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The Tibetan Way of Life, Death, and Rebirth: The Illustrated Guide to Tibetan Wisdom

John Peacock

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The Tibetan Way of Life, Death, and Rebirth: The Illustrated Guide to Tibetan Wisdom John Peacock *The Tibetan Way of Life, Death and Rebirth* looks at key themes of Tibetan belief in relation to the vital issues: how to live (including how to meditate and pray), how to prepare for death, how to negotiate the terrifying intermediate state known as bardo, and how to escape from the endless cycle of rebirth.

Also covered in *The Tibetan Way of Life, Death and Rebirth* are the teachings of Tantra and of the lamas, as well as sacred texts such as Milarepa's A Song of Solitude and the venerable Tibetan Book of the Dead. Beautifully illustrated throughout, with specially commissioned artwork that reflects the rich diversity of Tibetan iconography, this is an absorbing and illuminating work for all those who seek a closer understanding of the spirit of Tibet.

In this hardcover edition, readers can explore the Diamond Path of Tantric belief—the spiritual essence within, reached by meditation and yoga. Also captivating are the mystic struggles believed to have kept this sacred land intact, including battles between saints and demons, sorcerers and ogres.

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