

# Death and Rebirth

## Suggested Reading List

### Discovering Buddhism Required Reading

- *Wish-fulfilling Golden Sun* (pp. 50-59)
- Pabongka Rinpoche. *Liberation in the Palm of Your Hand, 1997 gold edition* (Boston: Wisdom, 1991), (pp. 332-361) or *2006 blue edition* (New York: Mahayana Sutra and Tantra Press), (pp. 294-321).
- *Advice on Dying and Living a Better Life*, by His Holiness the Dalai Lama
- *Discovering Buddhism Required Reading*, “Death and Rebirth”

### Suggested Reading

- *Advice and Practices for Death and Dying for the Benefit of Self and Others* (FPMT’s main handbook)
- *Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute*
- Bokar Rinpoche. *Death and the Art of Dying in Tibetan Buddhism*. San Francisco, ClearPoint Press, 1993.
- Dzogchen Ponlop Rinpoche. *Mind Beyond Death*
- Lama Zopa Rinpoche. *How to Enjoy Death: Preparing to Meet Life’s Final Challenge without Fear*, Somerville, Wisdom Publications, 2016.
- Lama Zopa Rinpoche. *Practicing the 5 Powers Near the Time of Death*, FPMT
- Lama Zopa Rinpoche and Ven. Sangye Khadro. *Wholesome Fear*, Boston, Wisdom Publications, 2009
- Tulku Thondup. *Peaceful Death, Joyful Rebirth*, Boston and London, Shambala, 2005
- Lati Rinpoche and Jeffrey Hopkins. *Death, Intermediate State and Rebirth*. Ithaca, NY, Snow Lion, 1985
- Sogyal Rinpoche. *The Tibetan Book of Living and Dying*. San Francisco, HarperCollins, 1992.
- Tsong-Kha-Pa. *The Great Treatise on the Stages of the Path to Enlightenment* Volume 1, Chapter 9, Ithaca, NY, Snow Lion, 2000 (pp 143-160).
- Visuddhacara. *Loving and Dying*. Penang, Malaysian Buddhist Meditation Centre, 1993.
- Kapleau, Philip, ed. *The Wheel of Death*. New York, Harper & Row, 1971.
- Mullin, Glen H. *Death and Dying: The Tibetan Tradition*. London, Arkana, 1986.
- Thurman, Robert A.F., trans. *The Tibetan Book of the Dead*. New York, Bantam Books, 1994.
- Mackenzie, Vickie: *Reincarnation, the Boy Lama*

### Care For The Dying

- Ven. Sangye Khadro. *Preparing for Death and Helping the Dying*
- Bernhard, Toni. *How to Be Sick*, Boston, Wisdom Publications, 2010
- Buckman, Dr. Robert. *I Don’t Know What to Say: How to Help and Support Someone Who is Dying*. London, Papermac, 1988.
- Callanan, Maggie and Patricia Kelley. *Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying*. New York, Bantam, 1992.
- Didion, Joan. *The Year of Magical Thinking*. New York, Vintage Books, a division of Random House, Inc., 2006.
- Didion, Joan. *Blue Nights*. New York, Vintage Books, a division of Random House, Inc., 2011.
- Gawande, Atul. *Being Mortal*. New York, Metropolitan Books, Henry Holt and Company, 2014.
- Kalanithi, Paul. *When Breath Becomes Air*, New York, Random House, 2016.
- Kubler-Ross, Elisabeth. *On Death and Dying*. New York, Collier, 1970.

- Kubler-Ross, Elisabeth. *To Live Until We Say Goodbye*. Englewood Cliffs, NJ, Prentice Hall, 1978.
- Levine, Stephen. *Who Dies? An Investigation of Conscious Living and Conscious Dying*. Garden City, New York, Doubleday, 1982.
- Longaker, Christine. *Facing Death and Finding Hope*. London, Century, 1997.
- Stoddard, Sandol. *The Hospice Movement: A Better Way to Care for the Dying*. New York, Random House, 1991.

And, compilation of advice from FPMT website, including:

- Caring For the Dying, a Collection of Advice for FPMT Hospice Services from Lama Zopa Rinpoche
- Advice from Lama Zopa Rinpoche for Clinics And Hospices and Generally For Taking Care Of The Sick And Dying
- Letter from His Holiness the Dalai Lama about Hospice Service