiritual master, a protection and guide. In reality the master is just a reflection of your own spiritual nature. Feel free to substitute the name "Osho" with any other name or sound that is a spiritual teacher or helpful presence to you if it feels right to do so. Your connection with that presence will give you the trust to allow this meditation to reach that place in your eternal being that will remain with you through the transitions of death and rebirth.

Visualize the suggested images lights and happenings, or feel the energies and radiations and their impact on you, listen to the sounds and the vibrations mentioned, whatever comes naturally.

Listening to these CDs, you will be in an altered state of consciousness. In this receptive state, your memory system in the subtle (astral) body will store the process so that you are able to remember it after your physical death, when body, mind and personality are disintegrating, and the components of your consciousness dissolve into the elements. The witness of a meditator will be present through the transits of BARDO, the choosing of the next lifetime, the womb experience and the birth experience.

The complete BARDO text is available as PDF-Download at

www.leben-sterben.de/bardo_en_dl.htm

Username: awakening Password: freetibet

This edition of the Bardo has been published in english, german, italian, french, korean, czech, spanish, and japanese.

VEETMAN & CHINMAYA



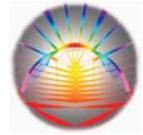
Text und Voice: Veetman Music: Chinmaya
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- Trainings, Workshops, CD-Audio Program
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- Spiritual Psychology

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Awakening from the Dream



The **BARDO** meditation "**AWAKENING FROM THE DREAM**" is designed to incorporate a lifetime of spiritual practise into the moments of transition we call death. It helps us to chart a path through the states of consciousness as they are experienced after death.

Our intention in creating this meditation is to evoke courage, resolution, understanding of our transition in dying, and in this way a conscious, graceful death.

It is also an opportunity for the listener, wherever he/she may be on the continuum of life, to relax and feel supported in understanding that being alive is a precious gift that provides the unique choice of preparing for a conscious death, by living a conscious life, and the possibility that our transition can really become the peak of a lifetime, the conscious "returning home" to our real nature, our essence, which has never been separate from the whole.

The reading of **BARDO** reminds the dying person to constantly recognize that all phenomena are projections of one's mind. In this way it attempts to liberate the listener from clinging to old desires and unconscious beliefs of separation, which cause only fear and self-protection. This encourages the listener to merge into the light of their original nature.

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